

KFLQ
Issues and Programs Report
2023-Q2
April - May - June

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 listed. In some cases, more time than documented.

ISSUE	Total Minutes On-Air
Marriage	1190
Relationships	794
Faith	606
Parenting	738
Single Parents	112
Finances	247
Blended Families	112
Health	8
Mental Health	38
Work	8
Poverty	84
Arts	35
Education	37

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
Marriage	Intentional Living	4/3/2023	11a & 7p	56 Minutes	Dr. Randy helps you to take steps to restore your marriage
Relationships	Intentional Living	4/4/2023	11a & 7p	56 Minutes	Dr. Randy helps you to understand head heart hand people and their relationships
Health	News	4/04/2023	6a	1	New research says, rather than walking 10,000 steps per day, walking 8,000 steps just once or twice per week can be enough to significantly reduce the risk of early death over 10 years.
Health	News	4/04/2023	7a	1	Gen Z is looking to reduce screen time by switching to non-smartphones.
Faith	Mornings	4/04/2023	6:40a	2	"We say the Battle is the Lord's, but we stress like it's ours" - Discussed how we can truly give our struggles and worries to God and allow Him to work through them.
Mental Health	Mornings	4/04/2023	7:12a	2	Discussed various challenges with switching to non-smartphones such as the "fear of missing out" and missing the ability to search for answers through a browser search
Relationships	Mornings	4/04/2023	8:40a	2	Amy shared a personal miracle of how her church came together to pay for a needed AC unit in her house when she couldn't afford one on her own. Talked about how Christ uses us by banding together as the body.
Relationships	Intentional Living	4/5/2023	11a & 7p	56 Minutes	Dr. Randy gives you to 10 reasons to not get married
Faith	Mornings	4/05/2023	7a	4	Pete Greig Interview - Talked about how to hear from God through everyday circumstances and the necessity of slowing down to hear from God better.
Relationships	Intentional Living	4/6/2023	11a & 7p	56 Minutes	Dr. Randy says not every relationship is ready for marriage
Marriage	News	4/06/2023	6a	2	Shared story of Japanese man who proposed to his fiancé by taking a journey with a route that, from a GPS map, spelled out "Marry Me", talked about our own proposal stories.
Faith	Intentional Living	4/7/2023	11a & 7p	56 Minutes	Dr. Randy helps you to commemorate the death of Jesus Christ on the cross
Relationships	Intentional Living	4/10/2023	11a & 7p	56 Minutes	Dr. Randy helps you to understand not all people are wired the same
Parenting	Intentional Living	4/11/2023	11a & 7p	56 Minutes	Dr. Randy helps you to parent a prodigal
Relationships	News	4/11/2023	6a	2	Discussed air travel etiquette and polite things to do or abstain from while on an airplane.
Faith	News	4/11/2023	8a	1	Shared audio clip of Christian singer Anne Wilson shares 1 Peter discussing how God is always in control.

Relationships	Mornings	4/11/2023	7a	2	Heather & Seth Thompson Day Interview - Discussed how the culture views relationships as easily disposable and how they should be treated with much more respect.
Faith	Mornings	4/11/2023	7:12a	2	Shared quote from Chuck Cornell, a participant in the Watergate scandal, who talked about how Jesus' 12 disciples had to have been telling the truth about what they saw.
Finances	Mornings	4/11/2023	7:40a	2	Budgeting tips: using cash only for paying for items and "paying yourself" for the deal (what you saved on a sale item goes into savings)
Marriage	Intentional Living	4/12/2023	11a & 7p	56 Minutes	Dr. Randy helps you and your spouse to get on to the same page with your faith
Health	News	4/12/2023	6a	1	New research says that massaging your feet for 30 seconds can release dopamine and serotonin into your body, and help you fight the urge to stress eat. What ways have you found to combat unhealthy eating patterns?
Relationships	News	4/12/2023	8a	1	Nice texting is on the rise as people think it's a lot more personal than just a text message, but still not as invasive as a phone call. What form of communication do you prefer?
Relationships	Mornings	4/12/2023	7:40a	2	Heather & Seth Thompson Day Interview - Discussed the importance of "weak ties" - people or relationships that allow us to feel we belong at a place, even if we don't have super strong relationships with everyone there
Faith	Intentional Living	4/13/2023	11a & 7p	56 Minutes	Dr. Randy talks about the value of being equally yoked.
Health	News	4/13/2023	6a	2	A lot of people are keeping up with their fitness goals by doing the Jesus Trail virtual walking challenge, which takes you from Nazareth to Capernaum, which is the path that Jesus took during His ministry. People say this unique twist on walking is keeping them motivated. What is it that motivates you to get active?
Finances	News	4/13/2023	7a	2	Research says the average parent pays around \$293 for their child's first birthday party, and it only goes up from there. In this crazy economy, how have you found a way to celebrate birthdays on the cheap?
Faith	Mornings	4/13/2023	6:40a	2	"Have you ever considered that God has fallen in love with you?" - He sends you flowers every spring, sends you sunshine every morning. "He can live anywhere in the universe but He choose to live in your heart".
Faith	Mornings	4/13/2023	7:40a	2	Prayer doesn't immediately change your situation, but it will always change you.

Mental Health	Mornings	4/13/2023	5-9a	4	Joy Report - Sam (caller) is celebrating 10 years of sobriety and is graduating college.
Parenting	Intentional Living	4/14/2023	11a & 7p	56 Minutes	Dr. Randy helps you parent a child who's far from faith
Mental Health	News	4/14/2023	8a	1	A new study has discovered that the scent of peppermint oil can actually reduce aggressive driving behaviors in people that experience road rage. If you don't have a peppermint air freshener on hand, what's something you've found that controls your anger behind the wheel?
Relationships	Mornings	4/14/2023	6:12a	2	Marcia shared how her adoptive family was her example of Jesus in her life and how to value one's own family.
Faith	Mornings	4/14/2023	8:40a	2	Before God gives you an assignment, He gives you an identity. You have to know who you are before you know what to do. Before you are a teacher, a CEO, a spouse, a parent, whatever it is – above all, you are a CHILD OF GOD. Walk confidently in that and let Him lead you to your calling.
Relationships	Intentional Living	4/17/2023	11a & 7p	56 Minutes	Dr. Randy helps you to pursue peace in your relationships
Relationships	Mornings	4/17/2023	7-8a	4	Dr. Randy interview - discussed relationship patterns and whether to reset them or keep them and managing expectations.
Marriage	Intentional Living	4/18/2023	11a & 7p	56 Minutes	Dr. Randy helps you to do that one thing that will positively impact your marriage
Marriage	Mornings	4/18/2023	7-8a	4	Dr Randy interview - Discussed the main goal for one's marriage and a fresh look on the "Opposites attract" maxim.
Marriage	Intentional Living	4/19/2023	11a & 7p	56 Minutes	Dr. Randy helps you focus on one thing that will grow your marriage
Relationships	Intentional Living	4/20/2023	11a & 7p	56 Minutes	Dr. Randy helps you to pursue peace in your relationships
Marriage	Intentional Living	4/21/2023	11a & 7p	56 Minutes	Dr. Randy helps you to consider what you can do to avoid divorce
Faith	Mornings	4/21/2023	6am	4	Shared on impact of the late pastor Charles Stanley.
Marriage	Intentional Living	4/24/2023	11a & 7p	56 Minutes	Dr. Randy asks listeners to share the wisdom they've learned being married
Finances	Mornings	4/24/2023	6:30a	2	Shared strategies on how to build an emergency fund such as automating your paycheck going to savings and putting tax refunds and bonuses towards savings instead of spending them.
Relationships	Mornings	4/24/2023	8:12a	2	Kank shared story of his family going to a church picnic and not wanting to socialize but realized it's importance to get connected with others.
Faith	Mornings	4/24/2023	8:40a	2	God isn't looking for the strongest, the smartest, the most experienced, or the most qualified. None of the things we

					<p>place such importance on are on God's list of expectations of us.</p> <p>We are so quick to dismiss ourselves. We're so accustomed to playing little and sitting it out.</p> <p>Your Creator expects you to believe his power is enough to overcome every single inadequacy you may have. God expects you to show up like you're chosen, and count on divine providence to make things happen as you go.</p>
Parenting	Intentional Living	4/25/2023	11a & 7p	56 Minutes	Dr. Randy helps you to fix relationships with your adult children
Relationships	Evening Show	4/25/2023	8p	1	A study from John Hopkins University says caregivers live longer.
Health	Evening Show	4/25/2023	9p	1	Hoag Orthopedic Institute says travel pillows present health problems.
Relationships	News	4/25/2023	8a	2	Shared the story of bullied teen and how that drove her to handmade blankets to spread kindness to people in need. Discussed how helping others can improve mental health
Health	Mornings	4/25/2023	7:40a	2	Sally shared the story of how her goal after a major accident was to get back up on her horse by herself and she completed that goal. She shared how that inspired to keep going.
Relationships	Mornings	4/25/2023	8-9a	4	Callers shared their experiences with helping others and how that improved aspects of their life such as mindset and family connections.
Marriage	Intentional Living	4/26/2023	11a & 7p	56 Minutes	Dr. Randy helps you to understand how love habits will change your marriage
Relationships	News	4/26/2023	7a	2	Research shows that family dinners are quickly becoming extinct with our busy schedules, but that that family time around the table is so crucial to the mental health and morale of a family. A Facebook page called Successful Stay at Home Moms has launched their #ReclaimTheTable project, aimed to making an intentionality plan for family dinners. How do you get your family around the table for family meals?
Faith	Mornings	4/26/2023	5-9a	4	Joy Report - Ash (caller) shared how God led him to help a woman in need and the joy that it brought him.
Faith	Intentional Living	4/27/2023	11a & 7p	56 Minutes	Dr. Randy helps you to discover what God's plan is for your life
Relationships	Intentional Living	4/28/2023	11a & 7p	56 Minutes	Dr. Randy helps you to deal with sibling rivalry
Relationships	Intentional Living	5/1/2023	11a & 7p	56 Minutes	Dr. Randy helps you grow your sibling relationships

Health	Evening Show	5/1/2023	10p	1	Monday is the most stressful day of the week according to research from Tokyo Women's Medical Center
Relationships	Intentional Living	5/2/2023	11a & 7p	56 Minutes	Dr. Randy asks; who are the influencers in your life?
Faith	Intentional Living	5/3/2023	11a & 7p	56 Minutes	Dr. Randy helps you focus on your relationship with Christ when you're lonely
Mental Health	Mornings	5/1/2023 - 05/3/23	7a-9a	6	Jeremy Camp Interview - Talked about his song "Anxious Heart" which was inspired by his mental health journey and how God got him through it.
Relationships	Intentional Living	5/4/2023	11a & 7p	56 Minutes	Dr. Randy helps you focus on helping others when you're lonely
Relationships	Intentional Living	5/5/2023	11a & 7p	56 Minutes	Dr. Randy shares about the influencers in his life
Faith	Intentional Living	5/8/2023	11a & 7p	56 Minutes	Dr. Randy helps you to discover what God's plan is for your life
Finances	Mornings	5/08/2023	6:10a	2	Matlock (caller) shared his trick for keeping avocados fresh for longer: put them in a bowl of purified water, stem side down and they can last up to two weeks.
Relationships	Mornings	5/08/2023	7a	2	Kia Stephens - Understanding emotional wounds we've received from our earthly fathers and how it can affect our interpretation of God's love for us.
Mental Health	Mornings	5/08/2023	7-8a	4	Mental Health Awareness Month - It's okay to say, "I'm not fine" and discuss our stresses honestly with trusted people. A caller shared how she implements this idea with her 3rd grade class.
Marriage	Intentional Living	5/9/2023	11a & 7p	56 Minutes	Dr. Randy helps you to restore your marriage
Faith	Mornings	5/09/2023	6:40a	2	How do we know Jesus is the only way? No other "god," no other "deity" even claimed to be able to remove sin. None of them said, "I have taken your sin on me and died for your sins." Every other religion says, "If you do enough good to outweigh your bad, maybe it'll work out for you in eternity." Jesus tells us there's no amount of good we can do that can erase your sin. He gave HIS life to do that.
Work	Mornings	5/09/2023	7-8a	4	Callers shared about what they wanted to be when they grew up and how it translated to their job now and the impact they have in the lives of others.
Relationships	Mornings	5/09/2023	8:10a	3	Sally shared story of dealing with customer service politely and how her patience and kindness led to blessings that she couldn't imagine.
Parenting	Intentional Living	5/10/2023	11a & 7p	56 Minutes	Dr. Randy helps you to celebrate Moms
Parenting	News	5/10/2023	8a	2	A new survey says parents read as often as they can in front of their kids with the hopes of encouraging them to read. Or they read to them at bedtime. What is

					something that your parents modeled for you that helped you learn to love reading? Or what is something you try to lead by example with for your kids?
Parenting	Intentional Living	5/11/2023	11a & 7p	56 Minutes	Dr. Randy helps you to parent your teen
Work	News	5/11/2023	8a	2	New research says that the average worker in America spends two full days each workweek in meetings and answering emails, and it's hurting our productivity. Has your company found a unique way to communicate what's necessary to get done outside of constant meetings?
Faith	Mornings	5/11/2023	4-8a	4	Good News - Tamika's (caller) shared how she was healed from a 14-year long ailment and how her faith in God grew after He healed her after she gave it over to Him.
Marriage	Intentional Living	5/12/2023	11a & 7p	56 Minutes	Dr. Randy helps you to repair your marriage
Single Parents	Intentional Living	5/15/2023	11a & 7p	56 Minutes	Dr. Randy helps single parents to be intentional and succeed
Mental Health	Mornings	5/15/2023	7-8a	6	Hannah Keeley Interview - Talked about how many view anxiety, comparison, and what we should have done and how those attitudes affect us.
Finances	Intentional Living	5/16/2023	11a & 7p	56 Minutes	Dr. Randy helps you to manage money well in your marriage
Marriage	Intentional Living	5/17/2023	11a & 7p	56 Minutes	Dr. Randy helps you to have love and respect in your marriage
Parenting	Intentional Living	5/18/2023	11a & 7p	56 Minutes	Dr. Randy and listeners share wisdom with new parents
Parenting	Intentional Living	5/19/2023	11a & 7p	56 Minutes	Dr. Randy discusses the teen phase of parenting.
Parenting	Mornings	5/19/2023	8:12a	2	Shared ways to build a children's self-esteem.
Poverty	Community Calendar	5/6/23-5/19/23	12am - 11:59pm	14	You can help Care Net Pregnancy Centers by donating baby items during the Cram the Crib Open House Party: May 19 Rio Rancho and May 20 in Edgewood, NM.
Arts	Community Calendar Spots	5/6/23-5/19/23	12am - 11:59pm	14	Ernie & Jason Couch will bring a mix of 20th century gospel classics to Peralta Methodist Church June 1; Revival begins at 8 am
Single Parents	Intentional Living	5/22/2023	11a & 7p	56 Minutes	Dr. Randy gives advice to single parents
Finances	Intentional Living	5/23/2023	11a & 7p	56 Minutes	Dr. Randy helps you get on the same page with your spouse about money.
Parenting	Intentional Living	5/24/2023	11a & 7p	56 Minutes	Dr. Randy shares what he's learned about parenting
Marriage	Intentional Living	5/25/2023	11a & 7p	56 Minutes	Dr. Randy helps you to know and have intimacy in your marriage
Parenting	Intentional Living	5/26/2023	11a & 7p	56 Minutes	Dr. Randy helps you to raise a responsible adult

Arts	Community Calendar Spots	5/20/23-5/26/23	12am - 11:59pm	14	Enjoy a free movie and dinner the last Friday of each month at East Mountain Vineyard Church in Edgewood. May 26th at 5:30pm
Faith	Community Calendar Spots	5/20/23-5/26/23	12am - 11:59pm	7	Unity Worship Weekend May 27-May 28; worship and teaching is a Wesleyan Church on May 27 and at Restoration Church on 28 th in ABQ
Marriage	Intentional Living	5/29/2023	11a & 7p	56 Minutes	Dr. Randy answers questions for your marriage
Marriage	Intentional Living	5/30/2023	11a & 7p	56 Minutes	Dr. Randy shares advice on how to have intimacy in your marriage
Mental Health	Evening Show	5/30/2023	11p	1	AAA has tips to avoid road rage.
Marriage	Intentional Living	5/31/2023	11a & 7p	56 Minutes	Dr. Randy helps you improve your marriage
Marriage	Intentional Living	6/1/2023	11a & 7p	56 Minutes	Dr. Randy helps you to have honest communication in your marriage
Marriage	Intentional Living	6/2/2023	11a & 7p	56 Minutes	Dr. Randy helps eliminate roadblocks to effective communication in your marriage
Education	Community Calendar Spots	5/27/23-6/2/23	12am - 11:59pm	7	Peralta Methodist Church invites kids k-5th grade for "Stellar" VBS June 5-9th at 9am daily.
Education	Community Calendar Spots	5/27/23-6/2/23	12am - 11:59pm	7	Stompers & Chompers VBS will be held at Sandia Church in ABQ June 5-9th 9am-noon.
Poverty	spots	5/11/23-6/4/23	12am - 11:59pm	35	Desert Rose Women's Resource Center in SANTA FE, NM give free babies items, free pregnancy testing...FLR UBS brought in 88 baby items for their baby boutique
Parenting	Intentional Living	6/5/2023	11a & 7p	56 Minutes	Dr. Randy helps you to not hover over your kids
Relationships	Mornings	6/05/2023	6:12a	2	Talked about advice to give to Gen Z graduates this year including the importance of marveling at the life God gave us as well as putting the phone down once in a while.
Relationships	Mornings	6/05/2023	6:40a	2	Talked about a unique way to help a friend when they are grieving - surprising them with a grocery delivery of the items they need.
Marriage	Mornings	6/05/2023	7:12a	3	Mysti shared her story of forgiving her mother-in-law and gaining perspective on her raising her husband and being appreciative of that.
Mental Health	Mornings	6/05/2023	7:40	3	Sally shared story of decluttering her closet and being free from holding on to too much stuff.
Marriage	Mornings	6/05/2023	7a	2	Julie Baumgardner - Shared how we have a myth in marriage life that if there is no conflict, that's good. In reality, relationships grow as they share all of themselves and look at each other as God would see them.
Marriage	Intentional Living	6/6/2023	11a & 7p	56 Minutes	Dr. Randy helps you to practice forgiveness in marriage

Faith	Mornings	6/06/2023	7:12a	2	TobyMac - talked about how he got into his Bible after his son passed even though he didn't want to and it changed his life.
Marriage	Mornings	6/06/2023	8a	2	Julie Baumgardner - discussed the myth that couples have to do everything together. Sometimes it's just about being together doing what you enjoy.
Parenting	Intentional Living	6/7/2023	11a & 7p	56 Minutes	Dr. Randy shares advice on parenting your adult child.
Parenting	Intentional Living	6/8/2023	11a & 7p	56 Minutes	Dr. Randy has advice on a healthy relationship with your adult child.
Marriage	Intentional Living	6/9/2023	11a & 7p	56 Minutes	Dr. Randy says forgiveness in marriage needs to be practices
Finances	Community Calendar Spots	6/3/23-6/9/23	12am - 11:59pm	7	City Reach Church in Bosque Farms will hold a rummage sale June 10th from 10am-3pm. This event will feature lunch and baked good for sale.
Arts	Community Calendar Spots	6/3/23-6/9/23	12am - 11:59pm	7	Artrageous is an electrifying art & music circus that's described as Blue Man Group meets Picasso. June 16th 7:30am at the African American Performing Arts Center in ABQ.
Poverty	Spots	5/8/23-6/11/23	12am - 11:59pm	35	Care Net Pregnancy Resource Centers of ABQ give free STI testing, pregnancy test, ultrasounds and baby items to mom's and babies. FLR Ultimate Baby Shower brought in 31,140 baby items for an impact of 3,000 Mom's and babies ABQ community!
Parenting	Intentional Living	6/12/2023	11a & 7p	56 Minutes	Dr. Randy helps you to give your children to God so they can experience growth.
Faith	Intentional Living	6/13/2023	11a & 7p	56 Minutes	Dr. Randy helps you recognize where hope comes from
Parenting	Mornings	6/13/2023	7:40a	2	Shared the progression of parenting life from the first year to year five and the funny markers that are commonly seen with parenting little kids.
Finances	Intentional Living	6/14/2023	11a & 7p	56 Minutes	Dr. Randy and Intentional Financial coach Parkey Thompson help you manage your finances
Faith	News	6/14/2023	7a	2	In Germany, hundreds attended an experimental church service featuring a sermon that is generated by a ChatGPT chatbot, and it's delivered with an AI voice through an avatar on a screen. Discussed the implications and our objections to it and why.
Relationships	Mornings	6/14/2023	7:40a	2	Sally shared the story of reconnecting with an old friend and her hesitancy with reaching out. Talked about the effects of the pandemic on the desire to connect with others.
Finances	Intentional Living	6/15/2023	11a & 7p	56 Minutes	Dr. Randy and Intentional Financial coach Parkey Thompson have budgeting advice
Finances	Mornings	6/15/2023	6:30a	2	Advice on when to tip
Mental Health	Mornings	6/15/2023	8a	2	Courtney shared how she deals with anxiety by daily giving it to God, but also

					exercising to release endorphins which help with stress.
Work	Mornings	6/15/2023	8:40a	2	Tracy shared that her declutter tip is to turn certain clothing items around on a hanger. Those reversed who haven't been turned back around are not constantly in use and the first candidates to be given away.
Faith	Intentional Living	6/16/2023	11a & 7p	56 Minutes	Dr. Randy helps you to understand and bring hope to your life
Parenting	Mornings	6/16/2023	6:12a	2	Jeffrey (caller) shared how his father instilled in him how to take responsibility for his actions.
Education	Mornings	6/16/2023	6:30a	2	How to be a person summer camp - new camp for kids to teach them important skills for life such as writing thank you notes, wrapping gifts, how to pack for a trip, and other skills.
Education	Community Calendar Spots	6/10/23-6/16/23	12am - 11:59pm	7	Lighthouse Baptist Church in ABQ will hold VBS June 19-23 from 6-9pm each evening. "Proclamation Safari" is the theme.
Education	Community Calendar Spots	6/10/23-6/16/23	12am - 11:59pm	7	Children 3 yrs. to 5th graders are invited to VBS at First Christian Church in ABQ June 22-24th at 5:30pm.
Marriage	Intentional Living	6/19/2023	11a & 7p	56 Minutes	Dr. Randy helps you to avoid or recover from emotional adultery
Parenting	Mornings	6/19/2023	6:30a	2	How to pray for your child at summer camp
Blended Families	Intentional Living	6/20/2023	11a & 7p	56 Minutes	Dr. Randy helps parents with blended families to be intentional with their families
Health	Mornings	6/20/2023	8:12a	2	Hotel travel hacks - keeping the tv remote in a plastic bag to contain germs.
Faith	Mornings	6/20/2023	8:40a	2	You matter to Jesus - Have you ever not wanted to "bother" Jesus with something that you feel may be insignificant to him with all of the problems going on in the world. But guess what? If it matters to you, it matters to Jesus, because YOU matter to Jesus. Go before Him broken, overwhelmed, messy, whatever you are in this moment. That's how great His love is for you.
Marriage	Intentional Living	6/21/2023	11a & 7p	56 Minutes	Dr. Randy helps you to take steps to save your marriage
Marriage	Intentional Living	6/22/2023	11a & 7p	56 Minutes	Dr. Randy discusses improvements to your marriage
Mental Health	Mornings	6/22/2023	7:40-8a	4	Lynn (caller) shared about how people in the Bible have dealt with depression and talked about the importance of discussing mental health in the church.
Blended Families	Intentional Living	6/23/2023	11a & 7p	56 Minutes	Dr. Randy says parents with blended families need to be intentional
Marriage	News	6/23/2023	8a	1	The average married man sees 4 chick flicks a year because of his wife, and he is NOT happy about it. In your marriage, do you find yourself watching things you don't

					like because of your spouse? Discussed the importance of compromise.
Finances	Mornings	6/23/2023	6a	4	Discussed common "money leaks" - things we don't think about enough that by cutting them, can save up a good chunk of money (Prime, landlines, etc.)
Relationships	Community Calendar Spots	6/17/23-6/23/23	12am - 11:59pm	7	The Freedom Celebration Car Show, Sunday, July 2nd noon-2pm from ABQ's First Baptist Church.
Faith	Intentional Living	6/26/2023	11a & 7p	56 Minutes	Dr. Randy asks listeners how they came to Christ
Finances	Mornings	6/26/2023	6a	4	Callers shared their favorite things to save money on (greeting cards and toys)
Faith	Mornings	6/26/2023	7a	2	Crystal Paine interview - Talked about ways to prepare oneself for prayer in a busy life.
Faith	Intentional Living	6/27/2023	11a & 7p	56 Minutes	Dr. Randy helps you to know your purpose and how to serve the Lord
Relationships	News	6/27/2023	7a	2	Speed dating is apparently making a huge comeback, with numbers rising 62% over the past month just since the beginning of the year. Did you and your spouse meet in an interesting way?
Finances	Mornings	6/27/2023	6:12a	2	Talked about ways to maximize methods for keeping cool in the summer including managing thermostats for both cost and effectiveness
Work	Mornings	6/27/2023	8a	2	Crystal Paine interview - Talked about effective ways to set priorities in one's life and balancing them so there's less stress.
Relationships	Mornings	6/27/2023	5-9a	4	Joy Report - Brianna (caller) shared how she was struggling to have children and ended up being led to foster children.
Relationships	Intentional Living	6/28/2023	11a & 7p	56 Minutes	Dr. Randy helps you to deal with difficult people
Mental Health	News	6/28/2023	8a	1	A new study is reaffirming the old saying that laughter is the best medicine, with humor therapy having success in treating anxiety and depression in some cases.
Relationships	Mornings	6/28/2023	7a	1	Crystal Paine interview - talked about how to effectively plan by treating one's time like a monetary budget and being sure to allow for fun time.
Relationships	Intentional Living	6/29/2023	11a & 7p	56 Minutes	Dr. Randy has advice on relating to difficult people
Relationships	News	6/29/2023	6a	1	Are you a rude neighbor? Apparently, the top 5 ways to upset those who live around you are hosting parties late into the night, security spotlights that flood your neighbor's bedroom at night when they go off, loud dogs, and mowing your lawn too early in the morning. Do you have any suggestions on good neighbor etiquette?
Mental Health	Mornings	6/29/2023	7a	4	Reframing anxiety - when you worry, it can be helpful to see it as a signal that you need to pray to God

Faith	Intentional Living	6/30/2023	11a & 7p	56 Minutes	Dr. Randy helps you recognize how the Lord works through you.
Relationships	Community Calendar Spots	6/17/23-6/30/23	12am - 11:59pm	14	"Waves of Revival" is a 4-week Bible Study on the book of Jonah. Begins July 11th at Calvary of ABQ at Osuna campus; 5:30pm activities begin and 6:30pm is worship & teaching
Education	Community Calendar Spots	6/24/23-6/30/24	12am - 11:59pm	7	Cornerstone Community Church in Rio Rancho will hold VBS July 11-14th at 5:30pm each evening.