## Quarterly Issues and Answers Jan/Feb/Mar 2020 REPORT KTLR AM 890 Oklahoma City, OK.

Issue: Cold Weather Exercises Program: 3<sup>rd</sup> Opinion Date: 1/6/2020 Time: 7 – 9am Description: To maintain your ambulatory abilities, perform indoor activities such as Stretching, Setups and Walking in Place

Issue: Organic Diet Program: 3<sup>rd</sup> Opinion Date: 1/15/2020 Time: Noon – 1pm Description: Avoid sugar, Breads and Pasta and eat only 3 meals a day – No Snacking

Issue: **Proper Rest** Program: **3<sup>rd</sup> Opinion** Date: **2/5/2020** Time: **7 – 9am** Description: **Plan regular rest times during the day based on your activities** 

Issue: COVID 19: Community Talk Date: 3/28/2020 Time: 10 – 11am Description: Host Greg Ward visits with Clint McKnight from Feed the Children about the need for contributions during the Pandemic's effect on Oklahoma City

Issue: Cold Weather Pet Care Program: 3<sup>rd</sup> Opinion Date 3/11/2020 Time: Noon – 1pm Description: Remember to maintain water and allow for a warm area for your pets if left outside during the Winter

Mike Miller / General Manager – KTLR Oklahoma City, OK.