

**KFLT - FM**  
**Issues and Programs Report**  
**2019-Q2**  
**April - May - June**

Report Prepared and Submitted by Amy Rollins

*Amy Rollins*

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July 10, 2019

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.

<b>ISSUE</b>	<b>Total MINUTES On-Air</b>
Finances	300
Parenting	513
Work	234
Relationships	777
Divorce	112
Marriage	691
Faith	504
Mental Health	280
Single Parenting	112
Health	111
Blended Families	56
Singles	56
Retirement	56
Safety	3
Grief	14
Poverty	168

## 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
Finances	Intentional Living	4/01/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you kids to learn how to be wise with their money
Parenting	Intentional Living	4/02/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps parents deal with disrespectful children
Health	Morning Show	4/2/19	3-9am	1	People are more relaxed in the kitchen and have a better self-esteem.
Health	Morning Show	4/02/2019	3-9am	1	Eating in the dark results in eating more.
Parenting	Morning Show	4/02/2019	3-9am	1	Asking your kids questions at bedtime helps your bond.
Grandparenting	Intentional Living	4/03/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps grandparents to care for their grandkids
Parenting	Morning Show	4/03/2019	3-9am	1	Advice on kids with smartphones.
Finances	Morning Show	4/03/2019	3-9am	1	65% of people purchase a car for the sticker price even though they don't need to.
Parenting	Morning Show	4/03/2019	3-9am	1	Playing games with your kids builds bond and helps improve your child's memory and problem-solving skills.
Work	Intentional Living	4/04/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you find your purpose at work
Finances	Afternoon Show	4/04/2019	2-7pm	1	Schools offer "adulting" classes to teach basic life skills.
Relationships	Morning Show	4/04/2019	3-9am	1	People who have friends are more satisfied with life.
Health	Morning Show	4/04/2019	3-9am	1	Ibuprofen is more effective when taken while listening to music, according to a new study.
Relationships	Morning Show	4/04/2019	3-9am	1	A recent study says people who are humble are considered more intelligent because they consider other people more often.
Relationships	Morning Show	4/04/2019	3-9am	1	Schedule your social media time so that you can be present with people the rest of the day.
Finances	Morning Show	4/04/2019	3-9am	1	Netflix is raising their rates.
Health	Morning Show	4/04/2019	3-9am	1	People are greying 4 years sooner than we were 40 years ago.
Relationships	Intentional Living	4/05/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you recover from broken trust in a relationship
Health	Morning Show	4/05/2019	3-9am	1	74% of people are concerned about their weight but only 30% talk about it with their doctor.
Health	Morning Show	4/05/2019	3-9am	1	Taking small breaks throughout the day makes you more productive when you get to your work.
Relationships	Morning Show	4/05/2019	3-9am	1	89% percent of people were under 10 when they were given a pet to care for.
Health	Morning Show	4/05/2019	3-9am	1	The health benefits of pickle juice.

Parenting	Morning Show	4/05/2019	3-9am	1	Moms are more likely than dads to wake from the sound of a crying baby.
Work	Morning Show	4/05/2019	3-9am	1	The unemployment rate is the lowest it's been in 50 years.
Relationships	Morning Show	4/05/2019	3-9am	1	New research shows guys are more talkative than girls.
Parenting	Intentional Living	4/08/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to help your children not suffer the side effects of too much time on video games
Health	Morning Show	4/08/2019	3-9am	1	According to a recent report, the 5 second rule does exist.
Finances	Intentional Living	4/09/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to help your aging parents with their finances
Health	Morning Show	4/09/2019	3-9am	1	The more disorganized your kitchen is the more weight you gain.
Divorce	Intentional Living	4/10/2019	11a & 7p	56 Minutes	Dr. Randy Carlson brings hope to those who are facing divorce
Relationships	Evening Show	4/10/2019	8-11pm	1	A proper apology has 6 elements.
Parenting	Evening Show	4/10/2019	8-11pm	1	Parents need to apologize to their kids when they do wrong, it increases feelings of connection.
Finances	Morning Show	4/10/2019	3-9am	1	Notifying listeners of a scam preying on the elderly.
Parenting	Intentional Living	4/11/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps your adult children make it through the challenges they are facing
Marriage	Intentional Living	4/12/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps bring healing to your marriage
Health	Morning Show	4/12/2019	3-9am	1	There are more nutrients in food than vitamins created to give you those nutrients.
Marriage	Community Calendar Spots	4/6/2019-4/12/2019	12:00am – 11:59pm	14	Resources to Strengthen Marriages in Benson
Finances	Morning Show	4/14/19	3-9am	1	Some kids are now getting their lunch delivered to school.
Relationships	Morning Show	4/14/2019	3-9am	1	The Vice President will visit Nogales, AZ.
Poverty	On-air announcements	4/04/2019-4/14/2019	12:00am – 11:59pm	168	Spread awareness for crisis pregnancy centers helping mothers in need in Tucson
Marriage	Intentional Living	4/15/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you balance marriage and work
Relationships	Intentional Living	4/16/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you deal with your in-laws
Health	Morning Show	4/16/2019	3-9am	1	Men's beards have more bacteria in them than dog hair.
Health	Morning Show	4/16/2019	3-9am	1	Recent measles outbreak in AZ, CA, CO, FL, GA & MI
Relationships	Intentional Living	4/17/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you deal with invasive in-laws
Health	Morning Show	4/17/2019	3-9am	1	A new study says you'll lose more weight if you make your goal is higher.
Health	Morning Show	4/17/2019	3-9am	1	Chocolate can help prevent hearing loss.
Health	Morning Show	4/17/2019	3-9am	1	Chips Ahoy Chewy Cookies are being recalled.

Health	Morning Show	4/17/2019	3-9am	1	Bath towels need to be washed after 7 uses.
Relationships	Morning Show	4/17/2019	3-9am	1	What factors are important to an effective apology.
Parenting	Intentional Living	4/18/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps parents deal with disrespectful children
Health	Morning Show	4/18/2019	3-9am	1	Honest people are healthier than those who lie.
Finances	Morning Show	4/18/2019	3-9am	1	70% of millennials get financial support from their parents.
Relationships	Morning Show	4/18/2019	3-9am	1	A new study shows participating in high school sports was a predictor of success later in life.
Faith	Intentional Living	4/19/2019	11a & 7p	56 Minutes	Dr. Randy Carlson examines what Christ did on the cross for this Good Friday
Grandparenting	Intentional Living	4/22/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps grandparents to care for their grandkids
Safety	Morning Show	4/22/2019	3-9am	1	National Prescription take back day helps people get rid of unused, expired medicines.
Relationships	Intentional Living	4/23/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to love the unlovable
Finances	Morning Show	4/23/2019	3-9am	1	A British airline is considering weighing people before they board planes to distribute weight evenly.
Finances	Morning Show	4/23/2019	3-9am	1	Social Security disbursement will exceed its income next year.
Relationships	Morning Show	4/23/2019	3-9am	1	A recent report says women apologize more than men.
Faith	Intentional Living	4/24/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to figure out what God wants to do in your life
Parenting	Morning Show	4/24/19	3-9am	1	New research shows parents shouldn't financially reward their kids for good behavior because it creates an expectation rather than an internal sense of well-being.
Marriage	Morning Show	4/24/2019	3-9am	1	After an argument with your spouse, finding something that makes them laugh will lighten the mood.
Health	Morning Show	4/24/19	3-9am	1	A measles outbreak is spreading across the country.
Relationships	Intentional Living	4/25/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to love people the way God does
Health	Evening Show	4/25/2019	8-11pm	1	Computer eye strain avoidance tips.
Finances	Morning Show	4/25/19	3-9am	1	Millennial men are easily scammed by robocalls, according to report.
Work	Intentional Living	4/26/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you find your purpose at work
Health	Afternoon Show	4/26/2019	2-7pm	1	Studies show longevity can be increased by making your spouse happy.
Relationships	Morning Show	4/26/2019	3-9am	1	Women don't want to go to bed angry.
Finances	Morning Show	4/26/2019	3-9am	1	Amazon is going to give prime customers one day shipping for free.
Work	Morning Show	4/26/2019	3-9am	1	Don't look at emails as frequently at work to be more productive.
Health	Morning Show	4/26/2019	3-9am	1	The happier your spouse is, you too are happy as a result and it increases longevity.

Safety	Morning Show	4/26/2019	3-9am	1	Most teens share too much info on social media, putting them at risk.
Relationships	Morning Show	4/26/2019	3-9am	1	Making others feel at home in your house by providing your WIFI password.
Relationships	Community Calendar Spots	4/27/2019-5/10/2019	12:00am – 11:59pm	14	Free Movie for Families to Attend in Tucson
Relationships	On-air announcements	4/22/2019-4/28/2019	12:00am – 11:59pm	56	Distributed cookies to assisted living home in Peoria, Arizona
Finances	Intentional Living	4/29/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to help your aging parents with their finances
Health	Afternoon Show	4/29/19	2-7pm	1	Overcome your fear through in-vitro therapy.
Work	Morning Show	4/29/2019	3-9am	1	Most workers want to learn and grow and will leave a job if those opportunities aren't present.
Relationships	Morning Show	4/29/2019	3-9am	1	Volunteering helps you meet people.
Work	Morning Show	4/29/2019	3-9am	1	Volunteering can help you get a job.
Health	Morning Show	4/29/2019	3-9am	1	Pizza is better for breakfast than most cereals because it has more protein.
Finances	Morning Show	4/29/2019	3-9am	1	Giving it "10 seconds" before hit the buy button when shopping online can help you assess if this is a need.
Faith	Morning Show	4/29/2019	3-9am	1	Research shows people with faith report greater satisfaction with life.
Divorce	Intentional Living	4/30/2019	11a & 7p	56 Minutes	Dr. Randy Carlson brings hope to those who are facing divorce
Health	Morning Show	4/30/2019	3-9am	1	If you blame yourself when things go wrong, you're more like to develop OCD.
Parenting	Morning Show	4/30/2019	3-9am	1	Parents have over 2,000 arguments a year with their kids.
Relationships	Morning Show	4/30/2019	3-9am	1	Growing up with a sibling of the opposite sex helps us later in life with our spouses because we understand them better.
Health	Morning Show	4/30/2019	3-9am	1	Burger King is offering a vegan whopper.
Parenting	Intentional Living	5/01/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps your adult children make it through the challenges they are facing
Relationships	Intentional Living	5/02/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you deal with invasive in-laws
Parenting	Morning Show	5/02/2019	3-9am	1	Research reveals kids perform better in school when their parents don't give unwarranted praise.
Relationships	Morning Show	5/02/2019	3-9am	1	Survey says people are happier from family memories than buying things.
Marriage	Intentional Living	5/03/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you have the kind of faith to positively change your marriage
Finances	Afternoon Show	5/04/2019	2-7pm	1	Budgeting tips
Work	Morning Show	5/04/2019	3-9am	1	The aroma of coffee helps us focus more.
Work	Morning Show	5/04/2019	3-9am	1	Study says people who allow family demands to interfere with work are given fewer career opportunities.

Finances	Morning Show	5/04/2019	3-9am	1	Listener called to share she saves money by shopping online because that way she's not tempted to buy things she doesn't need.
Relationships	Morning Show	5/04/2019	3-9am	1	People are more likely to do a favor for a friend who asks them in person.
Relationships	Intentional Living	5/06/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to love the unlovable
Marriage	Morning Show	5/6/19	3-9am	1	An article says you should resolve conflict in your marriage quickly so as not to let the problem fester and create distance between you and your spouse.
Health	Morning Show	5/6	3-9am	1	Optimistic people are healthier than pessimistic people, they take better care of themselves.
Mental Health	Intentional Living	5/07/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to battle perfectionism
Health	Morning Show	5/7/2019	3-9am	1	A bill was passed in Georgia that stops abortions if a fetal heart beat is detected.
Health	Morning Show	5/07/2019	3-9am	1	Men are more likely to get an infectious disease than women because they have more testosterone. It suppresses the immune system. Estrogen in women enhances the immune system.
Finances	Morning Show	5/07/2019	3-9am	1	President Trump is raising taxes on Chinese imports and exports.
Faith	Intentional Living	5/08/2019	11a & 7p	56 Minutes	Dr. Randy Carlson shows how prayer helps you to trust God
Health	Morning Show	5/8/19	3-9am	1	Writing a to-do list for the following day helps you go to sleep faster.
Relationships	Morning Show	5/8/19	3-9am	1	Advice on explaining tragedies to kids.
Marriage	Intentional Living	5/09/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to bring trust back into your marriage
Work	Morning Show	5/09/2019	3-9am	1	Shared work communication advice.
Health	Morning Show	5/09/2019	3-9am	1	If you want to lose weight, hang out with thinner friends. It will give you motivation to be more disciplined in your eating and exercise habits.
Finances	Morning Show	5/09/2019	3-9am	1	Meijer's gives fruit to kids to help them stay focused while mom is shopping.
Parenting	Intentional Living	5/10/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to raise respectful kids
Work	Morning Show	5/10/2019	3-9am	1	A study says recognition for a job well done inspires us to increase productivity even more so than a raise.
Relationships	Morning Show	5/10/2019	3-9am	1	If you don't like confrontation, you can now hire someone to argue on your behalf.
Finances	Morning Show	5/10/2019	3-9am	1	Advice to get the best deals at garage sales.
Health	Morning Show	5/10/2019	3-9am	1	A recent study says fidgeting is good for your health because you are staying active.
Health	Community Calendar Spots	4/27/2019-5/10/2019	12:00am – 11:59pm	14	Raising awareness for Mom and Baby Health in Tucson

Relationships	Intentional Living	5/13/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps to know when you need to ask for help then ask for it
Health	Morning Show	5/13/19	3-9am	1	Rideshare transportation has 35,000 times more germs than a toilet seat.
Work	Intentional Living	5/14/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you navigate the challenges in a family-owned business
Finances	Morning Show	5/14/2019	3-9am	1	A third of Americans spend too much trying to "keep up with the Joneses" on social media.
Relationships	Intentional Living	5/15/2019	11a & 7p	56 Minutes	Dr. Randy Carlson and Dr. Gregg Jantz help you understand and deal with passive-aggressive people
Relationships	Afternoon Show	5/15/19	2-7pm	1	Friendships are important for our health and well-being.
Single Parents	Intentional Living	5/16/2019	11a & 7p	56 Minutes	Dr. Randy Carlson brings help to single parents
Parenting	Morning Show	5/16/2019	3-9am	1	There's a rise in parenting tasks that Americans hire someone else to do.
Marriage	Intentional Living	5/17/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps newlyweds build a long-lasting marriage
Marriage	Intentional Living	5/20/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you have unity and agreement in your marriage
Health	Morning Show	5/20/2019	3-9am	1	Dog owners live longer because they exercise more to exercise the dog and they prevent depression through companionship.
Mental Health	Intentional Living	5/21/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to overcome worry
Faith	Intentional Living	5/22/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to understand and practice forgiveness
Mental Health	Intentional Living	5/23/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to battle perfectionism
Faith	Intentional Living	5/24/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to overcome worry and anxiety
Relationships	Evening Show	5/24/2019	8-11pm	1	Advice on effective listening to build relationships.
Health	Morning Show	5/24/2019	3-9am	1	People who work on puzzles are mentally sharper than those who don't.
Mental Health	Intentional Living	5/27/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to no longer self-sabotage yourself
Work	Intentional Living	5/28/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you navigate the challenges in a family-owned business
Work	Morning Show	5/28/19	3-9am	1	Most of us miss our coworkers when we go on vacation.
Faith	Intentional Living	5/29/2019	11a & 7p	56 Minutes	Dr. Randy Carlson encourages you to walk by faith
Marriage	Intentional Living	5/30/2019	11a & 7p	56 Minutes	Dr. Randy Carlson encourages you to seek God for your marriage
Marriage	Morning Show	5/30/2019	3-9am	1	A study shows regular church attendance helps foster better marital relationships.
Relationships	Intentional Living	5/31/2019	11a & 7p	56 Minutes	Dr. Randy Carlson and Dr. Gregg Jantz help you understand and deal with passive-aggressive people
Single Parents	Intentional Living	6/03/2019	11a & 7p	56 Minutes	Dr. Randy Carlson brings help to single parents

Relationships	Morning Show	6/03/2019	3-9am	1	It is common among people who have others depending on them to have a larger sense of purpose than those who don't.
Finances	Intentional Living	6/04/2019	11a & 7p	56 Minutes	Dr. Randy Carlson and intentional financial coach Parkey Thompson help you get your finances in order
Health	Morning Show	6/4/19	3-9am	1	Grocery shopping the perimeter of the store is healthier and less processed.
Health	Morning Show	6/04/2019	3-9am	1	Positive self-talk helps reduce stress.
Marriage	Morning Show	6/04/2019	3-9am	1	Most Americans spend more time with their phone than their spouse.
Relationships	Intentional Living	6/05/2019	11a & 7p	56 Minutes	Dr. Randy Carlson help and healing to you and your adult siblings
Marriage	Intentional Living	6/06/2019	11a & 7p	56 Minutes	Dr. Randy Carlson answers your questions about marriage
Health	Morning Show	6/6/19	3-9am	1	Walking 7500 steps a day is optimum, if you go over that the health benefits taper.
Health	Intentional Living	6/07/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you get intentional about your health
Finances	Morning Show	6/07/2019	3-9am	1	Taxes on Mexican imports are going up. Stores likely to pass on costs to customer.
Relationships	Community Calendar Spots	6/4/2019-6/7/2019	12:00am – 11:59pm	14	Free Movie Night in Tucson
Grief	Community Calendar Spots	6/4/2019-6/7/2019	12:00am – 11:59pm	14	Support For those struggling with grief in Tucson
Blended Families	Intentional Living	6/10/2019	11a & 7p	56 Minutes	Dr. Randy Carlson and blended family expert Ron Deal help blended families to thrive
Work	Morning Show	6/10/2019	3-9am	1	Mondays are the best days to start new goals because we view it as a clean slate of a new work week.
Faith	Intentional Living	6/11/2019	11a & 7p	56 Minutes	Dr. Randy Carlson encourages you to walk by faith
Faith	Intentional Living	6/12/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to understand and practice forgiveness
Marriage	Morning Show	6/12/2019	3-9am	1	Showing appreciation of your spouse leads to stronger bond.
Marriage	Intentional Living	6/13/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you have unity and agreement in your marriage
Safety	Morning Show	6/13/2019	3-9am	1	Lawsuits against Amazon's Alexa for recording children's conversations, tips to disable.
Mental Health	Intentional Living	6/14/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps you to overcome worry
Finances	Morning Show	6/14/2019	3-9am	1	June is the busiest month for garage sales.
Health	Morning Show	6/14/2019	3-9am	1	Fast food lacks nutrients that boost your mood.
Marriage	Intentional Living	6/17/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps married couples to manage their expectations and be truthful

Singles	Intentional Living	6/18/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps singles be successful in being single
Finances	Morning Show	6/18/2019	3-9am	1	Avoid overspending by keeping checking and savings in different bank accounts. Keep the savings in an account that doesn't have a debit card.
Retirement	Intentional Living	6/19/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps those who are retiring to figure out what God wants then to do
Health	Morning Show	6/19/2019	3-9am	1	Sleeping near light slows down metabolism.
Marriage	Intentional Living	6/20/2019	11a & 7p	56 Minutes	Dr. Randy Carlson helps couples to avoid emotional affairs
Finances	Intentional Living	6/24/2019	11a & 7p	56 Minutes	Dr. Randy Carlson and intentional financial coach Parkey Thompson help you get your finances in order
Health	Morning Show	6/24/2019	3-9am	1	Wipe shopping carts handles. A recent study shows many germs reside there.
Relationships	Intentional Living	6/25/2019	11a & 7p	56 Minutes	Dr. Randy Carlson help and healing to you and your adult siblings
Health	Morning Show	6/25/2019	3-9am	1	Spending time outside each day provides a greater sense of satisfaction in life.
Parenting	Intentional Living	6/26/2019	11a & 7p	56 Minutes	Dr. Randy Carlson and Dr. Kevin Leman help you to communicate effectively with your teen
Marriage	Intentional Living	6/27/2019	11a & 7p	56 Minutes	Dr. Randy Carlson answers your questions about marriage
Faith	Intentional Living	6/28/2019	11a & 7p	56 Minutes	Dr. Randy Carlson hears stories of how you came to Christ

