

Pulse 101.7FM – KPUL

Quarter 3 - Issues and Programs List 2023

Interviews:

Inspire Our Schools

Date/Time: 7/15/23 7:03am Length: 8:23

RaJan with Pulse Mornings spoke with Becky Zemlicka, the founder of Inspire of Schools. Inspire Our Schools is an event that started back in 2018 focuses on lifting up schools in prayer. What started with one district that year multiplies and now covers every district in the metro as well as some other surrounding districts. Schools and mainly students are being attacked with mental and social issues every day and this event tries to combat that through faith and prayer. Becky shared the simple roles people can either step up to be a district coordinator or a prayer leader. The event this year will be held on Sunday, August 27th at 7:00pm. The goal would be to expand this event across the country. Each prayer session includes prayer for students, parents, teachers, facility, the building itself, the exterior doors, activity leaders, coaches, and bus drivers.

Inspire Our Schools (re-airing of previous interview)

Date/Time: 7/17/23 6:37am Length: 8:23

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Inspire Our Schools (re-airing of previous interview)

Date/Time: 7/17/23 8:11am Length: 8:23

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DMARC

Date/Time: 7/29/23 7:03am Length: 4:26

Date/Time: 7/29/23 7:11am Length: 2:52

Blake Willadsen with DMARC (Des Moines Area Religious Council) spoke with Rajan with Pulse Mornings about the busiest year they've seen (in the last 47 years) due to food insecurity in the metro. They expect it will continue due to inflation. DMARC is one of the largest food pantry networks in Iowa and also the country. Blake shared with listeners that out of 23 zip codes, at least 100 people in each will go down to the pantry looking for assistance. Blake also discussed how important it is now than ever to get involved with DMARC. We helped Blake get the word out about volunteering and assisting with the shopping needs at their pantry, making food runs at the Downtown Des Moines Farmer's Market, or donating food items at an Iowa Cubs baseball game. They are hoping to receive at least 3,000 food items before the summer ends.

DMARC (re-airing of previous interview)

Date/Time: 8/4/23 7:04am Length: 4:26

Date/Time: 8/4/23 7:15am Length: 2:52

Blake Willadsen with DMARC (Des Moines Area Religious Council) spoke with Rajan with Pulse Mornings about the busiest year they've seen (in the last 47 years) due to food insecurity in the metro. They expect it will continue due to inflation. DMARC is one of the largest food pantry networks in Iowa and also the country. Blake shared with listeners that out of 23 zip codes, at least 100 people in each will go down to the pantry looking for assistance. Blake also discussed how important it is now than ever to get involved with DMARC. We helped Blake get the word out about volunteering and assisting with the shopping needs at their pantry, making food runs at the Downtown Des Moines Farmer's Market, or donating food items at an Iowa Cubs baseball game. They are hoping to receive at least 3,000 food items before the summer ends.

Stan Munslow

Date/Time: 8/22/23 7:28am Length: 3:33

Date/Time: 8/22/23 7:38am Length: 4:30

RaJan with Pulse Mornings spoke to author, educator, and researcher Stan Munslow. His book *Get “Get Weller Sooner: 12 Powerful, Proven Ways to Speed and Improve Your Recovery from Illness or Surgery,”* has been helping people for years to heal better and heal faster through such techniques as mind-body medicine, prayer, visualization, affirmation, and even music. His book has had a huge success even among patients suffering from advanced cancers. Stan spoke with RaJan about the power of thinking affects your mental and physical health. Stan pointed out it’s not denying the illness, it’s the change in perspective and how expectation’s matter. Lastly, Stan shared with listeners about how impactful the power of prayer is when it comes to illness. He shared with listeners that are 1,200 proven studies in medical journals that show the correlations between prayer and improving health.

Stan Munslow (re-airing of previous interview)

Date/Time: 8/22/23 9:35am Length: 3:33

Date/Time: 8/22/23 9:45am Length: 4:30

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Stan Munslow (re-airing of previous interview)

Date/Time: 8/26/23 7:07am Length: 4:48

Date/Time: 8/26/23 7:20am Length: 3:33

Date/Time: 8/26/23 7:33am Length: 4:30

RaJan with Pulse Mornings spoke to author, educator, and researcher Stan Munslow. His book *Get “Get Weller Sooner: 12 Powerful, Proven Ways to Speed and Improve Your Recovery from Illness or Surgery,”* has been helping people for years to heal better and heal faster through such techniques as mind-body medicine, prayer, visualization, affirmation, and even music. His book has had a huge success even among patients suffering from advanced cancers. Stan spoke with RaJan about the power of thinking

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Focus On The Family

Date/Time: 9/9/23 7:06am Length: 4:36

Date/Time: 9/9/23 7:17am Length: 7:24

Jeremy Keeton, Marriage and Family Counselor with Focus On The Family talks with RaJan with Pulse Mornings about the cure to loneliness. Jeremy shared with listeners that human eye contact does something to our brain and has an impact on our mood. The post pandemic really showed our weaknesses in face to face interactions. Digital and social media interactions can be helpful, however, when we don't organically show up with one another it contributes to anxiety and depression. What does it look like to slow down and show up for others? Jeremy talks about how digital breaks, reading, talking, activities can boost our mental health. The church and body of Christ have an important role in connecting and reaching out to those who are lonely. Jeremy lastly shared 3 practical ways to combat loneliness; thankfulness, music, and service.

Reach Church

Date/Time: 9/15/23 7:31am Length: 4:49

Pastor Cullen Allen of Reach Church spoke with RaJan with Pulse mornings about the issue of food insecurity in our community. To combat this, they've created a free event to the community called Reach Day. Not only does Reach want to be engaging with the community through kindness, generosity, and service but show proof they have a heart for their city. Cullen shared that they will be mobilizing 150 people in schools, first responders, and non-profits. Reach will also have a free grocery distribution on their property in addition to serving hot food to the community.

Reach Church (re-airing of previous interview)

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Reach Church (re-airing of previous interview)**Date/Time: 9/16/23 7:05am Length: 4:49**

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Reach Church (re-airing of previous interview)**Date/Time: 9/22/23 6:30am Length: 4:49**

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Reach Church (re-airing of previous interview)**Date/Time: 9/22/23 8:30am Length: 4:49**

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Everybody Wins Iowa**Date/Time: 9/23/23 7:05am Length: 6:43**

Karen Ligas, executive director of Everybody Wins Iowa spoke to RaJan with Pulse Mornings about the legacy the organization has had in children's lives over the last 20 years. Everybody Wins Iowa is a program designed to empower and help children with reading. Karen spoke to the lack of resources schools have and the partnership they get to provide to over 30 schools and 7 school districts around the community. Karen spoke about how exciting it is for kids to have that 1:1 interaction and not have it be soaked up with technology. Lastly, Karen shared about what it looks like to volunteer and also different ways to get involved and keep this organization healthy in the community.

Everybody Wins Iowa (re-airing of previous interview) Date/Time: 9/25/23 6:30am Length: 6:43

Karen Ligas, executive director of Everybody Wins Iowa spoke to RaJan with Pulse Mornings about the legacy the organization has had in children's lives over the last 20 years. Everybody Wins Iowa is a program designed to empower and help children with reading. Karen spoke to the lack of resources schools have and the partnership they get to provide to over 30 schools and 7 school districts around the community. Karen spoke about how exciting it is for kids to have that 1:1 interaction and not have it be soaked up with technology. Lastly, Karen shared about what it looks like to volunteer and also different ways to get involved and keep this organization healthy in the community.

Community Events:

July 3, 2022 West Des Moines Parade

West Des Moines hosted their annual Independence Day Parade. Pulse 101.7 got to share positive music with residents and a message of hope.

July 3, 2022 Urbandale Parade

Urbandale hosted their annual Independence Day Parade. Pulse 101.7 got to share positive music with residents and a message of hope.

July 26, 2023 RAGBRAI

Pulse participated with other organizations to welcome bikers from across the world as they stopped in Des Moines on their RAGBRAI ride. Pulse provided positive music and helped keep bikers cool with water and a cooling fan while asking them about this unique Iowa event.

August 3, 2023 Wildwood Hills Ranch

Pulse stopped by Wildwood Hills Ranch and talked with campers about the importance of mental and physical health as well as making positive media choices. Pulse also shared more about the meaning behind song lyrics and how that impacts your faith journey as well as mood.

August 11-21, 2023 Iowa State Fair

Pulse 101.7 participated in the Iowa State Fair by staffing a booth for the entirety of the fair. They did coloring pages, games, and much more with fairgoers and visitors.

August 23, 2023 Des Moines Christian Schools

Pulse stopped by Des Moines Christian Schools on the first day of school. They welcomed students with smiles and encouraged them to have a great first day through music and dance.

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.