

KFLB
Issues and Programs Report
2022-Q2
April - May - June

Report Prepared and Submitted by Amy Rollins

Amy Rollins

July 8, 2022

This is a list of programs that have provided the station's most significant on-air treatment of community issues during the preceding calendar quarter.

Note:
All times listed are Mountain Standard Time

Summary

In this Quarter the station spent at least the amount of time indicated on the issues listed. In some cases, more time than documented.

ISSUE	Total MINUTES On-Air
Relationships	692
Parenting	654
Finances	167
Faith	790
Marriage	1014
Mental Health	77
Health	84
Work	68
Education	1
Safety	7
Arts	1

Issues and Programs

Community Issue	Program Title Or Remote Description	Date Aired	Time Aired	Cumulative Minutes for all airings in that day	How program addressed Issue
Relationships	Intentional Living	4/11/2022	11a & 7p	56 Minutes	Dr. Randy helps you recover from a wrong decision.
Parenting	Intentional Living	4/12/2022	11a & 7p	56 Minutes	Dr, Randy has advice on raising teens.
Mental Health	Morning Show	4/12/2022	8a	4	Interview with Bob Goff: Talked about the dangers of distraction and how to reclaim our joy like a set of lost keys.
Finances	Evening Show	4/12/22	8p	1	How to get hotel room upgrades at no cost
Finances	Intentional Living	4/13/2022	11a & 7p	56 Minutes	Dr. Randy shares how to be intentional with your finances
Finances	Afternoon Show	4/13/2022	2:40p	1	Krispy Kreme is offering their doughnuts for the same price as a gallon of gas which is 50% off.
Work	Evening Show	4/13/22	9p	1	Highlight computer skills when job hunting
Faith	Intentional Living	4/14/2022	11a & 7p	56 Minutes	Dr. Randy discusses freedom in Christ
Finances	Morning Show	4/14/2022	6:10a	2	It costs \$1700 to be a bridesmaid
Relationships	Morning Show	4/14/2022	8:40 AM	2	Easter - Talked about the significance of the lady who poured out the perfume (worth a year's wages) on Jesus' feet and how those around her judged her for doing so. Talked about how we should treat people in those positions and honor their heart after God
Faith	Intentional Living	4/15/2022	11a & 7p	56 Minutes	Dr. Randy talks about the importance of celebrating the resurrection of Jesus Christ
Relationships	Intentional Living	4/18/2022	11a & 7p	56 Minutes	Dr. Randy shares how to have a good relationship with the In-Laws
Health	Afternoon Show	4/18/2022	4-6p	3	Take your shoes off at the door for better health
Finances	Afternoon Show	4/18/2022	2:10p	1	Businesses are offering deals on Tax Day
Relationships	Intentional Living	4/19/2022	11a & 7p	56 Minutes	Dr. Randy helps you set boundaries.
Relationships	News	4/19/2022	5a-9a	4	2/3rds of us say that after quarantine, we can no longer tolerate crowds. What is something that the pandemic significantly changed for you?
Relationships	News	4/19/2022	6a	1	More than half of us have admitted we got so involved in binge watching a show that we have ditched social plans. How do you motivate yourself to honor plans with friends?
Faith	Morning Show	4/19/2022	8a	6	Tasha Layton Interview: Talked about her falling away due to church hurt and how God brought her back, and her journey of faith.
Marriage	Intentional Living	4/20/2022	11a & 7p	56 Minutes	Dr. Randy helps you focus on you when your spouse won't change.
Marriage	Intentional Living	4/21/2022	11a & 7p	56 Minutes	Dr. Randy talks about the importance of effective communication in marriage.
Mental Health	Morning Show	4/21/2022	6:30a	2	Mysti shared about a funny video of hers celebrating her anniversary with her husband that went viral. Talked about how to deal with mean comments.

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Marriage	Morning Show	4/21/2022	8:10a	2	Sally shared about her spring cleaning endeavors and how she likes being recognized for a job well done.
Parenting	Intentional Living	4/22/2022	11a & 7p	56 Minutes	Dr. Randy talks about which battles aren't worth fighting with your teen.
Mental Health	News	4/22/2022	6a	1	A new study says as little as one hour less on your phone each day can significantly reduce your anxiety.
Relationships	News	4/22/2022	7a	1	A new study says most Americans cannot name all 4 grandparents' first names.
Faith	Morning Show	4/22/2022	7-9a	9	Shannon Bream interview - Talked about her new book that highlights moms, dads, and daughters of the Bible and the lessons that are learned from their relationships. She also shared her own personal journey of faith and how that affects her in her Fox News position.
Faith	Morning Show	4/22/2022	5-9a	4	Joy Report: Listener talked about when her father passed away. He was a former atheist but gave his life to God before he passed on so her joy was that he was in Heaven alongside God.
Marriage	Intentional Living	4/25/2022	11a & 7p	56 Minutes	Dr. Randy helps you to deal with areas of concern before you get married
Finances	Afternoon Show	4/25/2022	6:40p	1	Wetzel Pretzel is giving free pretzels away on Tues 4/26 after 3pm.
Parenting	Morning Show	4/25/2022	6a	2	"The Kind Can" - Told story of a bullied kid who had a can filled with names of all her classmates. Each day she'd pull a name out and she had to do something nice for that person. She realized that she no longer focused on the negative things people were telling her, just the positive things she could do for others.
Faith	Morning Show	4/25/2022	8a	2	"Not everyone who has an earthly legacy has an eternal one. But everyone who has an eternal legacy is going to leave one on earth." Talked about how when we live for God, we are known for the best things possible.
Relationships	Intentional Living	4/26/2022	11a & 7p	56 Minutes	Dr. Randy shares the benefits of forgiveness.
Relationships	News	4/26/2022	6a	2	A man recently left a thank you note and gift card for his delivery man and was shocked by the footage his door cam caught. The delivery guy started crying and looking around for the doorbell camera. He got close to the camera so it would pick up his phone's text to voice translator, which said, "I'm sorry, I'm deaf. You are an angel. You have no idea what this means to me. I just lost my mom. This will help with funeral bills."
Relationships	Morning Show	4/26/2022	6:10a	2	Blessings -Listener shared about a couple that gave her a place to stay in a time of need and how that blessed her.
Faith	Morning Show	4/26/2022	6:40a	2	Blessings - Carol (caller) shared how God led her to give her last 5 dollars to a homeless person, only for God to bless her with 1000 dollars in return.
Finances	Mid-Day	4/26/22	10a	1	Instead of throwing away your over ripe fruit, make jam.

Marriage	Intentional Living	4/27/2022	11a & 7p	56 Minutes	Dr. Randy discusses the factors in marriage that are present when a divorce is necessary.
Work	Morning Show	4/27/2022	8a	1	A new survey says half of us have gotten a pay raise just by asking. What are your tried-and-true methods for getting raises at work?
Faith	Intentional Living	4/28/2022	11a & 7p	56 Minutes	Dr. Randy talks about the power of prayer.
Parenting	Intentional Living	4/29/2022	11a & 7p	56 Minutes	Dr. Randy helps you to declutter your relationships with your adult children.
Relationships	Mid-Day	4/29/22	1p	1	Widow finds her late husband's wedding ring under apple tree 35 years later after he lost it.
Parenting	Intentional Living	5/2/2022	11a & 7p	56 Minutes	Dr. Randy helps you to not hover so much as a parent.
Relationships	Morning Show	5/2/2022	7:40a	2	Shared story of Uber driver with picture at the back drawn by a child with the message "my daddy is my hero. He is learning your language. Thank you for your patience."
Marriage	Intentional Living	5/3/2022	11a & 7p	56 Minutes	Dr. Randy helps you to recover from broken trust.
Relationships	News	5/3/2022	5-9a	4	A grandma has gone viral for posting a video with rules for her funeral. Talks about how passing on should be a celebration of life, not just mourning a loss.
Mental Health	Morning Show	5/3/2022	7a	5	Mental Health Awareness Month - Talked about the importance of support groups as well as how it needs to be recognized as a legitimate health issue and how God works with us on those problems.
Faith	Morning Show	5/3/2022	4-8a	4	Good News: Jill (caller) shared story of her Mother-in-law and what she saw before she passed away into the arms of Jesus.
Faith	Intentional Living	5/4/2022	11a & 7p	56 Minutes	Dr. Randy helps you step up to the challenges of life.
Relationships	Afternoon Show	5/4/2022	4:40p	1	Restaurants giving free items to teachers for Teacher Appreciation Day
Relationships	Morning Show	5/4/2022	6:40a	2	Carol (caller) shared how she tried to be nice to a mean neighbor and the importance of trying to reach even the difficult-to-reach people.
Safety	Evening Show	5/4/22	10p	1	How to keep unwanted chemicals out of the house.
Relationships	Intentional Living	5/5/2022	11a & 7p	56 Minutes	Dr. Randy helps you resolve family conflicts.
Marriage	Intentional Living	5/6/2022	11a & 7p	56 Minutes	Dr. Randy helps you to build a marriage that will last.
Marriage	Intentional Living	5/9/2022	11a & 7p	56 Minutes	Dr. Randy answers your questions about marriage.
Mental Health	Intentional Living	5/10/2022	11a & 7p	56 Minutes	Dr. Randy helps you to live a balanced intentional life
Relationships	Afternoon Show	5/10/2022	4:40p	1	Mothers in a New Jersey mall got a pleasant surprise when money started raining from the second level followed by a man yelling "Happy Mother's Day!"
Finances	Morning Show	5/10/2022	8:12a	2	Mysti and Sally shared advice on how to save a money at the grocery store. Don't go to the store hungry, having a prepared list (for off-line and on) to reduce endcap temptations.
Finances	Morning Show	5/10/2022	8:40a	2	Megan (caller) shared advice for saving cash at the grocery store: compare store prices and

					plan routes according to the best prices for each item.
Finances	Afternoon Show	5/10/2022	3:40p	2	A Texas based food delivery service will pay you to eat and review tacos
Faith	Intentional Living	5/11/2022	11a & 7p	56 Minutes	Dr. Randy discusses the seasons of life and how to overcome the challenges they bring.
Finances	News	5/11/2022	5a-8a	4	The average wedding in 2022 costs \$30,000, but Kiara and Joel just did it for only \$500, finding a FREE location, a \$47 dress, and donated flowers and cake. Talked ways to save money for weddings
Parenting	News	5/11/2022	7a	2	A tweet has gone viral where a guy has admitted that he fell for his mom telling him he was the greatest potato peeler ever, and every time they had potatoes, he was excited to show off his skills as the ultimate potato peeler. He said, "It wasn't until I was in my mid-30s I realized the whole play. Touché, mom." What did your mom trick you into doing?
Faith	Intentional Living	5/12/2022	11a & 7p	56 Minutes	Dr. Randy helps you to worry less and pray more.
Education	News	5/12/2022	6:40a	1	There's free entertainment Sunday night by watching the total lunar eclipse.
Relationships	Mid-Day	5/12/22	12p	1	A Do-it-Yourself video helps you bring diapers to the next baby shower in style.
Work	News	5/12/2022	7a	1	A new report says college graduates are overestimating their starting salaries by \$50,000.
Health	News	5/12/2022	6a	1	Research says that naps help you retain things you have learned.
Finances	Morning Show	5/12/2022	6:10a	2	Melissa shared how to have an inexpensive wedding by choosing a free venue.
Relationships	Morning Show	5/12/2022	6:40	2	Mysti shared about her mom who has been single for a long time and is starting to get lonely. She shared about the awkwardness of single parents dating, but also her desire to see her mom happy.
Faith	Morning Show	5/12/2022	4-8a	4	Good News: Mona (caller) shared about when her son passed away at an early age and how she needed God in and He comforted her.
Marriage	Morning Show	5/12/2022	8:40a	2	Rod (caller) shared how dance lessons helped improve his relationship with his wife.
Relationships	Intentional Living	5/13/2022	11a & 7p	56 Minutes	Dr. Randy helps you to be a person of integrity.
Finances	Morning Show	5/13/2022	6:10a	2	Cynthia (caller) shared her couponing strategy to save money at the store
Relationships	Morning Show	5/13/2022	6:30a	2	A woman shared her story of being blessed by an act of kindness by a stranger and how the timing couldn't have been more perfect.
Faith	Morning Show	5/13/2022	7 AM - 8:15 AM	10	Artist Luke Smallbone talked about the amazing power of a good mindset and dwelling on God.
Faith	Morning Show	5/13/2022	8:40a	2	We often think that we need to clean ourselves up before we serve, but we forget that our messy lives work as ministry for others.
Marriage	Intentional Living	5/16/2022	11a & 7p	56 Minutes	Dr. Randy helps you to deal with your differences in marriage.
Finances	News	5/16/2022	8a	1	Talked about the rising cost of living and discussing ways to save money.

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Faith	Morning Show	5/16/2022	6:10a	2	A professor called us about the importance of stopping and praying when we try to sort things out ourselves.
Finances	Morning Show	5/16/2022	8:10a	2	A listener called and shared how he cans his food to save money.
Faith	Intentional Living	5/17/2022	11a & 7p	56 Minutes	Dr. Randy encourages growing from challenges.
Relationships	Mid-Day	5/17/22	10a	1	There's a group called Cell Phones for Soldiers that provides free communication for the soldier with their family.
Safety	Mid-Day	5/17/22	9a	1	Skittles Gummies, Life Saver Gummies and Starburst Gummies are being recalled because there could be metal in them.
Work	News	5/17/2022	5a	1	A new survey has revealed that 2 in 3 people believe it's perfectly acceptable to bring family and friends on business trips so they have someone to have fun with during down time.
Health	News	5/17/2022	6a	1	A new study says that standing straight and upright in a superhero-like posture can change your personality to be more confident because it boosts your hormones.
Parenting	Intentional Living	5/18/2022	11a & 7p	56 Minutes	Dr. Randy gives you the tools to become an intentional parent.
Relationships	News	5/18/2022	5a-9a	2	Etiquette experts say using more than three emojis at once in a text is rude.
Finances	News	5/18/2022	7a	1	Mattel is adding to their Barbie collection. This year's additions include dolls with disabilities.
Faith	Morning Show	5/18/2022	5 - 9a	4	Joy Report: Deanna (caller) shared how she was miraculously healed of celiac disease after being prayed for at church.
Faith	Morning Show	5/18/2022	6:40a	2	Don't settle: We tend to want to get things done now without realizing that God may have a bigger blessing behind the scenes. In those moments, we need patience.
Faith	Morning Show	5/18/2022	8:40a	2	"We never arrive to the future. The future arrives to us." We can have peace in knowing that we don't have to chase what God has for us.
Health	Morning Show	5/18/2022	5-9a	4	Joy Report: Deanna (caller) shared how she was miraculously healed of her celiac disease.
Health	Intentional Living	5/19/2022	11a & 7p	56 Minutes	Dr. Randy helps you to know how the power of one thing can change your life in health.
Health	Morning Show	5/19/2022	7:10a	2	Shared ways to help your brain get rid of things you don't need around the house to declutter.
Faith	Morning Show	5/19/2022	7:40a	2	"Your trauma is a part of your testimony, not your identity" - Talked about how we are so much more than the things that have happened to us.
Faith	Morning Show	5/19/2022	4-8a	4	Good News: Lisa (caller) shared how her daughter almost passed away but was miraculously healed after the incident.
Mental Health	Morning Show	5/19/2022	5-9a	4	Joy Report: Thomas (caller) talked about how there is a real difference between feeling happy and having joy.
Relationships	Afternoon Show	5/19/22	6:40p	1	An 80-year-old Texas woman is graduating college 60 years after dropping out. Her journey included stints in Missouri and Arizona.

Finances	Intentional Living	5/20/2022	11a & 7p	56 Minutes	Dr. Randy helps you and your spouse be on the same page when it comes to finances.
Health	Afternoon Show	5/20/22	3:40p	1	An American mom started a website to help other moms find and get free baby formula during the shortage. The shortage started when a MI factory had to issue a recall.
Faith	Morning Show	5/20/2022	7-9a	10	Mandisa Interview: Talked about her mental health struggles and how faith helped her.
Marriage	Intentional Living	5/23/2022	11a & 7p	56 Minutes	Dr. Randy helps you and your spouse to be on the same page when it comes to faith.
Safety	Mid-Day	5/23/22	9a	1	Peanut butter recall
Work	News	5/23/2022	6a	1	56% of us would rather stop for coffee and risk being late for work than go without our morning caffeine.
Finances	News	5/23/2022	8a	1	The average person spends \$314 a month on impulse buys. How have you managed to reign in impulse spending?
Parenting	Intentional Living	5/24/2022	11a & 7p	56 Minutes	Dr. Randy helps you let go of control as your children age.
Health	News	5/24/2022	7a	1	Children are exercising even less and spending more time on the couch than ever before since the pandemic. Have you found a way to get your kids moving again?
Finances	Intentional Living	5/25/2022	11a & 7p	56 Minutes	Dr. Randy discusses the importance of living within your means.
Finances	Afternoon Show	5/25/2022	4:40p	1	A Movie theater chain is offering \$2 movies for families this summer.
Relationships	Afternoon Show	5/25/2022	6:40p	1	Ace Hardware is Honoring Fallen Heroes by partnering with the VFW and marking their graves with a flag. The store will also help customers remember the fallen with a free flag on Saturday.
Health	Morning Show	5/25/2022	6:10a	2	Medical Miracles - Michelle (caller) shared how her bone cancer was miraculously gone.
Relationships	Morning Show	5/25/2022	6:30a	2	Be the kindness you want to see in the world. We can extend that to others and inspire them to do the same.
Parenting	Morning Show	5/25/2022	8-9a	6	Dr. Randy Carlson of Intentional Living joined the Morning Show to discuss how to talk to your kids about tragedies like the school shooting in Uvalde, Texas.
Marriage	Intentional Living	5/26/2022	11a & 7p	56 Minutes	Dr. Randy helps newlyweds.
Relationships	Afternoon Show	5/26/2022	5:40p	1	Family Friendly free entertainment by watching an asteroid through a telescope online in Chile tonight
Health	Afternoon Show	5/26/2022	6:40p	1	Instead of throwing out the watermelon rind, juice it. It's full of nutrients
Faith	Morning Show	5/26/2022	6-7a	4	Answered Prayers: Mysti shared her story of how she got her prayer of morning radio after she started serving God.
Relationships	Morning Show	5/26/2022	6:40a	2	Talked about strategies on how to move forward when someone has hurt you
Faith	Morning Show	5/26/2022	7:40a	2	We get tired at times of "sowing the seeds" with our labor and not seeing any results from it. But the longer something is waited on and built up in faith, there can be a much greater harvest than we think.

Finances	Morning Show	5/26/2022	4-8a	4	Good News: Brenda (caller) shared how a \$12,000 debt was wiped clean and gave God all the glory for it.
Faith	Morning Show	5/26/2022	8:40a	2	Sally shared thought about how we can look back on God's faithfulness in our lives to have hope for the future.
Faith	Intentional Living	5/27/2022	11a & 7p	56 Minutes	Dr. Randy asks, "How did you come to Christ?"
Relationships	Afternoon Show	5/27/2022	5:40p	2	A lady in Minnesota proved she will finish what she started by getting her college degree at 84.
Faith	Morning Show	5/27/2022	7-8:15	10	Talked with Josh Havens of the Afters and the difference between guilt and shame.
Parenting	Evening Show	5/27/22	8p	2	Dr. Randy has advice on how to talk to children about tragedy.
Finances	Afternoon Show	5/28/2022	5:10p	2	A Texas mom was surprised when 31 cheeseburgers showed up at her work, only to learn her toddler had ordered them when playing with her phone
Marriage	Intentional Living	5/30/2022	11a & 7p	56 Minutes	Dr. Randy opens the phones to talk marriage.
Relationships	Intentional Living	5/31/2022	11a & 7p	56 Minutes	Dr. Randy shares advice on being a good friend.
Mental Health	Mid-Day	5/31/22	9a	1	Therapy dogs get deployed to Uvalde to help the community process their grief after the school shooting there.
Parenting	spots	5/3/22-5/31/22	12am - 11:59pm	23	Information on The Life Center of Odessa and Midland Texas
Parenting	Intentional Living	6/1/2022	11a & 7p	56 Minutes	Dr. Randy encourages single parents.
Marriage	Intentional Living	6/2/2022	11a & 7p	56 Minutes	Dr. Randy discusses the importance of love and respect in marriage.
Faith	Intentional Living	6/3/2022	11a & 7p	56 Minutes	Dr. Randy asks, "How did you come to Christ?"
Marriage	Intentional Living	6/6/2022	11a & 7p	56 Minutes	Dr. Randy helps you to learn truths you can use in your marriage
Faith	Intentional Living	6/7/2022	11a & 7p	56 Minutes	Dr. Randy helps you to be honest with yourself
Faith	Intentional Living	6/8/2022	11a & 7p	56 Minutes	Dr. Randy helps you know what to do when you feel like you've been blindsided.
Finances	Mid-Day	6/8/22	12p	1	Save money by making Cheesecake factory's bread at home.
Marriage	Intentional Living	6/9/2022	11a & 7p	56 Minutes	Dr. Randy helps you to affair-proof your marriage.
Health	Mid-Day	6/9/22	9a	1	Making jam at home is healthier
Relationships	Morning Show	6/9/2022	6:40a	2	Talked about how to communicate annoyance with tact.
Relationships	Morning Show	6/9/2022	7:10a	2	Holly (caller) shared how, after her son fell away from God, he fell away from relationship with her as well. Recently, they reconciled and even the son is getting back into relationship with God.
Parenting	Intentional Living	6/10/2022	11a & 7p	56 Minutes	Dr. Randy helps you to parent up and power down.
Finances	Afternoon Show	6/10/2022	4:40p	1	Advice for a successful garage sale
Faith	Morning Show	6/10/2022	6:10a	2	When we are called to do something by God, there can be a fear of failure that keeps us from stepping out into it. Talked about sharing the gospel

Health	Morning Show	6/10/2022	4-8a	4	Good News: Sheena (caller) shared how her dad was miraculously healed of cancerous tumors.
Relationships	Afternoon Show	6/10/2022	2:40p	1	Hikers in Texas could get free art from their workout because a local group planted their artwork to bless others.
Marriage	Intentional Living	6/13/2022	11a & 7p	56 Minutes	Dr. Randy helps you to have an intimate marriage.
Mental Health	News	6/13/2022	6a	1	If you want to complain, talking to your pet will help maintain your human relationships.
Mental Health	Morning Show	6/13/2022	6:30a	2	Talked about how decluttering the house can improve your mental health
Health	Morning Show	6/13/2022	6:40a	2	Mysti recounted her experience with COVID and the realities of "brain fog".
Faith	Morning Show	6/13/2022	7:40a	2	"Don't Use that Word" - when we struggle with our past it can be difficult to see ourselves as anything other than "broken". But Mysti had an experience where she received a word from God that broken does not describe a child of God, because we are made whole in Him.
Health	Morning Show	6/13/2022	4-8a	4	Good News: Richard (caller) shared about a miracle when an esophageal tear healed, keeping him alive after a 1% chance of survival.
Relationships	Intentional Living	6/14/2022	11a & 7p	56 Minutes	Dr. Randy helps you to be a help to those who are hurting.
Finances	Mid-Day	6/14/2022	9a	1	How to make a gel ice pack
Parenting	News	6/14/2022	6a	1	A man in Georgia is celebrating 20 years of daddy-daughter date nights to Chick-Fil-A. Is there a standing date that you and your family must spend time together?
Work	Morning Show	6/14/2022	6a	2	Mysti shared about her insecurities when she was required to work with a department she didn't work with much. After bringing it up to them, they discounted those beliefs and she ended up having a wonderful time and making new friends. Talked about the destructiveness of pre-conceived notions and harsh self-beliefs.
Faith	Morning Show	6/14/2022	4-8a	4	Good News: Caller shared how they were in a dark place due to drugs and alcohol, received rehab, and is now pursuing a Masters in Divinity to become a pastor.
Relationships	Morning Show	6/14/2022	7a	2	"Jesus let people talk and didn't clear them up" - Discussed this statement and trying to understand the times when Jesus did not immediately correct those who were wrong. There are cases when Jesus did not defend himself even though He knew he was correct.
Faith	Morning Show	6/14/2022	5-9a	4	Joy Report: Ken (caller) shared how his grandson accepted Jesus and he was so overjoyed at the thought that his family was still living with Jesus.
Finances	Afternoon Show	6/14/2022	5:10p	1	Uber shared their annual "Most Commonly Forgotten Items list" and which American cities are the most forgetful. Houston, Dallas, Kansas City, Atlanta, Tampa Bay and Phoenix made the top 10.
Parenting	Intentional Living	6/15/2022	11a & 7p	56 Minutes	Dr. Randy helps you to raise a responsible adult.
Marriage	Intentional Living	6/16/2022	11a & 7p	56 Minutes	Dr. Randy helps you to avoid emotional adultery.

Marriage	News	6/16/2022	7a	1	70% of men say they wish they received more compliments from their wives. Wives, how are you intentional about boosting your husband's ego?
Mental Health	News	6/16/2022	8a	1	A new study says we feel relaxed only 40 minutes a day. How do you carve out time for yourself to unwind?
Parenting	Morning Show	6/16/2022	8:40a	2	Mysti shared about her husband reconnecting with one of his estranged sons.
Relationships	Morning Show	6/16/2022	4-8a	4	Good News: Caller shared that she was able to reunite with her mother after 10 years.
Parenting	Intentional Living	6/17/2022	11a & 7p	56 Minutes	Dr. Randy helps you and your spouse to be on the same page in your parenting.
Safety	Mid-Day	6/17/2022	9a	1	Aspirin Recall
Finances	Morning Show	6/17/2022	6-9a	10	Bob Lotich Interview: Shared the powers of Biblical finance, how giving money away to the church blessed him back, as well as the spender versus saver relationship, and making credit cards work for you.
Marriage	Intentional Living	6/20/2022	11a & 7p	56 Minutes	Dr. Randy helps you to improve communication with your spouse.
Parenting	News	6/20/2022	8a	1	A new study today says that fathers are more engaged with their kids than ever before. How are you doing that in your family?
Faith	Intentional Living	6/21/2022	11a & 7p	56 Minutes	Dr. Randy helps you to have an intentional consistent faith.
Faith	Morning Show	6/21/2022	4-8a	4	Good News: Pastor Mike (caller) shared his testimony on how he came out of an addiction, got help, and ended up becoming the pastor he is today.
Health	Morning Show	6/21/2022	7:40a	2	Sally shared about she deals with her chronic pain and reminding herself that even though she has pain, her identity is not found solely in it and that Jesus is what helps her get through that each day.
Work	Morning Show	6/21/2022	8:10a	2	Shared story of a wife whose husband started to work at NASA. Shared importance of community when moving to a new place.
Arts	Mid-Day	6/21/2022	10a	1	A Texas boy is the youngest mariachi
Work	Intentional Living	6/22/2022	11a & 7p	56 Minutes	Dr. Randy shows what it means to be a person of faith at your workplace.
Finances	Afternoon Show	6/22/2022	6:40p	1	Experts debunk the idea of filling up when it is cooler will help you save money at the gas pump.
Relationships	Afternoon Show	6/22/2022	2:40p	2	A South Carolina teen is mowing lawns to help his stepdad pay for his adoption fees
Safety	Mid-Day	6/22/2022	9a	1	Pet Food Recall
Finances	News	6/22/2022	7a	1	Grocery shopping tips
Faith	Morning Show	6/22/2022	6:10a	2	Rich (caller) shared story of how he developed PTSD but is now a chaplain for firefighters who helps bring the word of God to those who are dealing with the stresses of being a firefighter.
Safety	Morning Show	6/22/2022	6:30a	2	Sandra (caller) shared experience of being assaulted and how that turned into a Christian self-defense class.
Parenting	Intentional Living	6/23/2022	11a & 7p	56 Minutes	Dr. Randy helps you to hold your kids accountable.
Marriage	News	6/23/2022	7a	1	A kindergarten teacher's students gave her marriage advice for her upcoming wedding day. For example, "Be nice to your husband."

Finances	Morning Show	6/23/2022	7:40a	2	Mysti shared a revelation when she bought an item from a person on Facebook Marketplace and realized that the seller was across town. Frustrated with the inconvenience, she got there only to find out that the lady was selling this item to pay for gas. Mysti shared that the experience woke her up to how privileged and blessed she is and how we can get used to what makes us comfortable.
Faith	Morning Show	6/23/2022	4-8a	4	Good News: Jennifer (caller) shared how deals with Multiple Sclerosis (MS) and has constantly prayed for healing, but she has not received it. However, she has prayed for healing for others and they have been healed and she has allowed herself to feel joy for those instances, even though her personal prayer is not being answered.
Marriage	Intentional Living	6/24/2022	11a & 7p	56 Minutes	Dr. Randy says when your spouse won't change focus on what you can do.
Relationships	Afternoon Show	6/24/2022	5:40p	2	A New Orleans waiter received a \$777.00 tip and donated it to her church to fix the AC.
Health	Mid-Day	6/24/2022	9a	1	Symptoms of heat exhaustion in dogs
Health	News	6/24/2022	6a	1	A new study says 2/3rds of teenagers aren't getting enough exercise. How have you found ways to get your kids moving?
Relationships	Morning Show	6/24/2022	7-9a	6	Pastor Craig Cooper interview: He shared story of how he found an unlikely friend in country star Walker Hayes and how he ended up giving his life to Christ. Talked about the importance of kindness and non-judgement in a relationship and how that radiates the Gospel to others.
Relationships	Morning Show	6/24/2022	5-9a	4	Joy Report: Roberta (caller) shared how she's becoming a first-time Grandma
Marriage	Intentional Living	6/27/2022	11a & 7p	56 Minutes	Dr. Randy helps you to make good decisions before you say, "I do".
Relationships	Afternoon Show	6/27/2022	6:40p	3	A guy wanting to bless people at a gas station gave a gift card to a woman who was on the way to her mother's funeral.
Work	Afternoon Show	6/27/2022	5:10p	2	A 94-year-old woman is retiring after 57 years as a cross guard at a school. 57 years after she wasn't confident she could do the job in the first place. An example of perseverance
Relationships	News	6/27/2022	6a	1	When Rob Kenney was 14 years old, his dad abandoned him, and as an adult, he's launched a Youtube channel with millions of followers called, "Dad, How Do I?" where he tutors kids who don't have father figures things that a dad would normally teach them.
Work	News	6/27/2022	8a	1	Doodling while you're stuck in a dull meeting can help you retain key facts
Faith	Morning Show	6/27/2022	4-8a	4	Good News: Frank (caller) shared how he felt led by God to give a stranger a ride, which led to the stranger asking if he would take him to church on Sunday.
Finances	Morning Show	6/27/2022	8:40a	2	Shared tips from a flight attendant on best practices for when you fly the friendly skies such as trying to be the first light of the day, schedule for long layovers, and avoiding third-party sites as those are the first to get bumped for over-full flights.

Relationships	Intentional Living	6/28/2022	11a & 7p	56 Minutes	Dr. Randy discusses the importance of doing what you say you will do.
Relationships	Evening Show	6/28/22	9p	1	The benefits of eating family dinners together.
Parenting	News	6/28/22	8a	1	A fourth of July tip has gone viral online: you stick sparklers into a carrot so your little kids can safely hold them. What is your best 4th of July tip so the whole family can enjoy the festivities?
Faith	Morning Show	6/28/22	7:40a	3	Mysti shared about an artist who painted pictures of Jesus washing the feet of diverse types of people, from presidents to addicts and more. The point being that Jesus loves and cares for those we may not agree with or even like because He is their Creator too.
Relationships	Intentional Living	6/29/2022	11a & 7p	56 Minutes	Dr. Randy talks about the importance of listening to wise counsel.
Faith	Morning Show	6/29/22	6-6:30	4	Shared stories of how both Sally and Linda (caller) came to Christ through someone else inviting them.
Relationships	Morning Show	6/29/22	7:40a	3	Be selective: We are called to love everyone as Christians, but that does not necessarily mean we have to be friends with everyone. Talked about the differences between healthy and toxic relationships.
Relationships	Intentional Living	6/30/2022	11a & 7p	56 Minutes	Dr. Randy helps you with your blended family.
Relationships	News	6/30/22	6a	1	A picture has gone viral of a handful of \$10 coffee gift cards that someone posted online - they give them to airline workers when they're traveling as a thank you for their challenging work. How do you practice acts of kindness?
Relationships	Morning Show	6/30/22	8:10a	2	Marilyn (listener) shared how a church welcomed her even when they were struggling with alcohol. This led to their entire family coming to know Christ.
Finances	Morning Show	6/30/22	8:40a	2	Advice on how to save money on insurance, cable, and cell phone bills.

