

**Pulse 101.7FM – KPUL**

**Quarter 4 - Issues and Programs List 2022**

**Interviews:**

**Dupaco Credit Union**

**Date/Time: 10/20/22 7:20am Length: 2:44**

**Date/Time: 10/20/22 7:32am Length: 5:28**

RaJan with Pulse Mornings spoke Chris Gierut to discuss National Credit Union Day. Chris talked about the importance of saving money as well as utilizing financial wellness and readiness quizzes to be self-aware of how you spend your dollars. Chris also shared how crucial it is to monitor your credit score and thinking of personal goals for yourself so you can be set up for success. Lastly, Chris talked about how people can use Dupaco's services to assist them with financial help and the benefits of using their newest location that just opened up in Grimes.

**Dupaco Credit Union (re-airing of previous interview)**

**Date/Time: 10/20/22 9:26am Length: 2:44**

**Date/Time: 10/20/22 9:36am Length: 5:28**

RaJan with Pulse Mornings spoke Chris Gierut to discuss National Credit Union Day. Chris talked about the importance of saving money as well as utilizing financial wellness and readiness quizzes to be self-aware of how you spend your dollars. Chris also shared how crucial it is to monitor your credit score and thinking of personal goals for yourself so you can be set up for success. Lastly, Chris talked about how people can use Dupaco's services to assist them with financial help and the benefits of using their newest location that just opened up in Grimes.

**Valley Church**

**Date/Time: 10/22/22 7:36am Length: 3:19**

**Date/Time: 10/22/22 7:43am Length: 3:53**

Carter Norine of Valley Church talked with RaJan with Pulse Mornings about their upcoming Halloween Party for families and even those who know someone with special needs. There are not many events around the metro that focuses on families with special needs kids which makes this a very unique and one-of-a-kind event. Carter spoke with RaJan about the upcoming three day event taking place Monday, October 24<sup>th</sup>-Wednesday, October 26<sup>th</sup>. Carter shared that it takes a village to put this 10,000 square feet event on and currently had 300 volunteers signed up ready to go. That does not including the set up or tear down of the event. Valley Church was excited to be putting this event on and be a reason of hope this season.

**Valley Church (re-airing of previous interview)****Date/Time: 10/24/22 8:13am Length: 3:19****Date/Time: 10/24/22 8:39am Length: 3:53**

Carter Norine of Valley Church talked with RaJan with Pulse Mornings about their upcoming Halloween Party for families and even those who know someone with special needs. There are not many events around the metro that focuses on families with special needs kids which makes this a very unique and one-of-a-kind event. Carter spoke with RaJan about the upcoming three day event taking place Monday, October 24<sup>th</sup>-Wednesday, October 26<sup>th</sup>. Carter shared that it takes a village to put this 10,000 square feet event on and currently had 300 volunteers signed up ready to go. That does not including the set up or tear down of the event. Valley Church was excited to be putting this event on and be a reason of hope this season.

**Hope Conference 2022****Date/Time: 11/5/22 6:16am Length: 4:55**

Diego Fuller is a Christian hip hop artist, pastor, author and motivational speaker based out of Texas. He spoke with RaJan with Pulse Mornings about the upcoming Hope Conference in honor of National Adoption Month. Diego spoke to the need of orphans and how kids even in central Iowa need to find their forever homes. Diego shared his story of being an orphan who was abused, molested, and turning to drugs. If it wasn't for a bishop who took him in, Diego would not be where he is today. This conference not only invited people to adopt and help families through this process but also to be an encouragement and provide hope for those who need it during National Adoption Month. The conference is from Friday, November 11<sup>th</sup> through Saturday, November 12<sup>th</sup>.

**Hope Conference 2022 (re-airing of previous interview)****Date/Time: 11/5/22 7:19am Length: 4:55**

Diego Fuller is a Christian hip hop artist, pastor, author and motivational speaker based out of Texas. He spoke with RaJan with Pulse Mornings about the upcoming Hope Conference in honor of National Adoption Month. Diego spoke to the need of orphans and how kids even in central Iowa need to find their forever homes. Diego shared his story of being an orphan who was abused, molested, and turning to drugs. If it wasn't for a bishop who took him in, Diego would not be where he is today. This conference not only invited people to adopt and help families through this process but also to be an encouragement and provide hope for those who need it during National Adoption Month. The conference is from Friday, November 11<sup>th</sup> through Saturday, November 12<sup>th</sup>.

**Hope Ministries****Date/Time: 11/12/22 7:18am Length: 4:27****Date/Time: 11/12/22 7:27am Length: 5:09**

Kathy Coady of Hope Ministries spoke to RaJan with Pulse Mornings about all the ways they are helping those in need this holiday season. Hope Ministries is a Christ centered facility helping those abused, battling addiction, or facing homelessness. Hope Ministries offers programs and services to people of all ages and are in the process of building a new facility to cater to the needs of mothers and children specifically. Kathy spoke with RaJan about our partnership with them and how we would host a Thanksgiving Food Donation Drop Off on Monday, November 21<sup>st</sup> from 3-6pm. Kathy also spoke to RaJan about the variety of ways to help this holiday season from being on-site helping with meals, serving, cleaning, and also helping provide Mission Christmas Giftbags. Hope Ministries was planning to pack 250 bags for people of all ages that include personal as well as practical items for those in need this Christmas season.

**Single Parent Provision****Date/Time: 11/19/22 7:04am Length: 4:58****Date/Time: 11/19/22 7:17am Length: 6:47**

Teahl Bader of Single Parent Provision spoke with RaJan with Pulse Mornings about an upcoming Christmas Dinner to honor single mothers and their children. Single Parent Provision is a non-profit organization providing programs and services to help single parent families strengthen and thrive with trusted partners. This will be their 11<sup>th</sup> Annual Christmas Dinner expecting 800 mothers and 1,200 kids to be in attendance. Teahl also expressed the importance of helping those in need especially those who became a single parent unexpectedly. Teahl also shared with RaJan how Single Parent Provision are now in situation where there are more single families than there are volunteers. Teahl urged people to volunteer with their ongoing programs like Break Time as well as Home Provision that help single parents focus on things like fixing up their home as well as getting groceries for their home.

**Single Parent Provision (re-airing of previous interview)****Date/Time: 12/3/22 7:03am Length: 4:58****Date/Time: 12/3/22 7:12am Length: 6:47**

Teahl Bader of Single Parent Provision spoke with RaJan with Pulse Mornings about an upcoming Christmas Dinner to honor single mothers and their children. Single Parent Provision is a non-profit organization providing programs and services to help single parent families strengthen and thrive with

trusted partners. This will be their 11<sup>th</sup> Annual Christmas Dinner expecting 800 mothers and 1,200 kids to be in attendance. Teahl also expressed the importance of helping those in need especially those who became a single parent unexpectedly. Teahl also shared with Rajan how Single Parent Provision are now in situation where there are more single families than there are volunteers. Teahl urged people to volunteer with their ongoing programs like Break Time as well as Home Provision that help single parents focus on things like fixing up their home as well as getting groceries for their home.

**Focus On The Family**

**Date/Time: 12/10/22 7:04am Length: 4:18**

**Date/Time: 12/10/22 7:12am Length: 9:10**

Tim Sandford, Clinical Director & Ordained Minister of Focus on the Family spoke to Rajan about the importance of mental health and the battle that comes with trying to separate it from a spiritual standpoint. Tim's biggest advice for listeners is to be aware of how they think when it comes to being in control. Tim shared the biggest thing about culture today is we love to be in control with technology, shopping, cars, and more. Tim talked with Rajan about where stress and angst can come from which is wanting to be in control of things. Tim says it will take practice and time to reshape that focus and way of thinking but it can help improve your mental and spiritual health. Tim lastly shared with listeners how they can get a free consultation and have a mental health checkup for free.

**Focus On The Family**

**Date/Time: 12/17/22 7:04am Length: 9:44**

**Date/Time: 12/17/22 7:17am Length: 7:57**

Dr. Danny Huerta is the VP of Parenting at Focus on the Family. Danny spoke to Rajan about the source of wealth. Some might say it's money but Danny shared with our listeners it's about the time you make for your children especially during the holiday season. Dr. Danny shared with Rajan different ways to engage as a family this year from making gingerbread houses to making a treasure hunt with rewards such as "Night Out with Dad" or "Making Art Projects with Mom". Dr. Danny reminded listeners that children's social circles are important because they will develop trust and have influence with your kid. Lastly, Dr. Danny invited parents to change their perspective on parenting. If people think of parenting as an invitation, not a have to or I should do this. Start by saying "I could" is one healthy way to start the new year off right.

**Focus On The Family (re-airing of previous interview)**

**Date/Time: 12/24/22 7:03am Length: 4:18**

**Date/Time: 12/24/22 7:11am Length: 9:10**

Tim Sandford, Clinical Director & Ordained Minister of Focus on the Family spoke to Rajan about the importance of mental health and the battle that comes with trying to separate it from a spiritual standpoint. Tim's biggest advice for listeners is to be aware of how they think when it comes to being in control. Tim shared the biggest thing about culture today is we love to be in control with technology, shopping, cars, and more. Tim talked with Rajan about where stress and angst can come from which is wanting to be in control of things. Tim says it will take practice and time to reshape that focus and way of thinking but it can help improve your mental and spiritual health. Tim lastly shared with listeners how they can get a free consultation and have a mental health checkup for free.

### **Community Events:**

#### **October 24 & 25, 2022 Great Pumpkin Party**

Rajan brought the Pulse vehicle to Valley Community Center for the Great Pumpkin Party. This evening was their special needs night. Families with children that are special needs were invited to come on this evening and Rajan greeted them as they entered the event!

#### **October 31, - November 14, 2022 Aspen Aire Warm for the Holidays Furnace Giveaway**

Pulse partners with local business, Aspen Aire, to provide a free furnace system a family in December. We asked listeners to nominate a deserving family and Aspen Aire chooses a winner based on the entries submitted. Aspen Aire then coordinates the delivery and installs the system.

**On-air promotion:** We ran promos and did live mentions for 2 weeks leading up to the announcement of the winner. Approximately 30 minutes a day.

#### **November 22, 2022 Hope Ministries Donation Drive Thru**

Hope Ministries helps feed over 3,000+ people across central Iowa on Thanksgiving Day and again on Christmas. We encouraged listeners to get involved and help others out in the community by dropping off food donations at our contactless drive-thru located at our studio in Waukee. We gathered in a socially distant and safe way. We saw listeners of every age come and donate food items such as dinner rolls, cookies, ground beef, pork loin, bacon, ham, milk cheese, eggs, green beans, salads, and more. We did a live-broadcast from 6:00pm-9:00pm. **On air promotion:** We ran promos and did live mentions daily 1 week leading up to the event. Approximately 30 minutes a day.

### **PSA'S:**

**Issues Categories Covered: Belonging, Dental Hygiene, Diabetes, Concurring Division, Getting your GED, Hospitalized Kids, Medicine, Texting and Driving, Helping Veterans,**

**PSA Airtime Totals: 15 minutes total per week on a rotator, 30 seconds each**

**Belonging:**

Man: If I could be you. Woman: And you can be me. Woman: For just one hour. Man: If you could find a way. Girl: To just get inside. Woman: Each other's mind. Man: Walk a mile in my shoes. Boy: Walk a mile in my shoes. Together: Walk a mile in my shoes. Announcer: We've all felt left out. And for some that feeling lasts more than a moment. We can change that. Learn how at [belongingbeginswithus.org](http://belongingbeginswithus.org)  
Brought to you by the Ad Council Choir: Walk a mile in my shoes.

**Dental Hygiene:**

Cracked teeth may embarrass kids whose families can't afford braces. And trying to fix their teeth themselves can make things worse. Luckily, there's donated orthodontic services. A program from the American Association of Orthodontists. For children and teens who qualify and are matched with a volunteer orthodontist, treatment can be lifechanging and help them smile with confidence. Learn more at [AAOinfo.org](http://AAOinfo.org)

**Diabetes**

Announcer: Don't you wish your life came with a warning app? Siri: Stop, that dog does not want to be petted. (aggressive dog sound) Announcer: A heads up before something bad happens. Siri: You should not send that text. Man: Uh oh. Announcer: Life doesn't always give you time to change the outcome. But prediabetes does. With early diagnosis and a few healthy changes, you can reverse prediabetes and delay or prevent type 2 diabetes. To learn your risk, take the one minute test today at [doihaveprediabetes.org](http://doihaveprediabetes.org) Brought to you by the Ad Council and it's Prediabetes Awareness Partners.

**Concurring Division**

Announcer: Right now our country feels divided but there's a place where people are coming together. Man: I was nervous to talk to someone so different from me. Woman: Me too. Announcer: Love has no labels. And One Small Step are helping people with different political views, beliefs, and experiences, connect through conversation and it feels good. Man: This conversation gives me hope. Woman: It gives me a lot of hope too. Announcer: Take a step toward bringing our country and your community together. Start a conversation at [lovehasnolabels.com/onesmallstep](http://lovehasnolabels.com/onesmallstep) A message from Story Core, Love Has No Labels and the Ad Council.

### **Getting your GED**

(Nicholas): This message is for Karina. Our mom will finish her high school diploma at age 28. Hi mom, it's Meredith and Nicholas. (Meredith): Congratulations on getting your diploma (Nicholas): You worked so hard and have taught us so much. (Both): We love you! Announcer: When you graduate, they graduate. Finish your high school diploma for you and for them. Visit [finishyourdiploma.org](http://finishyourdiploma.org) to find free and supportive adult education centers near you. Brought to you by the Dollar General Literacy Foundation and the Ad Council.

### **Hospitalized Kids**

Woman: My son Ben was born with congenial heart disease and spent the first eight months of his life in the hospital. Starlight Children's Foundation has played an important role in our lives. For five weeks as a baby, Finn lived in a Starlight Hero wagon instead of having to sleep in a hospital bed. Starlight provides moments of joy for families like mine at a time where there is very little to be found. Learn more about how Starlight brightens the lives of sick kids by visiting [starlight.org](http://starlight.org) today.

### **Medicine**

Franklin: This is Franklin Graham. Missionary Medicine is still one of the great tools for evangelism. Woman: This is why I do medical missions is to be able to treat people and help people who otherwise wouldn't get help. Man: We have to be willing to enter into the suffering of others and that's never easy but our God is faithful. Franklin: When you are a part of Missionary Medicine it's going to change the lives of people for centuries. Announcer: For more information go to [Samaritan'sPurse.org](http://Samaritan'sPurse.org) That's [SamaritansPurse.org](http://SamaritansPurse.org)

### **Texting and Driving**

(sound effect of record slowing down) Man: How was your drive to school? Girl: Let me tell you. I had to get my iced coffee first, I just can't seem to put it down. My favorite rapper just announced a tour, my phone was buzzing like crazy. I'm so excited. I had to text all my friends all about it. Then someone started calling me and...(record speeds up) Man: Let's try that again. (woosh sound effect) Girl: I turned my phone off right away. I never drive distracted. Announcer: Visit [StopTextsStopWrecks.org](http://StopTextsStopWrecks.org) A message brought to you by the National Highway Traffic Safety Administration, Project Yellowlight, and the Ad Council.

## **Helping Veterans**

For over 50 years, HelpPOVeterans has utilized recycled materials to create, manufacture, and distribute craft therapy kits that help deal with pain management, PTSD, anxiety, depression, and many other challenges. Our kits help find sustainable wellness in their lives. We are proud to help those who served our country. Our mission is to help our veterans. To learn more, go to [healvets.org](http://healvets.org) That's [healvets.org](http://healvets.org)  
Sponsored by HelpPOVeterans.

## **Mentions:**

Monday Motivation – RaJan does a weekly motivation topic on Mondays during the 6:00, 7:00, and 8:00 hour. They are 90 seconds each and RaJan encourages listeners through humor, perspectives, and

Wednesday Devo – RaJan does a weekly devotion on Wednesdays during the 6:00, 7:00 and 8:00 hour.

They are about 90 seconds each and he speaks to a specific life issue with a biblical component.