

KFLT-FM
Issues and Programs Report
2021-Q3
July - August - September

Report Prepared and Submitted by Amy Rollins

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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.

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
Divorce Care	112
Marriage	307
Health	315
Mental Health	312
Relationships	604
Parenting	675
Faith	782
Finances	227
Singles	56
Covid	61
Work	190
Single Parenting	80
Blended Families	56
Safety	4
Education	30
Youth	24

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
Divorce Care	Intentional Living	7/01/2021	11a & 7p	56 Minutes	Dr. Randy helps parents and adult children deal with divorce
Marriage	Morning Show	7/1/2021	7a	2	Caller shared experience with talking to husband about being on time. She "sugar coats" how much time to remind him without nagging.
Relationships	Break Point	7/1/2021	7p	4	The importance of helping the poor
Safety	News	7/1/2021	8a	1	Reported on travel traffic for 4th of July weekend.
Covid	News	7/2/2021	5a	1	MIT developed a new facemask that tells the person if they have Covid within 90 minutes.
Faith	Morning Show	7/2/2021	4a- 8am	4	Caller shared about how he went from almost taking his own life to being a pastor because of Jesus' healing.
Faith	Mid-Day	7/2/2021	9a	1	Fruit salad can be symbolic of the fruits of the spirit. Identified which physical fruit represents each fruit of the spirit.
Marriage	Intentional Living	7/02/2021	11a & 7p	56 Minutes	Dr. Randy helps the marriage where the spouse is unwilling to change
Mental Health	Break Point	7/2/2021	7p	4	God created us in his image, reminds people to love who God created them to be.
Relationships	Morning Show	7/2/2021	8a	2	Listener is going to her first bible study. She shared about the importance of growing in relationship with Jesus through relationship with other believers.
Work-	News	7/2/2021	7a	1	US employment is up employers added 850,000 jobs in June.
Health	Intentional Living	7/05/2021	11a & 7p	56 Minutes	Dr. Randy helps you to live intentionally with your health
Faith	Morning Show	7/6/2021	8a	2	Caller shared how she heard from God to start singing again for worship after she was hurt by her father when he wanted her to stop 40 years ago.
Mental Health	Intentional Living	7/06/2021	11a & 7p	56 Minutes	Dr. Randy and Dr. Gregg Jantz help you experience inner peace
Parenting	News	7/6/2021	6a	1	Reported on story of fostering children and discussing its importance.

Relationships	News	7/6/2021	7a	1	Reported on story of friends bonded in a cancer ward. Talked about God orchestrating relationships
Relationships	Break Point	7/6/2021	7p	4	Forgiveness leads to intimacy in relationship.
Work	News	7/6/2021	5a	1	Study says having too many personal items in your office damages your credibility. Discussed validity of such claims using personal examples.
Relationships	Intentional Living	7/07/2021	11a & 7p	56 Minutes	Dr. Randy shows you how to look at life from a head, heart, hand perspective
Work	News	7/7/2021	7a	1	Throw office birthday parties helps foster work relationships.
Faith	Morning Show	7/8/2021	7a	2	Mysti shared that her mom reminded her to combat panic attacks by declaring Scripture.
Marriage	Break Point	7/8/2021	7p	4	Valuing your spouse over comfort
Parenting	Intentional Living	7/08/2021	11a & 7p	56 Minutes	Dr. Randy helps parents to not hover over their kids
Faith	Intentional Living	7/09/2021	11a & 7p	56 Minutes	Dr. Randy shows you the power of faith and forgiveness
Mental Health	Break Point	7/9/2021	7p	4	The Pandemic has caused an increase in anxiety
Relationships	Mid-Day	7/9/2021	10am	1	5 things artist Crowder does for others to protect mental health
Health	Evening Show	7/10/21	8p	1	The benefits of chocolate
Parenting	Intentional Living	7/12/2021	11a & 7p	56 Minutes	Dr. Randy talks to rookie parents
Relationships	News	7/12/2021	8a	1	Study shows that 2 in 3 US citizens have a hard time tolerating crowds now because of the COVID lockdown.
Relationships	Morning Show	7/12/2021	7a	2	Caller shared about her difficult divorce and shared about how God helped her forgive her ex and restore her through that forgiveness.
Faith	Morning Show	7/13/2021	6a	4	Kank shared about how his son got scared because of the storms and thunder. Led to a discussion about how the more we know God, the more we can trust in Him to keep us safe.
Faith	Morning Show	7/13/2021	7a	2	Caller shared about how his mom was his example for a true believer in Christ and how that helped him stop

					abusing substances and led him to Christ.
Finances	Mid-Day	7/13/2021	1pm	1	How to pick a ripe watermelon
Mental Health	Intentional Living	7/13/2021	11a & 7p	56 Minutes	Dr. Randy helps to deal with exhaustion
Parenting	Mid-Day	7/13/2021	12pm	1	A tiger dad was observed in India taking care of his cubs after mom died.
Relationships	Break Point	7/13/2021	7p	4	Resources for those struggling with pornography
Mental Health	Break Point	7/14/2021	7p	4	Finding our identity in Christ provides peace for those trying to define themselves.
Relationships	Intentional Living	7/14/2021	11a & 7p	56 Minutes	Dr. Randy helps figure out what to do with difficult parents
Health	Evening Show	7/15/2021	9p	1	Sleep study results lead to tips for better sleep hygiene
Mental Health	Mid-Day	7/15/2021	9a	1	Artist Lydia Laird shares the truth about mental health as it relates to faith.
Parenting	Intentional Living	7/15/2021	11a & 7p	56 Minutes	Dr. Randy helps grandparents to deal with being second-time parents
Relationships	Break Point	7/15/2021	7p	4	The Church needs to be more grace-filled.
Divorce Care	Intentional Living	7/16/2021	11a & 7p	56 Minutes	Dr. Randy helps you to recover from divorce
Faith	Break Point	7/16/2021	7p	4	God sometimes allows negative circumstances so we will turn to Jesus for comfort.
Parenting	Intentional Living	7/19/2021	11a & 7p	56 Minutes	Dr. Randy shows you how to raise a responsible adult
Finances	Intentional Living	7/20/2021	11a & 7p	56 Minutes	Dr. Randy helps to avoid self-sabotage
Faith	Break Point	7/21/2021	7p	4	A woman who's had an abortion describes her appreciation for God's grace.
Parenting	Intentional Living	7/21/2021	11a & 7p	56 Minutes	Dr. Randy helps adult children navigate parenting their parents
Faith	Intentional Living	7/22/2021	11a & 7p	56 Minutes	Dr. Randy along with Stormie Omartian to help you discover power of prayer
Faith	Morning Show	7/22/2021	6a	2	Discussed the idea; "Stop asking God to bless what you're doing, join God in what He's already blessing"
Finances	News	7/22/2021	5a-9a	2	Study shows teachers spend at least \$450 of their own money for their

					classrooms. Discussed how we could help them and the students.
Relationships	Morning Show	7/22/2021	6a	2	Discussed how the use of filters when editing pictures shares an inauthentic version of ourselves and leads to comparison that leads to discontentment.
Covid	News	7/23/2021	5a-9am	2	Discussed what relationships have been improved or started because of the pandemic.
Finances	News	7/23/2021	7a	1	Strawberry pop tarts are the biggest selling item when a storm is about to hit. Discussed what our necessities are in preparation for a storm.
Parenting	Intentional Living	7/23/2021	11a & 7p	56 Minutes	Dr. Randy helps grandparents with endurance for parenting their grand children
Relationships	Morning Show	7/23/2021	6a	2	Caller shared her "gold-medal" talent: listening. Talked about the importance of presence in a conversation with another person.
Relationships	Morning Show	7/23/2021	7a	2	Sally shared about trying to rekindle old memories and how it can be more important to preserve what you have and create new memories rather than trying to relive old ones.
Relationships	Morning Show	7/23/2021	8a	2	Caller shared about concerns with boyfriend having contact with ex-girlfriends. She stood her ground and asked him to cease contact and how that improved their relationship.
Faith	Morning Show	7/26/2021	6a	2	Mysti talked about freezing up when asked to lead prayer. Talked about how corporate prayer can feel somewhat forced and discussed ways to improve it.
Marriage	Intentional Living	7/26/2021	11a & 7p	56 Minutes	Dr. Randy helps marriage discover the soulmates in their spouse
Mental Health	Morning Show	7/26/2021	7a	3	Discussed the power of negative self-talk and thoughts and how we can turn that around and remember what God says about us.
Relationships	News	7/26/2021	5-9a	4	Related story of man cutting in the line in the grocery store only for the person he cut in front of to offer to pay for his groceries. Talked about situations

					where someone was shown grace when they easily could have been frustrated.
Mental Health	News	7/27/2021	5a	1	Study says we spend 5 months of our life complaining. Discussed how we can shift our mindset to be more thankful.
Parenting	Intentional Living	7/27/2021	11a & 7p	56 Minutes	Dr. Randy helps you to be fruitful parents for your kids
Relationships	Mid-Day	7/27/2021	10am	1	US Swimmer takes gold while friends back home cheer her on
Relationships	Mid-Day	7/27/2021	12pm	1	NY officers lift car off mom and baby hit and dragged by car. Both mom and baby are expected to recover.
Relationships	Morning Show	7/27/2021	7a	2	Lauren Daigle learned not to take relationships for granted during Covid lockdown.
Health	News	7/28/2021	7a	2	Shared story of 75-year-old body builder who changed her mindset so that she overcame the obstacles and achieved her best health.
Relationships	Intentional Living	7/28/2021	11a & 7p	56 Minutes	Dr. Randy shows you how to carefully pick your friends
Faith	Intentional Living	7/29/2021	11a & 7p	56 Minutes	Dr. Randy along with Pastor Peter Martin teach how to trust God
Faith	Morning Show	7/29/2021	6a	2	Caller shared how she utilizes scripture whenever "the voices in her head" tell her she's not worth anything.
Health	Morning Show	7/29/2021	8a	2	Caller shared importance of well-balanced meals.
Relationships	News	7/29/2021	6a	1	Talked about family in England who TikTok about their daughter's Tourette's syndrome to educate people more about it. Discussed special needs parenting.
Relationships	Morning Show	7/29/2021	6a	2	Caller shared about how she had pre-conceived notions about a person that she ended up becoming friends with only for her to find out she was wrong. Reminder to not judge others.
Relationships	Morning Show	7/29/2021	6a	2	Mysti shared about how she was betrayed as a kid and how that still makes her be wary of other people and takes a while to trust them. Talked about the impact of words.

Faith	Morning Show	7/30/2021	4-8am	4	Caller shared about surviving ovarian cancer and how God and Family Life Radio got her through it.
Health	Intentional Living	7/30/2021	11a & 7p	56 Minutes	Dr. Randy and Dr. Gregg Jantz help you to recover from addiction
Safety	mid-Day	7/30/2021	1pm	1	Recall of spices sold at Walmart, Kroger and Target
Faith	News	8/2/2021	7a	1	Shared story of Caleb Dressel, the Olympic swimmer, and he used his success to share about God.
Faith	Morning Show	8/2/2021	6a	2	Caller shared story about how an anonymous person gave her several hundred dollars in a time of need. She shared how that bolstered her faith that God will provide in times of need.
Faith	Morning Show	8/2/2021	4-8am	4	Good News: Alayza (Caller) shared how she was in rehab and came across \$3000 and decided to try and return it to its rightful owner instead of keeping it for herself. Showed how God truly changed her and her mindset.
Health	News	8/2/2021	5-9a	2	Study says daily showers are not good for you, but rather 2-3 times a week.
Health	Mid-Day	8/2/2021	12p	1	Please Pray for Artist Zach Williams who has covid.
Mental Health	Intentional Living	8/02/2021	11a & 7p	56 Minutes	Dr. Randy helps you stop lying to yourself
Relationships	Morning Show	8/2/2021	6a	2	Caller shared how he was in military and people would try to do things for them but would stop them to try and be nice. He later realized that is there way of showing kindness to him, and he's stopping them from fulfilling God's blessing in his life. So, he now graciously accepts blessing whenever they happen because he knows the blessing goes both ways.
Relationships	Morning Show	8/2/2021	6a	2	"If you want to give God the best of you, you might need to give people less of you." - Discussed this principle as a means of having to say "no" occasionally to give God our true best in all that we do.
Relationships	Break Point	8/2/21	7p	1	Our stewardship of the planet is an example to others of our Christian walk

Faith	Morning Show	8/3/2021	6a	2	Talked about how the world will talk about "body confidence" and "self-confidence", but how it isn't our first reaction to go to God for our confidence.
Faith	Morning Show	8/3/2021	4-8am	4	Good news: Sue (Caller) shared how her son came back to God after going to boot camp and getting sober.
Faith	Break Point	8/3/21	7p	1	Women dressed provocatively sends the message that these women are not seeking healthy avenues of validation
Health	Morning Show	8/3/2021	5-9am	4	Joy Report: Janice (Caller) talked about how she was miraculously healed of her tumors.
Parenting	Intentional Living	8/03/2021	11a & 7p	56 Minutes	Dr. Randy asks; what kind of parent do you want to be?
Covid	Morning Show	8/4/2021	6a	2	Discussed the "Delta Variant" strain of Covid and the overall divisive effects of mask/no mask, vaxxed/non-vaxxed conversations.
Faith	Morning Show	8/4/2021	4-8am	4	Good News: Stacy (Caller) shared about sister who got sober after being addicted and gave her heart to Christ.
Singles	Intentional Living	8/04/2021	11a & 7p	56 Minutes	Dr. Randy helps singles to live an intentional life in Christ
Faith	Intentional Living	8/05/2021	11a & 7p	56 Minutes	Dr. Randy helps know God through your suffering
Faith	Morning Show	8/5/2021	4-8am	4	Good News: Gina (Caller) shared how she found FLR and moved to AZ to escape an abusive relationship.
Finances	News	8/5/2021	8a	1	Reported on Spirit Airlines' flight cancellations due to short staff and technical issues.
Finances	Morning Show	8/5/2021	6a	2	Caller shared how she was looking for a bargain on a bike. She ended up praying for a deal and she got it for the exact price she wanted.
Faith	News	8/6/2021	5-9am	4	Shared story of Penny, a single mom, who wanted to get peanut butter for her daughter, but couldn't afford it. God provided a way that she was given that peanut butter.
Faith	Morning Show	8/6/2021	4-8am	4	Good News: Cora (Caller) shared about her mother-in-law who, before she passed away, asked for the minister

					to help lead her through the Sinner's Prayer.
Parenting	Intentional Living	8/06/2021	11a & 7p	56 Minutes	Dr. Randy helps you to parent up and power down
Youth	Community Calendar Spots	7/31/21 - 8/6/21	12:00am - 11:59pm	24	Flag football event for with kids 4-years to 5th grade in Tucson
Faith	News	8/9/2021	7a	1	Archeologists discovered evidence of an earthquake that happened in Judah 2800 years ago, as described in the book of Amos.
Finances	News	8/9/2021	7a	2	Survey says most of us fill up our online "shopping carts" and then abandon them. Led to discussion about materialism.
Finances	Afternoon Show	8/9/2021	3p	1	Target is offering Free college tuition
Health	Afternoon Show	8/9/2021	6p	1	Managing your time so you don't have to rush is good for lowering your stress level.
Marriage	Morning Show	8/9/2021	6a	2	Adam (Caller) talked about how he and his wife have swapped the grocery-buying duties but has lately tried to help her learn how to in case he's ever gone.
Relationships	Intentional Living	8/09/2021	11a & 7p	56 Minutes	Dr. Randy asks you to share; who influenced you the most?
Faith	Morning Show	8/10/2021	6a	2	Breanna (Caller) talked about how God will provide in the difficult times. Shared her story of being a single working mom and the stresses of life, but how God keeps her going.
Finances	Morning Show	8/10/2021	7a	2	Marcia (caller) shared how she stopped online shopping because she was buying more unnecessary items.
Finances	Morning Show	8/10/2021	8a	2	Joy Report: Adeline (caller) shared how she was short on cash to pay a bill and miraculously received a check from a class-action lawsuit that was the exact amount she needed.
Parenting	Intentional Living	8/10/2021	11a & 7p	56 Minutes	Dr. Randy reveals how the power of one thing can help your parenting
Relationships	Morning Show	8/10/2021	4-8am	4	Good News: Karen (Caller) shared on how she heard from God to take care of her mother for the last few months of her life.

Relationships	Morning Show	8/10/2021	8a	2	Dusty (caller) shared about his homelessness experience and the one thing that made the biggest difference was simply being acknowledged.
COVID	Intentional Living	8/11/2021	11a & 7p	56 Minutes	Dr. Randy along with Pastor Craig Coulter talk about COVID and the Church
Faith	Morning Show	8/11/2021	7a	2	Jose (caller) talked with us about wanting to go further in his relationship with God but didn't know how. Kankelfritz led him through the Sinner's prayer.
Mental Health	Morning Show	8/11/2021	6a	3	Morning crew discussed how our expectations can generate disappointment when we set them unrealistically high.
Relationships	Morning Show	8/11/2021	4-8am	4	Good News: Caller shared how there was a tornado that went through her town and destroyed many buildings but did not harm any people. Discussed her perspective on the positive rather than focusing on the negative.
Marriage	Intentional Living	8/12/2021	11a & 7p	56 Minutes	Dr. Randy answers your questions about marriage
Work	Morning Show	8/12/2021	8a	2	Mysti shared about a common expression she makes while on Zoom calls. Discussed on how different work relationships and interactions can be working online from working in-person.
Faith	Morning Show	8/13/2021	6a	3	The morning crew discussed giving all worries to God.
Relationships	Morning Show	8/13/2021	8a	2	Kank talked about his son going back to brick-and-mortar school and how he seems to be happier in that environment. Talked about the importance of social interaction.
Work	Intentional Living	8/13/2021	11a & 7p	56 Minutes	Dr. Randy along with Pastor David Willard help you work for the Lord
Education	Morning Show	8/16/2021	6a	2	Caller shared about getting her bachelor's degree after a 35-year delay.
Health	Morning Show	8/16/2021	4-8am	4	Good News: Ryan (caller) shared how he had been able to go 72 hours without smoking because of God's help.

Marriage	Intentional Living	8/16/2021	11a & 7p	56 Minutes	Dr. Randy reveals how the power of one thing can help your marriage
Mental Health	News	8/16/2021	5a	1	The average woman criticizes herself 8 times a day, says study.
Faith	Morning Show	8/17/2021	5-9a	4	Joy Report: Caller shared how her dad was praising Jesus as he was passing away.
Finances	News	8/17/2021	7a	1	Reported on possible turkey shortage.
Relationships	Intentional Living	8/17/2021	11a & 7p	56 Minutes	Dr. Randy reveals how powerful words really are
Relationships	Morning Show	8/17/2021	6a	3	Mysti shared about a friend going through a rough patch in her marriage and how she found a new person at her work very attractive. Led to discussion about staying faithful.
Faith	News	8/18/2021	7a	1	Study shows that church attendance has gone down significantly since the COVID shutdown, and many don't have plans to go back. Discussed changes in church attendance and what that means for spiritual growth.
Faith	Morning Show	8/18/2021	8a	2	KNF crew talked about how when things look like they're out of control, God's did not surrender His authority.
Finances	Intentional Living	8/18/2021	11a & 7p	56 Minutes	Dr. Randy helps you discern how the one thing is the right thing
Health	News	8/18/2021	8a	1	Experts say most of our behaviors are habitual and on autopilot. However, exposing oneself to a new environment shuts it down. Discussed how to break old bad habits and form good new ones.
Marriage	Morning Show	8/18/2021	6a	2	Listener shared how to abstain from attraction to others outside her marriage. She would redirect her attention to focus on all the good things she has with her husband.
Marriage	Morning Show	8/18/2021	7a	2	Jill (caller) shared how to abstain from attraction to others outside her marriage. She makes a list of people she would hurt from following through with her attraction. Also, could be applied to any big or small decisions throughout life.
Relationships	Mid-Day	8/18/2021	10am	1	Girl Scouts announce a new cookie
Safety	Mid-Day	8/18/2021	9am	1	Dog Food Recall

Faith	Morning Show	8/19/2021	8a	2	The morning show discussed how we often pray to God for an issue just once and give up, rather than continuing in prayer over circumstances.
Health	Intentional Living	8/19/2021	11a & 7p	56 Minutes	Dr. Randy teaches you the basics of living intentionally
Marriage	Morning Show	8/19/2021	5-9a	4	Joy Report: Caller shared how she was separated from her husband, he ended up getting sober and came back due to encounter with God.
Work	Morning Show	8/19/2021	5-9a	5	Shared story of woman who fulfilled her dream of owning a book shop after becoming too sick to do much else. Talked about how God led us to new avenues of life through difficult circumstances.
Education	News	8/20/2021	5a	1	Shared story of preschool teacher who, to encourage good behavior, she picks up the phone and "calls" favorite characters like Minnie Mouse or the Paw Patrol to tell them how well they are doing.
Health	Morning Show	8/20/2021	5-9am	4	Joy Report: Theresa was healed from cancer and gave all glory to God for her healing.
Marriage	Afternoon Show	8/20/2021	2p	1	Pray for your spouse
Parenting	Intentional Living	8/20/2021	11a & 7p	56 Minutes	Dr. Randy helps you become a better parent
Relationships	Morning Show	8/20/2021	7a	3	Social Media Etiquette
Work	Morning Show	8/20/2021	6a	2	KNF crew discussed work-faux-pas such as microwaving fish, burning popcorn, and replying-all to company-wide emails.
Relationships	Mid-Day	8/22/2021	12p	1	A middle school teacher demonstrated how we all have difficult times to teach her students to not judge.
Faith	Intentional Living	8/23/2021	11a & 7p	56 Minutes	Dr. Randy teaches you how to repurpose your life
Faith	Morning Show	8/23/2021	7a	5	KNF Crew and Steve (caller) touched on the Taliban takeover of Afghanistan. Discussed how important it is to pray for those who wish to do harm, like the Taliban, that they might be radically changed by Christ.

Faith	Morning Show	8/23/2021	8a	2	Talked about how we sometimes dwell more on our pain, than the truth of God's word.
Finances	News	8/23/2021	5a	1	Survey says that the average parent will spend \$501 on one child for back-to-school shopping. Discussed ways to save money on back-to-school items.
Finances	Morning Show	8/23/2021	6a	2	Talked about customer service issues. Kankelfritz shared name of app that reveals step-by-step instructions that skips the automation system and gets you to a live assistant as quickly as possible.
Marriage	Morning Show	8/23/2021	8a	2	Sally shared about her recent vacation and how she started to get annoyed at different things about her husband's behavior. She reminded herself that sometimes it's more important to let another person's joy shine through, rather than enforce our perspective onto others.
Mental Health	Mid-Day	8/23/2021	9am	1	One of the members of the band Cain shares her mental health struggles to encourage others.
Relationships	Mid-Day	8/23/2021	1p	1	Sharing first day back to school traditions.
Mental Health	News	8/24/2021	8a	1	Senate passed an act that will let Veterans with PTSD receive service dogs.
Mental Health	Morning Show	8/24/2021	8a	2	Sally talked about her vacation and how she allowed herself to relax. Talked about how even God mentioned and gave examples of how rest can restore oneself, thus improving quality of other outputs.
Relationships	News	8/24/2021	6a	1	Reported on "Be Kind to Humankind" week and things we can do to show kindness to one another.
Single Parenting	Intentional Living	8/24/2021	11a & 7p	56 Minutes	Dr. Randy helps single parent to be intentional parents
Faith	Intentional Living	8/25/2021	11a & 7p	56 Minutes	Dr. Randy teaches you how to live an intentional life in Christ
Finances	News	8/25/2021	6a	1	Every year, Americans waste \$1500 worth of food we buy and never use.
Finances	Morning Show	8/25/2021	6a	2	Leslie (caller) shared that using sticky notes helps note where veggies and

					forgotten groceries are in the fridge, so they can be used before they go bad.
Finances	Morning Show	8/25/2021	6a	2	Jacy (caller) shared how to keep certain fruits fresh: putting them in a mason jar with a paper towel to soak moisture to prevent quick ripping.
Marriage	News	8/25/2021	5-9a	2	It's Kiss and Make Up Day and we're talking about ways to prevent big arguments or ask for forgiveness well.
Mental Health	Morning Show	8/25/2021	4-8a	4	Good News: Tammy (caller) shared how going back to church helped her mental health to the point she was taken off the last of her medication.
Relationships	Morning Show	8/25/2021	7a	2	Talked about how it's easy for us to give advice and Scripture-based counsel to others, but we don't allow ourselves to be changed by that same advice.
Faith	Intentional Living	8/26/2021	11a & 7p	56 Minutes	Dr. Randy helps you walk out your faith
Faith	Morning Show	8/26/2021	8a	2	Advice in 5 words or less: "Read the instruction manual". Caller said she took that to mean both for anything from IKEA, but also for life as well, referring to God's instruction manual.
Relationships	Evening Show	8/26/2021	8p	1	5 Rules to keep the family together by Dr. Eric Scalise
Relationships	News	8/26/2021	5-9am	2	Talked about best advice we can give in five words or less: Ranged from "Just be nice" to "Give your heart to Jesus".
Relationships	Morning Show	8/26/2021	6a	2	Mysti shared about feeling uneasy at the idea of firing her doctor because she "didn't want to be rude". Talked about how valuing one's health is more important than how we are perceived.
Relationships	Morning Show	8/26/2021	6a	2	Shared about teacher's toothpaste exercise that showcases how we cannot take the words back we say.
Faith	Afternoon Show	8/27/2021	2p	2	Sharing what god is teaching us this week.
Finances	Afternoon Show	8/27/2021	5p	1	Fewer people are working on home improvement not that the vaccine is out.
Health	Afternoon Show	8/27/2021	6p	1	Listener shares how she lost weight

Mental Health	Intentional Living	8/27/2021	11a & 7p	56 Minutes	Dr. Randy helps you to deal with the emotional clutter in your life
Mental Health	News	8/27/2021	7a	1	Discussed what God has given us that we have taken for granted at times.
Relationships	Morning Show	8/27/2021	7a	2	Talked about finding beauty in disagreement. Although we may have differences between us, we can still be civil. Even shared about how Jesus would directly speak to people who disagreed with His message.
Work	Afternoon Show	8/27/2021	4p	2	Identifying the favorite part of your job.
Finances	Afternoon Show	8/30/2021	6p	1	You may need to have your kids ask for different toys this year as there is a shortage in chips in many of the electronic games.
Finances	Afternoon Show	8/30/2021	6p	1	There are still "dumb" phones (that don't connect to the internet) so customers can get an inexpensive phone.
Relationships	Intentional Living	8/30/2021	11a & 7p	56 Minutes	Dr. Randy helps you experience more Ah-Ha moments and less Oh-No moments
Finances	Afternoon Show	8/31/2021	6p	1	The price of a cup of coffee is on the rise.
Relationships	Intentional Living	8/31/2021	11a & 7p	56 Minutes	Dr. Randy discusses the effect technology can have on your kids
Finances	Intentional Living	9/01/2021	11a & 7p	56 Minutes	Dr. Randy along with Parkey Thompson help you to have intentional finances during uncertain times
Finances	Afternoon Show	9/1/21	2p	1	A new phone coming out that only takes and makes calls.
Finances	Afternoon Show	9/1/21	6p	1	Hurricane Ida may cause gas prices to increase
Faith	Intentional Living	9/02/2021	11a & 7p	56 Minutes	Dr. Randy helps you to know and follow God's will
Faith	Morning Show	9/2/2021	7a	2	Talked about how we tend to "justify sin" because we tend to believe that God wouldn't come back as soon as tomorrow. Discussed how to change that attitude.
Faith	Morning Show	9/2/2021	5-9a	4	Joy Report: Joana talked about how she met her now-husband and how God talked to her about waiting for the right man.

Health	Morning Show	9/2/2021	8a	2	Erin (caller) shared her second chance: she recovered from a stroke and came out of it praising God for her second chance at life.
Mental Health	News	9/2/2021	6a	1	It's twice as likely for us to complain in the afternoon than in the morning. Talked about ways to keep a complaining attitude in check.
Relationships	News	9/2/2021	7a	1	65% of women won't let their husband or boyfriend fix their car by themselves. Discussed the DIY/Professional argument as well as if some women prefer to do the car repair themselves.
Work	News	9/2/2021	5-9am	4	Told story of bakery in Glasgow that trains and hires former convicts to give them a second chance at life. Talked about our own second chances in life and how God moved through them.
Faith	Intentional Living	9/03/2021	11a & 7p	56 Minutes	Dr. Randy helps you to experience hope in your life
Faith	News	9/3/2021	6a	1	Reported on 7 soldiers getting baptized at Fort Irwin.
Faith	Morning Show	9/3/2021	6a	2	Sally talked about the TobyMac song "Help is on the Way" and how that encouraged her when she was feeling helpless.
Health	Morning Show	9/3/2021	4-8a	4	Good News: Jimmy (caller) reported being 9 years sober of alcohol and shared how God got him through it
Health	Mid-Day Show	9/3/21	1p	1	Less is more when it comes to exercise
Mental Health	News	9/3/2021	6a	1	A survey says that we feel guilty about getting rid of things of sentimental value. Talked about ways to either keep what is necessary or get rid of what no longer brings us joy.
Relationships	Morning Show	9/3/2021	6a	2	Theresa (caller) shared how she repurposes old greeting cards and sends them to prisoners to encourage them.
Relationships	Morning Show	9/3/2021	8a	2	Tim (caller) shared how his teacher helped him improve his confidence.
Relationships	Morning Show	9/3/2021	8a	2	Evie (caller) shared how she makes a point to pray for everyone in school: teachers, students, and so on.

Single Parents	Community Calendar Spots	8/28/21 - 9/3/21	12:00am - 11:59pm	24	Single Moms support group with free dinner and fellowship in Tucson
Health	Intentional Living	9/06/2021	11a & 7p	56 Minutes	Dr. Randy helps you to overcome the effects of stress
Faith	Intentional Living	9/07/2021	11a & 7p	56 Minutes	Dr. Randy helps you experience the freedom of forgiveness
Faith	Morning Show	9/7/2021	4-8a	4	Good News: Caller shared how she was involved in a major accident and how that woke her up to changes God wanted to make in her life.
Finances	Mid-Day Show	9/7/21	12p	1	how to have a clutter free closet that provides many outfits
Health	Morning Show	9/7/2021	5-9a	4	Joy Report: Caller shared that she is celebrating 11 years free from cancer and giving God the glory for her recovery.
Marriage	News	9/7/2021	6a	1	Average couples only spend 7 minutes a day being romantic. Talked about finding ways to show affection to our spouses.
Marriage	Morning Show	9/7/2021	6a	2	Caller shared that she and her husband have pet names for each other and that is how they show affection.
Marriage	Morning Show	9/7/2021	6a	2	Caller shared that he likes to give his wife foot rubs as a way of showing his care for her.
Mental Health	News	9/8/2021	7a	1	Research says that it is important to be positive in the first part of the morning to best impact your day. Talked about ways to accomplish this.
Relationships	News	9/8/2021	6a	1	Shared story of woman who wrote compliments for people and collected them in a jar and gave them out to them over time. Talked about ways to keep positive and spread it to others.
Relationships	Morning Show	9/8/2021	6a	2	Caller shares that her mindset is always to share the positive because of the pervasiveness of the negativity.
Work	Intentional Living	9/08/2021	11a & 7p	56 Minutes	Dr. Randy along with Mike Miller help you deal with burnout at work
Work	Morning Show	9/8/2021	5-9a	4	Joy Report: Caller shared about receiving a miraculous new job.
Relationships	Intentional Living	9/09/2021	11a & 7p	56 Minutes	Dr. Randy helps you deal with the trust- breakers in your life

Relationships	News	9/9/2021	7a	1	Talked about respecting our veterans, the best way to do it, and how to overcome the occasional awkwardness in trying to thank them.
Blended Families	Intentional Living	9/10/2021	11a & 7p	56 Minutes	Dr. Randy helps blending families blend
Education	Morning Show	9/10/2021	8a	3	Janice (caller) shared how she remembers 9/11 and how "Patriot Day" teaches young kids who didn't experience 9/11 on the heroism that took place that day.
Faith	Morning Show	9/10/2021	6a	3	KNF crew talked about the growth of Christian churches in Afghanistan.
Faith	Morning Show	9/10/2021	5-9a	4	Joy Report: Joseph (caller) shared how seeing the sunrise reminds him of God's promises renewed and how that energizes him and gives him joy.
Finances	Community Calendar Spots	9/4/21 - 9/10/21	12:00am - 11:59pm	24	Financial Peace University 9-week course on how to budget in Tucson
Relationships	Morning Show	9/10/2021	6a	2	Mysti talked about this observation: women complement each other, men do not. Talked about the differences between genders.
Relationships	Morning Show	9/10/2021	7a	3	KNF crew discussed the impact of 9/11 20 years later and how we can best remember the occasion.
Relationships	Mid-Day Show	9/11/21	9a	1	Firefighters walk 110 floors in full gear on September 11 in remembrance of their fallen comrades from 2001
Health	Intentional Living	9/13/2021	11a & 7p	56 Minutes	Dr. Randy helps you to deal with the physical clutter in your life
Marriage	News	9/13/2021	6a	1	Survey says that women are more likely to control the TV remote than men. Talked about how to decide what to watch.
Mental Health	News	9/13/2021	7a	1	There are certain sounds that trigger happy memories for people: birdsong, waves crashing, crackling fireplace, and so on. Talked about our favorite songs and what memories they evoke.
Faith	Intentional Living	9/14/2021	11a & 7p	56 Minutes	Dr. Randy helps you discover God's purpose and plan for your life
Parenting	Intentional Living	9/15/2021	11a & 7p	56 Minutes	Dr. Randy shares how to have a family as God intended

Education	Community Calendar Spots	9/11/21 - 9/17/21	12am - 11:59pm	24	Golf Scramble for "Save Our Kids" proceeds to benefit Mentoring Tucson Kids
Relationships	Intentional Living	9/24/2021	11a & 7p	56 Minutes	Dr. Randy helps you deal with sibling rivalry
Marriage	Intentional Living	9/27/2021	11a & 7p	56 Minutes	Dr. Randy helps you have fun in marriage
Faith	Intentional Living	9/28/2021	11a & 7p	56 Minutes	Dr. Randy shows you how sometimes we need to have a reset
Finances	Afternoon Show	9/28/21	4-6p	2	Free coffee on National Coffee Day tomorrow at Starbucks & Dunkin'
Finances	Afternoon Show	9/28/21	6p	1	Gluten free boneless turkey nuggets are now available.
Health	Mid-Day	9/28/21	9am	1	Squash Soup recipe
Parenting	Afternoon Show	9/28/21	6p	1	Families who listen to music together have fewer arguments.
Relationships	Afternoon Show	9/28/21	2p	1	Instagram for kids on hold after pushback from parents
Safety	Mid-Day	9/28/21	10a	1	Shared Phone Number for Domestic Violence Hotline
Work	Intentional Living	9/29/2021	11a & 7p	56 Minutes	Dr. Randy shows you how to deal with the difficult people at work
Mental Health	Intentional Living	9/30/2021	11a & 7p	56 Minutes	Dr. Randy and Dr. Gregg Jantz help you to bring healing to your scars of addiction

