

KFLB
Issues and Programs Report
2020-Q1
January - February - March

Report Prepared and Submitted by Amy Rollins



May 5, 2020

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.

Due to the COVID-19 Pandemic, the due date of Q1 2020 Issues & Programs report has been postponed to July 10, 2020. That is the reason for this submission date.

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 that are listed. We have likely dedicated more time, and in some cases much more time than is documented.

| ISSUE | Total MINUTES On-Air |
|---------------|-----------------------------|
| Faith | 687 |
| Finances | 151 |
| Mental Health | 620 |
| Marriage | 790 |
| Parenting | 572 |
| Relationships | 641 |
| Health | 322 |
| Safety | 10 |
| Foster Care | 1 |
| Work | 3 |
| Education | 4 |

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 |
|------------------------|--|-------------------|-------------------|---|--|
| Faith | Intentional Living | 1/01/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson reminds you how important faith is in all aspects of your life |
| Finances | Intentional Living | 1/02/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about the power of one thing in your finances. |
| Mental Health | Intentional Living | 1/03/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to navigate the dips of life |
| Finances | Mid-Day | 1/03/2020 | 9am | 1 | 2020 Tip Challenge, people are giving \$2,020 or \$20.20 as a tip to servers. |
| Marriage | Intentional Living | 1/06/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you sort out family relationships, especially with in-laws |
| Parenting | News | 1/06/2020 | 6A | 1 | Study suggestion helps kids boost confidence and increase academic ability through positive self-talk |
| Parenting | Intentional Living | 1/07/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson help you to be an intentional parent |
| Mental Health | News | 1/07/2020 | 7a | 1 | Having a song stuck in your head is evidence you are happy |
| Health | News | 1/07/2020 | 8A | 1 | Reported on FDA's new "dual-column" nutritional fact labels |
| Marriage | Intentional Living | 1/08/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson asks the question "What one thing are you doing to make your marriage intentional?" |
| Safety | News | 1/08/2020 | 5A | 1 | Facebook bans edited videos ahead of 2020 elections. |
| Health | News | 1/08/2020 | 6A | 1 | Reported on home remedies that work for a head cold |
| Relationships | News | 1/08/2020 | 7A | 1 | If you ask a friend for help directly, there's a greater chance they'll accept. |
| Health | News | 1/08/2020 | 8A | 1 | "Getting Up Early" is bad for your health, it raises the risk of heart disease and shortens life expectancy. |
| Relationships | Intentional Living | 1/09/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson asks the question "Who is been the biggest influence in your life?" |
| Relationships | News | 1/09/2020 | 5A | 1 | Thursday's are the day when bad moods are at their peak. |
| Marriage | News | 1/09/2020 | 6A | 1 | Discussed survey that states having "me-time" away from your spouse is the key to a healthy relationship. |
| Safety | News | 1/09/2020 | 6A | 1 | Reported that Facebook has not limited political ads on their website but has instead announced "transparency features" that help users control how many they see. |
| Marriage | Intentional Living | 1/10/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson is joined by Mark and Jill Savage they want to help you overcome the challenges of that not-so-perfect marriage |

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|---------------|--------------------|-----------|----------|------------|---|
| Safety | News | 1/13/2020 | 5A | 1 | Reported on winter storm affecting listeners in Texas, Michigan, and Tennessee. |
| Marriage | Intentional Living | 1/13/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to overcome the challenges you face in your marriage |
| Marriage | News | 1/13/2020 | 5A | 1 | Reported study that said indicator for strong marriages is more frequent use of words such as "we" and "us". |
| Health | News | 1/13/2020 | 6A | 1 | Study says doing compassionate things not only makes you feel good, but also decreases your feelings of pain considerably, even in cancer patients. |
| Finances | News | 1/13/20 | 7A | 1 | More Americans are grocery shopping at convenience stores. |
| Relationships | News | 1/13/2020 | 8A | 1 | Study says most men feel more confident with facial hair. |
| Foster Care | Mid-Day | 1/13/2020 | 12p | 1 | Foster Care agencies can use your used luggage. |
| Mental Health | Intentional Living | 1/14/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson asks the question, "What do you worry about?" |
| Finances | News | 1/14/2020 | 7a | 1 | Reported on free Chick-Fil-A promotion with online ordering |
| Relationships | Mid-Day | 1/14/2020 | 1pm | 1 | The Queen of the UK wishes her grandson Harry well in choosing a more independent life of the Royal family. |
| Mental Health | Intentional Living | 1/15/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to deal with the changes in life |
| Finances | News | 1/15/2020 | 6A | 1 | Reported on update to "Phase One" deal between US and China. |
| Health | News | 1/15/2020 | 6A | 1 | Cold cereal is a good and fast breakfast for kids and is better for them than not eating anything. |
| Safety | News | 1/15/2020 | 7A | 1 | Toyota issued recall on almost 700,000 vehicles for fuel pump issues. |
| Safety | News | 1/15/2020 | 8A | 1 | Report showed security flaw in Windows 10. |
| Relationships | News | 1/15/2020 | 8A | 1 | Text messages seem more sincere when they do not have a period at the end. |
| Marriage | Intentional Living | 1/16/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about how your attitude, whether good or bad, can impact your marriage |
| Relationships | Intentional Living | 1/17/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson shows you how one of the best ways to love people is to meet their need |
| Relationships | Intentional Living | 1/20/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you have a nag-free home |
| Relationships | Intentional Living | 1/21/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to get along with difficult people |
| Relationships | Intentional Living | 1/22/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to get along with your in-laws and other difficult people |
| Parenting | Intentional Living | 1/23/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to parent that adult child. |
| Relationships | Intentional Living | 1/24/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson wants to help healthy opposite sex friendships and keep your marriage healthy |
| Relationships | Intentional Living | 1/27/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to deal with the bullies in life |

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| Faith | Intentional Living | 1/28/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to experience hope while waiting |
| Parenting | Intentional Living | 1/29/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you deal with the challenge of kids and their tech |
| Safety | News | 1/29/2020 | 5A | 1 | Facebook has new tool to delete data collected by a third party. |
| Relationships | News | 1/29/2020 | 5a | 1 | "Jeenie" app has ASL function for deaf people to have fast and inexpensive access to sign language interpreters. |
| Relationships | News | 1/29/2020 | 7A | 1 | A recent study says you should call you mom when you're feeling down. Hearing her voice is calming and helps you feel safe. |
| Health | News | 1/29/2020 | 8A | 1 | Writing about a good experience before bed helps end your day nicely and could even help improve sleep quality. |
| Marriage | Intentional Living | 1/30/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about submission and marriage, and what that really means |
| Health | News | 1/30/2020 | 5a | 1 | Research says your posture impacts your mood. Better posture makes you happier. |
| Mental Health | news | 1/30/2020 | 6a | 1 | The more people check their smartphone, the more anxious they tend to be. |
| Safety | news | 1/30/2020 | 7A | 1 | Graco recalled baby rocking cradles. |
| Relationships | Intentional Living | 1/31/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson wants to know how hard it is for you to ask for help |
| Work | News | 1/31/2020 | 5a | 1 | The blue light on your phone helps to wake you up, so looking at it for a few minutes in the morning can help jump start your day. |
| Health | News | 1/31/2020 | 8a | 1 | Going out grocery shopping sleepy makes it more likely for you to purchase junk food. |
| Faith | Mid-Day | 1/31/2020 | 10am | 1 | Benefits of going to church |
| Parenting | Intentional Living | 2/03/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you deal with the challenge of kids and their tech |
| Health | News | 2/03/2020 | 5a | 1 | Cold water in the last seconds of your shower gives you an energy boost and has an anti-depressant effect too. |
| Education | News | 2/03/2020 | 6a | 1 | The scent of roses improves learning ability by 30% |
| Health | Morning Show | 2/03/2020 | 7am | 1 | Rachel talked about how she went from a homeless drug addict to clean and sober with a job in the church. |
| Relationships | Intentional Living | 2/04/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about the power of contentment |
| Health | News | 2/04/2020 | 6a | 1 | Burnt starchy products increases the risk of developing cancer. |
| Health | News | 2/4/20 | 6a | 1 | 8 out of 10 kids lie about brushing their teeth. Discussed ways to remedy. |
| Health | News | 2/04/2020 | 8a | 1 | New FDA drug has been approved for those with severe peanut allergies. |
| Health | Afternoon Show | 2/4/20 | 2pm | 1 | Hand washing can help prevent flu. |
| Safety | News | 2/05/2020 | 5a | 1 | Warned of weather storm in listening areas in TN, TX, and FL. |
| Marriage | Intentional Living | 2/05/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about perfectionism and marriage |

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|---------------|--------------------|-----------|----------|------------|---|
| Relationships | News | 2/05/2020 | 5a | 1 | Socially connecting with strangers boosts your positivity. |
| Health | News | 2/05/2020 | 6a | 1 | Rocking in a rocking chair reduces anxiety and depression but also improves balance. |
| Safety | News | 2/05/2020 | 7a | 1 | Google had a bug that sent some users' private videos to other people on accident. |
| Marriage | News | 2/5/20 | 8a | 1 | A happy spouse makes for better health because they are more likely to get their spouse active, eat better, and provide more social support. |
| Finances | Afternoon Show | 2/05/2020 | 5pm | 1 | What's on sale in February. |
| Health | Intentional Living | 2/06/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to clean up the clutter in your life |
| Health | News | 2/06/2020 | 5a | 1 | Reading a book improves self-esteem, lessens stress, and improves ability to cope in difficult situations. |
| Finances | News | 2/6/20 | 6a | 1 | China announced rolling back tariffs on US goods which is good for the US economy since that will mean more buyers over in China potentially. |
| Marriage | Intentional Living | 2/07/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about submission and marriage, and what that really means |
| Marriage | Intentional Living | 2/10/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about perfectionism and marriage |
| Health | News | 2/10/2020 | 5a | 1 | Caffeine (in chocolate and coffee) has been associated with faster learning. |
| Marriage | News | 2/10/2020 | 6a | 1 | Marriages are better when they regularly schedule date nights. |
| Health | News | 2/10/2020 | 7a | 1 | Weight loss can be boosted by spending at least two hours out in the cold. |
| Relationships | Morning Show | 2/10/20 | 6a | 1 | Caller talked about "Pal-entine's Day" where you do something with your best friends to celebrate instead. |
| Mental Health | Intentional Living | 2/11/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson shows you ways to overcome the stress in your life |
| Health | News | 2/11/20 | 5a | 1 | Waking up to music gives more energy than the traditional alarm sounds. |
| Relationships | News | 2/11/2020 | 5a | 1 | Giving spouses a pet name can foster a more playful and satisfying relationship. |
| Health | News | 2/11/2020 | 6a | 1 | People who volunteer are as healthy as people 5 years younger than their peers who don't volunteer. |
| Work | News | 2/11/2020 | 7a | 1 | People who set their clocks 5 minutes forward are more likely to be late. |
| Finances | News | 2/11/2020 | 8a | 1 | Waiting until the next night to celebrate Valentine's day is smart since all holiday prices will return to normal. |
| Parenting | Intentional Living | 2/12/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson shares how to be a successful parent. |
| Finances | News | 2/12/2020 | 6a | 1 | Sprint and T-Mobile finalized a merger that won't raise the prices of customer's bills but could increase coverage. |
| Relationships | Mid-Day | 2/12/2020 | 12p | 1 | Messy houses can be a sign of residents putting people first over productivity. |

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| Health | Intentional Living | 2/13/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about forgiveness and the freedom it can bring into your life |
| Health | News | 2/13/2020 | 5a | 1 | Citrus has natural ingredient that boosts energy and burns fat during workouts. |
| Finances | News | 2/13/2020 | 6a | 1 | Disneyland announced they are raising prices. |
| Relationships | News | 2/13/2020 | 6a | 1 | Happiest times in a person's life are in their youth or old age, but not middle age. However, marriage is what helps them be happy during this time more than anything else. |
| Health | News | 2/13/2020 | 7a | 1 | Lead and arsenic were found in vintage Tupperware measuring cups. |
| Health | Intentional Living | 2/14/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to clean up the clutter in your life |
| Relationships | Mid-Day | 2/14/2020 | 9a | 1 | The 5 Love Languages of how to better connect to your loved ones. |
| Faith | Intentional Living | 2/17/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to grow in your faith |
| Health | News | 2/17/2020 | 6a | 1 | Television's food ads encourage unhealthy eating habits. |
| Finances | News | 2/17/20 | 7a | 1 | Reported on President's Day Sales at common retailers. |
| Parenting | News | 2/17/2020 | 7a | 1 | When spouses have better relationships, their kids stay in school longer |
| Faith | Intentional Living | 2/18/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson ask whether you or someone you know is a controller, and is it time to turn control over to God? |
| Finances | News | 2/18/2020 | 5a | 1 | Reported on changes in tax law for the year of 2020. |
| Mental Health | News | 2/18/2020 | 6a | 1 | Naps improve happiness and confidence by 20% according to research. |
| Mental Health | Intentional Living | 2/19/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson shows you how to be worry-free |
| Faith | Intentional Living | 2/20/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to find and embrace God's will for your life |
| Marriage | Intentional Living | 2/21/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson gives you the top 10 reasons to NOT get married |
| Mental Health | Intentional Living | 2/24/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson shows you ways to overcome the stress in your life |
| Parenting | Intentional Living | 2/25/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson says it's important to have good communication when parenting. |
| Parenting | Mid-Day | 2/25/2020 | 10a | 1 | How to sneak veggies into your kids' foods. |
| Health | Intentional Living | 2/26/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about forgiveness and the freedom it can bring into your life |
| Finances | News | 2/26/2020 | 5a | 1 | Reported on Krispy Kreme's new delivery service and free donuts for Leap Day birthdays. |
| Faith | Intentional Living | 2/27/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson ask whether you or someone you know is a controller, and is it time to turn control over to God? |
| Health | News | 2/27/2020 | 5a | 1 | Walking helps improve mood. |
| Health | Mid-Day | 2/27/2020 | 12p | 1 | Why elderberries are good to fight the common cold. |
| Mental Health | Intentional Living | 2/28/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson shows you how to be worry-free |
| Health | News | 2/28/2020 | 6A | 1 | Jimmy John's had E-coli outbreak in their sprouts. |

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|---------------|--------------------|-----------|----------|------------|---|
| Health | News | 2/28/2020 | 8A | 1 | The happier you are, the longer you are likely to live because happiness decreases stress. |
| Marriage | Intentional Living | 3/02/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to deal with the big and little things that can cause problems in your marriage |
| Finance | News | 3/02/2020 | 5A | 1 | Reported on McDonald's Free Egg McMuffin Day event. |
| Finances | News | 3/02/2020 | 6A | 1 | Reported on crude oil price changes due to coronavirus. |
| Health | News | 3/02/2020 | 6A | 1 | Paying for groceries with cash or check makes it harder to impulse buy unhealthy food. |
| Parenting | Morning Show | 3/02/2020 | 8am | 1 | Listener suggested parents make a date night with their kids to spend time with them. |
| Marriage | Intentional Living | 3/03/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson shares how communication is essential to an intentional marriage |
| Health | News | 3/03/2020 | 5a | 1 | Eating at home more helps reduce risk of diabetes. Less calories are in home-cooked meals than those made at restaurants. |
| Mental Health | News | 3/3/20 | 6a | 1 | Research says when you make a mistake, give yourself grace. People are happier when they do. |
| Finances | News | 3/03/2020 | 6a | 1 | Study says most people pay full sticker price for a car and don't negotiate. Discussed negotiation tactics. |
| Parenting | News | 3/03/2020 | 7a | 1 | Research shows over half of all kids aged 6 and older have a cell phone. |
| Mental Health | Intentional Living | 3/04/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to get through the dips of life |
| Work | News | 3/04/2020 | 6A | 1 | People who work 50 hours a week regularly are at greater risk of stroke. |
| Parenting | News | 3/04/2020 | 8a | 1 | How to respond to your 4-year-old's many "why" questions. |
| Health | Morning Show | 3/04/2020 | 6a | 1 | Sleep hygiene tips. |
| Marriage | Morning Show | 3/04/2020 | 7-9a | 3 | Marriage advice. |
| Faith | Morning Show | 3/04/2020 | 7am | 1 | Caller shared how she led her sick brother-in-law to Christ a few days before he passed away. |
| Marriage | Intentional Living | 3/05/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to have an intentional marriage |
| Marriage | News | 3/05/2020 | 5A | 1 | Most husbands wish they received more compliments from their wife, according to a new survey. |
| Safety | News | 3/05/2020 | 6a | 1 | Reported on Toyota recall. |
| Health | Afternoon Show | 3/05/2020 | 3pm | 1 | Hand washing can help prevent coronavirus. |
| Faith | Intentional Living | 3/06/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson shows you what a difference faith can make in your life |
| Relationships | Afternoon Show | 3/06/2020 | 5pm | 1 | National Day of Unplugging helps build relationships. |
| Health | Evening Show | 3/07/2020 | 8pm | 1 | How to boost your energy |
| Relationships | Evening Show | 3/07/2020 | 9pm | 1 | Research show those who care for others live longer. |

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|---------------|--------------------|-----------|----------|------------|---|
| Mental Health | Intentional Living | 3/09/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to get through the dips of life |
| Relationships | News | 3/09/2020 | 6A | 1 | Research says that most people believe asking for the Wi-Fi password when over at somebody else's house is rude. |
| Health | News | 3/9/20 | 7A | 1 | Reported on how to make homemade hand sanitizer when everybody has bought all the hand sanitizer at the store (during Coronavirus period) |
| Finances | News | 3/09/2020 | 8a | 1 | Reported on halt of trading, stocks, and crude oil prices affected by coronavirus. |
| Relationships | Intentional Living | 3/10/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson asks the question "Who is been the biggest influence in your life?" |
| Marriage | Intentional Living | 3/11/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to have an intentional marriage |
| Faith | Morning Show | 3/11/2020 | 6am | 2 | Talked about how to balance hope in Christ and wisdom as pertains to coronavirus protection. |
| Faith | Morning show | 3/11/2020 | 7am | 1 | Caller shared that he gave up on life but then God spoke into his life that He wasn't done with him yet. |
| Finances | News | 3/11/2020 | 8a | 1 | A lab is paying participants \$4500 to be infected with coronavirus. |
| Health | Intentional Living | 3/12/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson talks about the power of one thing in your health. |
| Health | News | 3/12/2020 | 7A | 1 | CVS will start free prescription deliveries over COVID-19 concerns. |
| Finances | Intentional Living | 3/13/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson reveals how being unfaithful in your finances can be devastating to your marriage |
| Health | News | 3/13/2020 | 5A | 1 | Reported on possible vaccine for Coronavirus being developed by Israeli scientists. |
| Health | News | 3/13/2020 | 5A | 1 | Reported on findings about if pets can contract coronavirus. |
| Parenting | Intentional Living | 3/16/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to raise your kids without raising your voice |
| Parenting | Mid-Day | 3/16/2020 | 1p | 1 | Homeschooling advice for mom's new to this because of the corona virus. |
| Faith | Intentional Living | 3/17/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson asks, who has influenced you? |
| Parenting | Mid-Day | 3/17/2020 | 9am | 1 | Educating your kids about the coronavirus. |
| Faith | Intentional Living | 3/18/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to find God's peace in the middle of life's storms |
| Finances | News | 3/18/2020 | 5A | 1 | Reported on extended deadline to send in your taxes. |
| Finances | News | 3/18/2020 | 6A | 1 | Reported on President's intentions to send checks out to Americans. |
| Mental Health | News | 3/18/2020 | 6A | 1 | Study says most women have a crying spot where they go to release pent-up emotions. |
| Mental Health | Morning Show | 3/18/2020 | 6a | 1 | Caller shared the emotional roller-coaster of buying a house. |
| Finances | News | 3/18/2020 | 7A | 1 | Reported on gas prices trending downward to the lowest national average in a while. |

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| Parenting | Morning Show | 3/18/2020 | 7a | 2 | Caller shared how she homeschools her 14 kids: starts with prayer and then schedules the rest of the day. |
| Safety | News | 3/18/2020 | 8A | 1 | Reported on earthquake in Utah. |
| Education | News | 3/18/2020 | 8A | 1 | NASA is giving free access to photos and videos from their media library for homeschooling kids in midst of coronavirus quarantines. |
| Mental Health | News | 3/18/2020 | 8A | 1 | Survey says people are putting their Christmas lights back up so they can have some joy during the Coronavirus crisis. |
| Parenting | Intentional Living | 3/19/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson takes your questions on parenting |
| Finances | News | 3/19/2020 | 5A | 1 | Reported on closure of the trading floor at the New York Stock Exchange and that all their trading will be done electronically. |
| Finances | News | 3/19/2020 | 6A | 1 | The president signed the coronavirus relief package. |
| Finances | News | 3/19/2020 | 6A | 1 | Reported on study that over 94 million Americans have canceled travel plans. |
| Finances | Morning show | 3/19/2020 | 6:12 | 1 | Caller suggested it's better to stay home from vacation and do something else: saves money and keeps family safe too. |
| Finances | News | 3/19/2020 | 7A | 1 | Reported on MLB teams supporting ballpark employees across US. |
| Finances | News | 3/19/2020 | 8A | 1 | Reported on Target opening early only for elderly people and vulnerable people on Wednesdays. |
| Mental Health | Intentional Living | 3/20/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to break that worry cycle in your life |
| Finances | News | 3/20/2020 | 5A | 1 | Reported on who will be affected by the COVID-19 stimulus bill. |
| Health | News | 3/20/2020 | 6A | 1 | Reported on predictor of COVID-19 |
| Finances | News | 3/20/2020 | 7A | 1 | Reported on new Costco return policy for people buying up too many of certain goods such as TP. |
| Health | Morning Show | 3/20/20 | 8a | 2 | John Brock shares what having coronavirus is like from his experience. |
| Faith | Intentional Living | 3/23/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to find God's peace in the middle of life's storms |
| Faith | Intentional Living | 3/23/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to find God's peace in the middle of life's storms |
| Finances | News | 3/23/2020 | 5A | 1 | Bank of America is deferring mortgage payments to help families affected by coronavirus. |
| Health | News | 3/23/2020 | 6A | 1 | FDA approved coronavirus test that works a lot faster |
| Health | News | 3/23/2020 | 6A | 1 | Studies show that candy bar sales are up almost 50% after instigation of quarantine. |
| Finances | News | 3/23/2020 | 7A | 1 | Reported on US Treasury moving income tax deadline to July 15th. They also recommend getting the taxes filed by April 15th for a faster refund return. |
| Relationships | Morning Show | 3/23/2020 | 8a | 6 | Dr. Randy talked about the worry Coronavirus can bring, how to deal with it, |

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| | | | | | give it to God, and deal with people who are worrying about it. |
| Parenting | Intentional Living | 3/24/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson takes your questions on parenting |
| Parenting | Intentional Living | 3/24/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson takes your questions on parenting |
| Finances | News | 3/24/2020 | 5A | 1 | Reported on new stimulus bill being worked on in the Senate. |
| Health | News | 3/24/2020 | 6A | 1 | Reported study that says laughing for 2 minutes is as helpful as a 20-minute jog. |
| Education | News | 3/24/2020 | 7A | 1 | Reported on Audible making certain kids' books on their platform free while school is out. |
| Faith | Morning Show | 3/24/2020 | 7a | 2 | Caller shared about Noontime Prayer programs for Coronavirus. Also mentioned FLR's day of prayer. |
| Relationships | Morning Show | 3/24/2020 | 8a | 4 | Talked about fun board games that families could enjoy especially during time of quarantines. |
| Mental Health | Intentional Living | 3/25/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson helps you to break that worry cycle in your life |
| Faith | Morning Show | 3/25/2020 | 6a | 2 | Caller shared how this quarantine situation has given her pause to reconnect with God. |
| Faith | Intentional Living | 3/26/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson encourages you to have faith in God when life has blind-sided you |
| Faith | Morning Show | 3/26/2020 | 6-8a | 6 | Prayed for various conditions affected by COVID-19. |
| Relationships | Intentional Living | 3/27/2020 | 11a & 7p | 56 Minutes | Dr. Randy Carlson asks if you've ever made a stupid decision. What were the consequences? |
| Parenting | Morning Show | 3/31/2020 | 7a | 2 | Host shared about how his son couldn't go play with other kids to protect family from coronavirus. |

