

Pulse 101.7FM – KPUL

Quarter 4 - Issues and Programs List 2023

Interviews:

**Hope Ministries**

**Date/Time: 10/10/23 7:57am Length: 3:43**

Hope Ministries served over 16,000 meals in the last two months to those who are homeless in community. Kathy Coady spoke with RaJan with Pulse Mornigns about the growing need to help those who are hungry and talked about their partnership with 11 Fareway's around the metro. We encouraged listeners to shop at Fareway from October 9-14 and round up to the nearest dollar. Proceeds will help Hope Ministries to continue what they do on a day to day basis not only feeding those but offering shelter and programs as well. Kathy also shared they are in full swing of preparing for the Thanksgiving holiday and are hoping to find volunteers to serve and also deliver meals.

**Hope Ministries (re-airing of previous interview)**

**Date/Time: 10/10/23 9:04am Length: 3:43**

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**Hope Ministries (re-airing of previous interview)****Date/Time: 10/12/23 6:43am Length: 3:43**

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**Dupaco Credit Union****Date/Time: 10/19/23 8:16am Length: 3:14**

Dupaco Credit Union recognized the financial need and assistance in the community. Chris Gierut of Dupaco spoke with RaJan with Pulse Mornings about the differences between banks and credit unions and be there for it's members. Dupaco is celebrating International Credit Union Day by getting out the word about their "Thank Use" program. When more and more members use their services, the more cash they will see returned. Chris also shared some tips on how to be financially stable such as budgeting, saving, and having a group of people to support you.

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### **Postpartum Depression**

**Date/Time: 10/21/23 7:06am Length: 5:06**

**Date/Time: 10/21/23 7:14am Length: 3:59**

Dr. Alan Lindermann spoke with RaJan with Pulse Mornings about having the awareness of postpartum depression and ways to combat it as a mother or father. Dr. Alan discussed how a mother might get postpartum depression following birth, while father's may experience six months or even a year later. Dr. Alan shared with listeners the signs of postpartum such as one not being able to take care of the baby such as feeding, thoughts of self-harm or the baby, as well as frequent arguments between the parents. RaJan asked Dr. Alan about ways to treat it or even prevent it. Dr. Alan talked about the importance of creating and sticking with a plan of what role each parent will play. Parents should also include family in prenatal care so everyone can be present and understand the impact of having a child. Lastly Dr. Lindermann shared some resources people can use to help them with postpartum depression.

### **Postpartum Depression (re-airing of previous interview)**

**Date/Time: 10/23/23 6:19am Length: 5:06**

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### **Empigo Ministry**

**Date/Time: 11/1/23 7:31am Length: 6:44**

Shawnda Newton of Empigo Ministry spoke with RaJan with Pulse Mornings about an upcoming event they are hosting called "I Am Daughter" Shawnda spoke about the influence social media has and the impact that has on identity and self-esteem. To combat that, Empigo (which is greek for impact) they are hosting this event to start a discussion on what it means to have an identity as a believer. Empigo started

in 2017 and strives to be a local outreach and develop leaders within the community. This two day event will focus on fellowship, creative expression through dance and spoken word, games, and more.

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**Operation Christmas Child**

**Date/Time: 11/25/23 7:05am Length: 5:29**

RaJan with Pulse Mornings spoke with Cheri Hoyt with Operation Christmas Child and the impact the organization has had worldwide over the last 30 years. Cheri reminded our listeners that the holiday season is tough for some because they don't have the necessities that most people have. Things like toiletries, clothing, toys, etc. Cheri shared that by packing shoebox gifts (a project created by an organization called Samaritans Purse) kids around the world could get the hygiene they need plus the joys of Christmas. What is neat about Operation Christmas Child that it's also sharing the gospel and helping people get to know Jesus while also teaching generosity and love to young people.

**Focus on The Family**

**Date/Time: 12/2/23 7:04am Length: 8:04**

Lisa Anderson from Focus on the Family and Boundless spoke with RaJan with Pulse Mornings about the importance of finding the right roommate. We live in difficult times where millennials and generation z can't live to afford by themselves or even get a mortgage. It's also becoming more socially, spiritually, and financially for individuals to live with someone. Lisa shared some tips on how to find the right roommate. Lisa reminded us to find people we trust, whether it's family or friends. It could be a church or group that we're a part of. Lisa also talked about how finding a person of good character and those who are in your network may be of benefit as well. Lisa lastly shared some blogs and podcasts young adults can check out to equip their faith.

**Focus on The Family (re-airing of previous interview)****Date/Time: 12/4/23 7:27am Length: 8:04**

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**Freedom For Youth****Date/Time: 12/6/23 6:31am Length: 3:57****Date/Time: 12/6/23 6:39am Length: 6:14**

Jess Evans and Brian Patterson from Freedom For Youth stopped by to talk with RaJan about an upcoming Christmas event that benefits at risk youth in the community. Freedom For Youth offers a variety of programs to help students at risk with life skills and work experiences. From after school programs to classes, staff and volunteers are pouring into the lives of youth right here in Des Moines. Freedom of Youth has seen growth over these last few years and are also building a new children's center that will open next summer. Freedom For Youth is helping around 150 students daily and over 500 on a weekly basis.

**Freedom For Youth (re-airing of previous interview)****Date/Time: 12/6/23 9:12am Length: 3:57****Date/Time: 12/6/23 9:21am Length: 6:14**

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**Focus on The Family****Date/Time: 12/16/23 7:04am Length: 5:45**

Adam Holz, the Director of Media and Culture with Focus on the Family talked with RaJan about the importance of media choices and the impact that it has on mental health for all ages. With the holidays coming up, Adam shared some recourses they've pulled together as an organization to help families navigate through the holiday season. Plugged In is website that reviews movies and television shows based on audience sensitivity. Adam also encouraged listeners to do their homework and research before sitting down with kids in front of a screen.

**Focus on The Family****Date/Time: 12/22/23 8:27am Length: 2:27****Date/Time: 12/22/23 9:27am Length: 2:47**

Adam Holz, the Director of Media and Culture with Focus on the Family talked with RaJan about some Christmas films that families could watch together during the holiday season that was appropriate for all ages. The first film discussed was the 2006 film The Nativity Story. This film is reverent and biblically accurate similar to the television season The Chosen. It follows the story of Mary and Joseph and the journey they went through. The second film is the 2018 version of Dr. Seuss' The Grinch. Adam shares that it's a bit more kid friendly and not as scary. Adam also discusses The Muppet Christmas Carol and the warmth that it has for families. It also touches on the importance of forgiveness. Lastly, Adam shared some recourses they've pulled together as an organization to help families navigate through the holiday season.

**Postpartum Depression (re-airing of previous interview) Date/Time: 12/28/23 8:31am Length: 5:06****Date/Time: 12/28/23 8:43am Length: 3:59**

Dr. Alan Lindermann spoke with RaJan with Pulse Mornings about having the awareness of postpartum depression and ways to combat it as a mother or father. Dr. Alan discussed how a mother might get postpartum depression following birth, while father's may experience six months or even a year later. Dr. Alan shared with listeners the signs of postpartum such as one not being able to take care of the baby such as feeding, thoughts of self-harm or the baby, as well as frequent arguments between the parents. RaJan asked Dr. Alan about ways to treat it or even prevent it. Dr. Alan talked about the importance of creating and sticking with a plan of what role each parent will play. Parents should also include family in prenatal care so everyone can be present and understand the impact of having a child. Lastly Dr. Lindermann shared some resources people can use to help them with postpartum depression.

### **Community Events:**

#### **October 22-25, 2023      Great Pumpkin Party**

Chris and AJ brought the Pulse vehicle to Valley Community Center for the Great Pumpkin Party. These evenings were targeted towards families with special needs as well as those needing a safe place to trick-or-treat. Chris did a ventriloquist act, AJ played music, and games were also provided.

#### **October 31, - November 14, 2023 Aspen Aire Warm for the Holidays Furnace Giveaway**

Pulse partners with local business, Aspen Aire, to provide a free furnace system a family in December. We asked listeners to nominate a deserving family and Aspen Aire chooses a winner based on the entries submitted. Aspen Aire then coordinates the delivery and installs the system.

**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.

#### **November 22, 2023      Hope Ministries Donation Drive Thru**

Hope Ministries helps feed over 3,000+ people across central Iowa on Thanksgiving Day and again on Christmas. We encouraged listeners to get involved and help others out in the community by dropping off food donations at our contactless drive-thru located at our studio in Waukee. We gathered in a socially distant and safe way. We saw listeners of every age come and donate food items such as dinner rolls, cookies, ground beef, pork loin, bacon, ham, milk cheese, eggs, green beans, salads, and more. We did a live-broadcast from 6:00pm-9:00pm.

**On air promotion:** We ran promos and did live mentions daily 1 week leading up to the event. Approximately 30 minutes a day

**Mentions:**

**Monday Motivation** – RaJan does a weekly motivation topic on Mondays during the 6:00, 7:00, and 8:00 hour. They are 90 seconds each and RaJan encourages listeners through humor, perspectives, and

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