

**1/10/2020**

**Quarterly Issues and Programs O/N/D List**  
**KTLR AM 890 / Oklahoma City**

Issue: **Fall to Winter Meals**  
Program: **3<sup>rd</sup> Opinion**  
Date: 10/24/2019  
Time: 7 – 9am  
Description: Host Dr. Mary Schrick discusses the healthy meals one can prepare during the upcoming holiday season to make for a better new year

Issue: **Anniversary**  
Program: **Community Talk**  
Date: 11/23/2019  
Time: 9 to 10am  
Description: Host Greg Ward visits with John Odell from Fellow Christian Athletes about the FCA Anniversary Celebration of 2019 accomplishments

Issue: **Winter Exercise**  
Program: **3<sup>rd</sup> Opinion**  
Date: 12/10/2019  
Time: 7:15 to 9am  
Description: Dr. Mary reminds us the need to maintain an exercise program along with an organic diet to maintain to help your health during the upcoming holiday season

Issue: **Proper Rest**  
Program: **3<sup>rd</sup> Opinion**  
Date: 12/16/2019  
Time: 7:15 to 9am  
Description: Dr. Mary reminds us how important to remember that proper rest during the busy holidays is

Issue: **Winter Pet Care**  
Program: **3<sup>rd</sup> Opinion**  
Date: 12/23/2017  
Time: 9 to 10am  
Description: Dr. Mary and Veterinarian Nita McNeil discuss remembering that your pets need to be protected from the cold weather and chocolate candy

**Mike Miller / General Manager - KTLR Oklahoma City, OK.**