

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

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

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.

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.

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.

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,

					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.

