

Pulse 101.7FM – KPUL

Quarter 1 - Issues and Programs List 2023

Interviews:

Valley Church – Night to Shine

Date/Time: 1/27/23 7:35am Length: 5:15

RaJan with Pulse Mornings spoke with Beth Castile, the coordinator of Valley Church's Annual Night To Shine Event. This event is partnered with the Tim Tebow Foundation and provides a prom night to over 300 guests, in particular those with special needs. Beth discussed how it takes a village to pull this event off and they are hoping to fill 700 volunteer opportunities to pull off this community event. This will be Valley's 8th year doing this event that provides a impactful and meaningful night to those who attend both to volunteer and to dance. This popular event will take place on January 20th.

Valley Church – Night to Shine (re-airing of previous interview)

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Valley Church – Night to Shine (re-airing of previous interview)

Date/Time: 1/28/23 7:03am Length: 5:15

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Young Patriots Club**Date/Time: 2/10/23 8:06am Length: 6:28**

Julie Dueker who runs the Young Patriots Club in Des Moines stopped by the station to discuss with our morning show host Rajan about their upcoming 4th Annual Valentine's For Vets Event. This event was started to honor and help our veterans in the community. Families are invited to come to this event to decorate cookies and make cards. The Young Patriots Choir will also be singing to honor the veterans in our community. Proceeds from the event will benefit the Puppy Jake Foundation. This foundation trains service dogs for vets in need. Those dogs are trained and can help with turning on and off lights, helping the veteran get up after falling, and provide emotional/mental support to the veteran.

Young Patriots Club (re-airing of previous interview)**Date/Time: 2/10/23 9:15am Length: 6:28**

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Young Patriots Club (re-airing of previous interview)**Date/Time: 2/11/23 7:03am Length: 6:28**

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DMARC**Date/Time: 3/4/23 7:04am Length: 5:09****Date/Time: 3/4/23 7:13am Length: 3:44**

Rajan with Pulse Mornings spoke to Blake Willadsen of DMARC, (Des Moines Area Religious Council) about their mission and how to get involved during the March Madness Season. DMARC is a food pantry network that started in the 1950's and currently have 15 food pantries set up in different areas of the

state that provide healthy and culture appropriate food. DMARC serves over 53,000 each year and 1 in 6 people will take advantage of the food pantries that DMARC provides. DMARC has created their DMARCH Madness Event that helps fund the organization as well as bringing different organizations around the metro together. Blake also discussed a leadership opportunity for high schoolers to be a part of the Iowa Interfaith Exchange taking place in summer.

Wildwood Hills Ranch

Date/Time: 3/11/23 7:03am Length: 8:37

Date/Time: 3/11/23 7:14am Length: 8:12

Kaitlin Willcockson, Director of Operations and Christy Christensen, the Marketing & Events Director of Wildwood Ranch stopped in the studio to talk with our morning show about the mission behind Wildwood Hills Ranch and the ways in which they helped underprivilege kids and youth. They spoke about the importance of pouring into kids who have trauma, been neglected, abused, and those who have been in the foster care system. Kaitlin got to speak on the different programs they offer from horse learning & therapy, creative arts, and aquatics. They also offer these programs to veterans as well as offer financial support. Wildwood Hills Ranch has year round programs and is looking for staff & volunteers for Child Abuse Awareness Month in April. Christi also talked about an upcoming event they are having in October that benefits the ranch that includes an auction, dinner, shows, and more.

Jesus Revolution

Date/Time: 3/25/23 7:15am Length: 7:32

Date/Time: 3/25/23 7:27am Length: 12:48

Jon Erwin, director of the film *Courageous* and the newly released *Jesus Revolution* spoke to RaJan with Pulse Mornings a bit about his faith upbringing and how that coincided with his love of making movies from a young age. Jon shared with our listeners the importance of being optimistic and as believers keeping our hope and trust in God. Jon discussed with RaJan the movement that happened in the 1960's that led a lot of new people to believing in God. In a world today that is very dark and despair, Jon reminded our listeners to not let fear win. God's timing is perfect and he's at work in all things. Jon also touched on how there have recently been more baptism's in the ocean since the film released in theatres in early March.

Jesus Revolution (re-airing of previous interview)**Date/Time: 3/27/23 6:20am Length: 7:32****Date/Time: 3/27/23 6:36am Length: 12:48**

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Focus on the Family**Date/Time: 4/7/23 6:34am Length: 7:17****Date/Time: 4/7/23 6:45am Length: 5:33**

RaJan with Pulse Mornings spoke with Jesse Florea, the editor of Focus on the Family Clubhouse magazines and touched on the ways to celebrate Easter as a family and the importance of coming together. We know as believers that it can be a difficult to talk about death with kids and so Jesse touched on different approaches to discussing Jesus' death. Jesse talked about how media today affects young people's minds and really shapes who they are. Jesse shared with RaJan how crucial it is to leading your kids to Christ and setting an example of how to live like Jesus.

Focus on the Family (re-airing of previous interview)

Date/Time: 4/8/23 7:14am Length: 7:17

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Community Events:

January 5th, 2023 Pulse Education Talk

RaJan visited students at Des Moines Christian Schools to talk about the importance of media choices. RaJan also discussed how character and integrity make up a big part of who they are and to be conscious of their social interactions. Students were able to engage and ask questions about RaJan's career in radio as well as being a believer and being a father of 5 kids.

February 10th, 2023 Winter Jam

The Pulse Crew visited Winter Jam at Wells Fargo Arena and got to engage with the community on a deeper level. We discussed the importance of media choices as well as prayed with listeners who needed it. Listeners got to ask questions about careers of radio and shared with us the impact the station has in their life.

On-air promotion: We ran promos and did live mentions for 2 weeks leading up to the announcement of the winner. Approximately 30 minutes a day.

March 18th, 2023 All Things For All Moms

Chris visited Lifehouse Church for a unique and special vendor fair. This was offered to parents, grandparents, and those expecting to utilize recourses and shop for items at a discounted price. This event was created and offered to benefit those in the community that needed it.

PSA'S:

Issues Categories Covered: Belonging, Dental Hygiene, Diabetes, Concurring Division, Getting your GED, Hospitalized Kids, Medicine, Texting and Driving, Helping Veterans,

PSA Airtime Totals: 15 minutes total per week on a rotator, 30 seconds each

Belonging:

Man: If I could be you. Woman: And you can be me. Woman: For just one hour. Man: If you could find a way. Girl: To just get inside. Woman: Each other's mind. Man: Walk a mile in my shoes. Boy: Walk a mile in my shoes. Together: Walk a mile in my shoes. Announcer: We've all felt left out. And for some that feeling lasts more than a moment. We can change that. Learn how at belongingbeginswithus.org
Brought to you by the Ad Council Choir: Walk a mile in my shoes.

Dental Hygiene:

Cricked teeth may embarrass kids whose families can't afford braces. And trying to fix their teeth themselves can make things worse. Luckily, there's donated orthodontic services. A program from the American Association of Orthodontists. For children and teens who qualify and are matched with a volunteer orthodontist, treatment can be lifechanging and help them smile with confidence. Learn more at AAOinfo.org

Diabetes

Announcer: Don't you wish your life came with a warning app? Siri: Stop, that dog does not want to be petted. (aggressive dog sound) Announcer: A heads up before something bad happens. Siri: You should not send that text. Man: Uh oh. Announcer: Life doesn't always give you time to change the outcome. But prediabetes does. With early diagnosis and a few healthy changes, you can reverse prediabetes and delay or prevent type 2 diabetes. To learn your risk, take the one minute test today at doihaveprediabetes.org Brought to you by the Ad Council and it's Prediabetes Awareness Partners.

Concurring Division

Announcer: Right now our country feels divided but there's a place where people are coming together. Man: I was nervous to talk to someone so different from me. Woman: Me too. Announcer: Love has no labels. And One Small Step are helping people with different political views, beliefs, and experiences, connect through conversation and it feels good. Man: This conversation gives me hope. Woman: It gives me a lot of hope too. Announcer: Take a step toward bringing our country and your community

together. Start a conversation at lovehasnolabels.com/onesmallstep A message from Story Core, Love Has No Labels and the Ad Council.

Getting your GED

(Nicholas): This message is for Karina. Our mom will finish her high school diploma at age 28. Hi mom, it's Meredith and Nicholas. (Meredith): Congratulations on getting your diploma (Nicholas): You worked so hard and have taught us so much. (Both): We love you! Announcer: When you graduate, they graduate. Finish your high school diploma for you and for them. Visit finishyourdiploma.org to find free and supportive adult education centers near you. Brought to you by the Dollar General Literacy Foundation and the Ad Council.

Hospitalized Kids

Woman: My son Ben was born with congenial heart disease and spent the first eight months of his life in the hospital. Starlight Children's Foundation has played an important role in our lives. For five weeks as a baby, Finn lived in a Starlight Hero wagon instead of having to sleep in a hospital bed. Starlight provides moments of joy for families like mine at a time where there is very little to be found. Learn more about how Starlight brightens the lives of sick kids by visiting starlight.org today.

Medicine

Franklin: This is Franklin Graham. Missionary Medicine is still one of the great tools for evangelism. Woman: This is why I do medical missions is to be able to treat people and help people who otherwise wouldn't get help. Man: We have to be willing to enter into the suffering of others and that's never easy but our God is faithful. Franklin: When you are a part of Missionary Medicine it's going to change the lives of people for centuries. Announcer: For more information go to [Samaritan'sPurse.org](http://SamaritansPurse.org) That's SamaritansPurse.org

Texting and Driving

(sound effect of record slowing down) Man: How was your drive to school? Girl: Let me tell you. I had to get my iced coffee first, I just can't seem to put it down. My favorite rapper just announced a tour, my phone was buzzing like crazy. I'm so excited. I had to text all my friends all about it. Then someone started calling me and...(record speeds up) Man: Let's try that again. (woosh sound effect) Girl: I turned my phone off right away. I never drive distracted. Announcer: Visit StopTextsStopWrecks.org A message

brought to you by the National Highway Traffic Safety Administration, Project Yellowlight, and the Ad Council.

Helping Veterans

For over 50 years, HelpPOVeterans has utilized recycled materials to create, manufacture, and distribute craft therapy kits that help deal with pain management, PTSD, anxiety, depression, and many other challenges. Our kits help find sustainable wellness in their lives. We are proud to help those who served our country. Our mission is to help our veterans. To learn more, go to healvets.org That's healvets.org
Sponsored by HelpPOVeterans.

Mentions:

Monday Motivation- RaJan does a weekly motivation speech on Mondays during the 6:00, 7:00, 8:00, and 9:00 hour. They are 60-90 seconds in length and they give encouragement to listeners for the new week ahead.

Black History Month- During the entire month of February, RaJan speaks each weekday morning on a different aspect of black history to educate listeners during black history month. These segments were 60-90 seconds in length.

Wednesday Devo – RaJan does a weekly devotion on Wednesdays during the 6:00, 7:00, 8:00, and 9:00 hour. They are about 90 seconds each and he speaks to a specific life issue with a biblical component