

Pulse 101.7FM – KPUL

Quarter 1 - Issues and Programs List 2024

Interviews:

Martha's House Of Hope

Date/Time: 1/6/24 7:05am Length: 3:19

Date/Time: 1/6/24 7:11am Length: 6:05

Tara Brown, the Director of Martha's House of Hope spoke with RaJan with Pulse Mornings about the mission behind MHOH and the impact they have in the community over the years. MOHOH started in 2019 and is a transitional living maternity home for unplanned and crisis pregnancy situations. MHOH helps mothers with basic needs such as scheduling care before and after birth, offering safe housing, provide nutrition, as well as counseling services and transportation assistance. Tara discussed how they have helped people in all walks of faith and those who are not. Tara was excited to share they are at full capacity and shared ways to help the organization through prayers, volunteering, and donating items on their wish list such as meals, utensils, Kleenex, and more.

Caring Hands Outreach Center

Date/Time: 1/27/24 7:03am Length: 8:31

Phil Simmons, the Executive Director of Caring Hands Outreach Center spoke with RaJan about the mission behind the outreach center and how to get involved to help the community. Caring Hands is an ecumenical organization that has 24 churches in the area supporting it's outreach efforts. They offer a food pantry, as well as a thrift store, a fresh garden, and living assistance. Phil shared with RaJan that the need is growing in central Iowa as Caring Hands assist about 680 households which equates to over 2,000 individuals. Phil lastly shared with listeners the three ways they can help Caring Hands thrive and flourish in the community. Listeners are encouraged to pray as they transition leadership, volunteer either at the thrift store or local garden, and lastly donate whether it is food items or monetarily.

Lecrae

Date/Time: 1/30/24 7:50am Length: 1:40

Date/Time: 1/30/24 8:18am Length: 5:45

Date/Time: 1/30/24 9:31am Length: 1:27

Hip-Hop Christian artist Lecrae talked with RaJan with Pulse Mornings about his upcoming feature on the Winter Jam Tour coming to Des Moines. Lecrae has recognized the need people are having for wanting spiritual growth and is excited to be sharing his new music for listeners. Lecrae also talked about human trauma and the struggles one might face. He shared it's important to recognize that and be self aware which is why he started his new podcast called, Deep End with Lecrae. Lastly, Lecrae talked about the

importance of investing your energy and time into the younger generation. He recognized they are the future and is pouring out into young people to help equip them to be strong individuals of faith and people of society.

Crowder

Date/Time: 2/1/24 7:46am Length: 6:40

Date/Time: 2/1/24 8:17am Length: 6:09

David Crowder, contemporary Christian artist spoke with RaJan with Pulse Mornings about the heart of Winter Jam. This concert was first started to bring the gospel to those in the community for free. It is now one of the most popular and affordable tours across the nation. Crowder's main message is that the cross and the grace of Jesus is for anybody and everybody who accepts it. Crowder shared that in the first two day of the tour, over 3,000 people had declared and professed their hope and faith in Jesus. Crowder is hoping that those in Des Moines can make a difference and bring some light to the community.

Laurel Taylor

Date/Time: 2/9/24 7:24am Length: 5:53

Date/Time: 2/9/24 9:19am Length: 5:41

Producer and Songwriter Laurel Taylor talked with RaJan with Pulse Mornings about reaching outside the church and helping those with mental health issues. Laurel shared with listeners the power of music and it can be used as a healing tool. In a world full of mixed messages and negativity, Laurel spoke to the importance of positive music and how it can help people both physically and mentally which correlates with our mission at Pulse. Lastly, Laurel encouraged listeners to think about their social circles and to reflect on if they are helping or hurting their personal life goals.

Hoover Meredith Learning Foundation

Date/Time: 2/10/24 7:24am Length: 12:11

Stacy Jones, a board member with the Hoover Meredith Learning Community Foundation stopped by the station to talk with RaJan more about the mission behind what they do. HMLCF provides learning enhancement grants to local schools in the community. Teachers are able to apply for those grants at the start of every semester, once approved they are able to address the needs in their classroom. RaJan and Stacey educated listeners that 90% of the supplies that are in the classroom are bought by teachers themselves which is an issue. That's why HMLCF exists to assist those educators. Stacey also spoke with RaJan about an upcoming event to raise dollars for their 5013c organization called the Husky Soiree. This event will include a dinner, live and silent auctions, and live music. This organization has given \$100,000 last year and were hoping to top that goal this year.

Angela Santomero**Date/Time: 2/17/24 7:05am Length: 6:52****Date/Time: 2/17/24 7:13am Length: 6:43**

Creator and Producer, Angela Santomero talked with RaJan with Pulse Mornings about her experience in children's television and the importance of educating children through positive media. Angela has created some of the most popular children's television shows like Blue's Clues, Daniel's Tiger Neighborhood, Super Why, and more. Angela also shares 3 Life Lessons adults can learn from kids that can help reduce stress and increase joy. Those lessons are; when you use your mind while taking a step at a time; you can do anything you set your mind to, when faced with disappointment try to turn it around and think of something good, and lastly to ask more questions and pause when listening to others. Lastly, Angela shared with listeners how to have fun at work in 2024. Whether it's playing a game before meetings or find the why of your job such as providing for family or helping people, these can make the work day a bit brighter.

Dr. Robert S, Paul, LPC**Date/Time: 2/24/24 7:03am Length: 7:41****Date/Time: 2/24/24 7:17am Length: 7:29**

Vice President of Focus Marriage Institute, Robert Paul spoke with RaJan with Pulse Mornings about Marriage 101 and how to improve it in 2024. Dr. Paul shared with listeners what a healthy marriage should look like and used the analogy of nurturing a garden. It will take time to care, tend, and watch over the marriage. Robert also shared that communication tends to get overcomplicated in marriages. Many people have styles, techniques, and ways when it comes to communicating. It's important to remember the difference of work talk (the talk about conflict, to do items, etc.) and the neglected Hard Talk (emotions, feelings, fears, dreams, etc.). Lastly, Dr. Rob shared if couples need a tune up in the marriage or they are just starting out to check out Hope Restored, which is an intense 3-5 counseling program that has helped over 13,000 couple's from every state and 34 foreign countries with a very high success rate.

Common Good Labs**Date/Time: 3/2/24 7:02am Length: 5:16****Date/Time: 3/2/24 7:14am Length: 6:44**

Rohit Acharya with Common Good Labs spoke with RaJan with Pulse Mornings about the ways parents can help combat the mental health crisis happening within teenagers today. With suicide rates increasing and the feeling of loneliness being at an all time high, Rohit shared some useful tips that parents can try with their teenagers. The first tip was to encourage and facilitate social connections whether it's sports, study groups, or community service projects. The second tip was to support their teenagers through

performing arts and music. Whether it's getting an instrument or the necessary writing tools, this can help their teens process and understand their emotions better. The third tip was to seek professional help if needed. Rohit also discussed the importance of normalizing seeking help from mental health services. Lastly, Rohit shared a resource for listeners to use if they have suicidal thoughts. That was to take advantage of a 24/7 texting hotline, which can be found by texting "Home" to 741741.

Girl Scouts of Iowa

Date/Time: 3/9/24 7:03am Length: 10:05

Girl Scout Cookie Season is in full swing and Samie Swinton, Director of Communications of Girl Scouts of Iowa stopped by our studio to talk with RaJan more about the program. Sammie shares the benefits of becoming a Girl Scout from learning communication skills, business ethics, importance of goal setting, and finance. Sammie also discussed Troop 6000 Transition Initiative, which supports Girl Scouts and their families as they transition to permanent housing. Samie also talked about the structure of how troupes are made. Lastly, Sammie shared some ways to get involved and help troupes out in their own community.

7 Traits of Effective Parenting

Date/Time: 3/16/24 7:05am Length: 6:34

Date/Time: 3/16/24 7:17am Length: 6:38

RaJan with Pulse Mornings talks about life as a parent with Dr. Danny Huerta with Focus on the Family. Dr. Huerta is a bilingual psychologist and licensed clinical social worker who oversees Focus on the Family's parenting initiatives. For many years, he has provided families with practical, biblical and research-based parenting advice on topics such as media discernment, discipline, communication, mental health, conflict resolution and healthy sexuality. He is passionate about coming alongside parents as they raise contributors instead of consumers in a culture desperately in need of God's kingdom. Danny talked with RaJan about the importance of offering love, respect and gratitude as a parent. Lastly, Danny shared a free assessment for listeners to take online to help and improve their parenting styles based on age, grade, and personality.

7 Traits of Effective Parenting (re-airing of prev. interview) **Date/Time: 3/16/24 7:05am Length: 6:34**

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Community Events:

January 8, 2024 Pulse Education Talk – Grand View Christian Middle School

RaJan visited with students at Grand View Christian Middle Schools to talk about the importance of media choices. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being an artist and father of 5 kids.

January 11, 2024 Pulse Education Talk – Grand View High Christian School

RaJan visited with students at Grand View Christian High School to talk about the importance of media choices. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being an artist and father of 5 kids.

January 18, 2024 Pulse Education Talk – Des Moines Christian Middle School

RaJan visited with students at Des Moines Christian Middle School to talk about the importance of media choices. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being an artist and father of 5 kids.

January 31, 2024 Pulse Education Talk – LifePoint Ministries

RaJan visited with students at LifePoint Ministries. These students were 6th-12th grade. RaJan talked about the importance of media choices also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being an artist and father of 5 kids.

February 7, 2024 Pulse Education Talk – CityPoint Church

RaJan visited with students at CityPoint Church to talk about the importance of media choices. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being an artist and father of 5 kids.

February 9, 2024 Pulse Education Talk – One Hundred Acre Wood Childcare

RaJan and Chris visited with students at One Hundred Acre Wood Childcare to talk about the importance of media choices. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Chris brought his puppet friend Scooter to talk about kindness and what it means to be a good friend. Students were able to engage and ask questions about RaJan and Chris' career in radio.

February 13, 2024 Pulse Education Talk – Freedom For Youth

RaJan visited with students at Freedom For Youth to talk about the importance of media choices. These students come from very diverse and underprivileged backgrounds. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being an artist and father of 5 kids.

March 1, 2024 Pulse Education Talk – Joshua Christian Academy

RaJan visited with elementary school students at Joshua Christian Academy to talk about the importance of media choices. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being an artist and father of 5 kids.

March 11, 2024 Pulse Education Talk – Joshua Christian Academy

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March 16, 2024 Pulse Education Talk – Girl Scouts of Iowa

RaJan visited with some girl scouts at our studio to talk about the importance of media choices. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being an artist and father of 5 kids.

March 20, 2024 Pulse Education Talk – Gloria Dei Lutheran Church

Rachel visited with some parents at Gloria Dei Lutheran Church to talk about the importance of media choices. Rachel also discussed from a parent's perspective about raising kids/teenagers through technology and the benefits of having them wait to give their kids a cell phone. Parents were able to engage and ask questions about Rachel's career in radio as well as questions about the station.

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.