

KFLT-FM
Issues and Programs Report
Covering the First Quarter of 2015
January – February - March

Report Prepared and Submitted by Stephen S. Tanner

A handwritten signature in black ink that reads "Steve Tanner". The signature is fluid and cursive, with the first name "Steve" and last name "Tanner" clearly distinguishable.

April 10, 2015

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.

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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.

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Programs

Community Issue	Program Title Or Remote Description	Date Aired	Time Aired	Cumulative duration (mins.) for all airings in that day	How program addressed Issue
Faith	Intentional Living	1/01/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How far will God go to save someone? Could He save someone who was in prison for murder? Joining Dr. Randy is Jeff "Jazzy" Smith. Hear how Jesus met him in prison and gave him A New Heart
Marriage	Intentional Living	1/02/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Are you ready to call it quits? Joining Dr. Randy is Dr. Gary Chapman, and they'll be discussing Gary's new book: One More Try, and together they ask you to make one more try to bring your marriage back together
Faith	Intentional Living	1/03/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How far will God go to save someone? Could He save someone who was in prison for murder? Joining Dr. Randy is Jeff "Jazzy" Smith. Hear how Jesus met him in prison and gave him A New Heart
Health	News	1/03/2015	4a-8a	2	only eat when you are hungry enough to eat an apple
Parenting	Intentional Living	1/05/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How many times have you been asked about your ONE THING? Is being a parent important enough to be your ONE THING? For the start of 2015, Dr. Randy helps make raising your kids, your ONE THING
Marriage	Johnny & Stacey	1/05/2015	1p-5p	20	secrets to a strong marriage
Finances	News	1/5/2015	4am-8am	2	AZ, CO & FL minimum wage hikes in effect MI will be soon
Finances	Intentional Living	1/06/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How many times have you been asked about your ONE THING? Are your finances important enough to be your ONE THING? For the start of 2015, Dr. Randy helps make finances your ONE THING
Health	Intentional Living	1/07/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How many times

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					have you been asked about your ONE THING? Is your health important enough to be your ONE THING? For the start of 2015, Dr. Randy helps make health, your ONE THING
Finances	Johnny & Stacey	1/07/2015	1p-5p	20	reflecting on little blessings
Health	News	1/07/2015	4a-8a	2	Health problems for night shift workers
Marriage	Intentional Living	1/08/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How many times have you been asked about your ONE THING? Is your marriage important enough to be your ONE THING? For the start of 2015, Dr. Randy helps make marriage your ONE THING
Relationships	News	1/8/2015	4am-8am	2	Anniversary of Tucson Shooting where Gabby Giffords was injured
Mental Health	Intentional Living	1/09/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How many times have you been asked about your ONE THING? Is your clutter out of control? Joining Dr. Randy is Lindon and Sherry Gareis and if uncluttering needs to be your ONE THING, catch Intentional Living
Finances	News	1/09/2015	4a-8a	2	Keurig is adding soda
Marriage	Intentional Living	1/10/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How many times have you been asked about your ONE THING? Is your marriage important enough to be your ONE THING? For the start of 2015, Dr. Randy helps make marriage your ONE THING
Finances	News	1/10/2015	4a-8a	2	Save money by getting 2015 calendars now
Faith	Intentional Living	1/12/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Dealing with disappointment is a regular part of life. And Dr. Randy's got a formula for that: $X - R = D$; expectations minus reality equals disappointment. How are you Dealing with Disappointment is the next Intentional Living
Marriage	Johnny & Stacey	1/12/2015	1p-5p	20	Marriage proposal stories
Finances	News	1/12/2015	4a-8a	2	Boston is the American town representing the US in a bid to host the 2024 Olympics
Marriage	Intentional	1/13/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke

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	Living				with callers about...If a husband is speaking in a forest and nobody hears him, is he still wrong? Learn the fine art of communication on He Said, She Said. That's the next Intentional Living
Health	News	1/13/2015	4a-8a	2	Smiling is good for your health
Work	Intentional Living	1/14/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...The Apostle Paul wrote: "Work willingly at whatever you do, as though you were working for the Lord rather than for people." Pastor David Willard joins Dr. Randy to help you Work for the Lord
Parenting	Intentional Living	1/15/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Are your kids thankful? Well, if they're not, then maybe their parents aren't thankful? Hmm. But being thankful is essential for those who love Jesus. So it's Teaching You're Kids to Be Thankful
Health	News	1/15/2015	4a-8a	2	The truth about low dose aspirin
Finances	Intentional Living	1/16/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Faith & Money... The Bible tells us that money can be a horrific master; and it's the root of all sorts of problems. Dr. Randy helps you to put your faith before your finances, on the next Intentional Living
Finances	News	1/16/2015	4am-8am	2	High school graduation in AZ may require a civics test
Marriage	Intentional Living	1/17/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...If a husband is speaking in a forest and nobody hears him, is he still wrong? Learn the fine art of communication on He Said, She Said. That's the next Intentional Living
Health	News	1/17/2015	4a-8a	2	Sanctity of Human Life Day is on Sunday
Parenting	Intentional Living	1/19/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...It's been called one of the hardest jobs on the planet. What is it? Being a single parent. If you're a single parent, Dr. Randy brings you help and hope. If you're facing the challenge of parenting alone, catch the next Intentional Living
Marriage	Johnny & Stacey	1/19/2015	1p-5p	20	Successful Marriage Habits
Relationships	News	1/19/2015	4a-8a	2	Supreme Court will make a decision on same sex marriage legality in June

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Mental Health	Intentional Living	1/20/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Nearly 1 in 10 American adults suffer from depression; and the economic impact is estimated at a half-trillion dollars! Joining Dr. Randy is psychologist Dr. Greg Jantz, and they want to help you overcome depression, on Intentional Living
Relationships	News	1/20/2015	4am-8am	2	Husband of Fmr AZ Congresswoman Gabby Giffords sitting with first lady at SOTU
Relationships	News	1/20/2015	4am-8am	2	Superbowl Gospel Celebration in Phoenix, some Superbowl guest staying in Tucson to save money
Finances	Bill Ronning	1/21/2015	12p-2p	2	Protect against Identity theft - most common passwords
Marriage	Intentional Living	1/21/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...If you spend way too much time at work, then you come home, and you're spending too much time thinking about it, how is that affecting your marriage? Join Workaholics and Marriage, on the next Intentional Living
Parenting	Johnny & Stacey	1/21/2015	1p-5p	20	celebrating cool kids
Parenting	Intentional Living	1/22/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Just because your child is married doesn't mean you stop being a parent. But what do you do when said child is dealing with divorce? Are there grand kids? Dr. Randy helps you sort through the challenges of your adult child's divorce
Health	News	1/22/2015	4a-8a	2	Pizza day at school has high calories study suggests parents alter other meals to accomodate
Faith	Intentional Living	1/23/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Apologetics is a Greek term which has to do with defending your faith; but it kinda sounds like apologizing. Do you need to apologize for your faith? Dr. Randy talks to JP Moreland about defending your faith, on Intentional Living with Dr. Randy Carlson
Finances	News	1/23/2015	4a-8a	2	Ways to recycle coffee grounds
Marriage	Intentional Living	1/24/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...If you spend way too much time at work, then you come home,

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					and you're spending too much time thinking about it, how is that affecting your marriage? Join Workaholics and Marriage, on the next Intentional Living
Health	Intentional Living	1/26/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...It's not about fat, it's about freedom. Did that get your attention? Joining Dr. Randy today is producer Rob Regal, who lost about 1000 pounds or something. Well not really, but he's got a great story of how his faith helped him get healthy
Marriage	Johnny & Stacey	1/26/2015	1p-5p	20	celebrating cool husbands
Health	News	1/26/2015	4a-8a	2	The hours pastors keep doesn't help with maintaining weight
Marriage	Intentional Living	1/27/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about... A great quote: "One only needs two tools in life: WD-40 to make things go, and duct tape to make them stop." So, is there little too much duct tape in your marriage? Get your marriage unstuck with Dr. Randy, on Intentional Living
Finances	News	1/27/2015	4a-8a	2	Verizon is getting in trouble for placing tracking cookies on your phone
Relationships	Bill Ronning	1/28/2015	12p-2p	10	The role church youth group has played in our lives
Relationships	Intentional Living	1/28/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...A couple of phrases that drive me nuts when I'm having a conversation: WHATEVER, and "Why are you so upset?" These are favorites of passive aggressive people and Dr. Randy helps you cope with them, on Intentional Living
Health	News	1/28/2015	4a-8a	2	Long term exposure to allergy medicine can cause dementia
Family	Intentional Living	1/29/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...David knew what it was like to walk through a dark place, when he wrote, "Even though I walk through the valley of the shadow of death..." Dr. Randy is joined by Pastor Peter Kraft, who shares his story: A Walk in the Dark, on Intentional Living
Finances	News	1/29/2015	4am-8am	2	Detroit and Tucson in top ten of education spending
Grandparenting	Intentional	1/30/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke

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ng	Living				with callers about...“The simplest toy, one which even the youngest child can operate, is called a grandparent.” Dr. Randy helps Grand-parents to be involved, and intentional, on Intentional Living
Health	News	1/30/2015	4a-8a	2	Sleep is important for memory
Marriage	Intentional Living	1/31/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about... A great quote: “One only needs two tools in life: WD-40 to make things go, and duct tape to make them stop.” So, is there little too much duct tape in your marriage? Get your marriage unstuck with Dr. Randy, on Intentional Living
Faith	Intentional Living	2/02/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Prayer... Is it something that’s important to you, or something you just occasionally do? Putting it another way, is prayer your spare tire or steering wheel? Dr. Randy helps you make prayer a priority, on Intentional Living
Marriage	Johnny & Stacey	2/02/2015	1p-5p	20	celebrating cool wives
Relationships	Intentional Living	2/03/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...“Sticks and stones may break my bones, but words will never hurt me”. That’s a 150 year old nursery rhyme, and it’s still a lie. Dr. Randy helps you to understand the Power of Words, on the next Intentional Living
Relationships	News	2/03/2015	4a-8a	2	Superbowl 49 had the biggest recorded tv audience
Health	Bill Ronning	2/04/2015	12p-2p	5	Ways to get in exercise during a busy schedule
Health	Bill Ronning	2/04/2015	12p-2p	5	Exercises everyone can do
Marriage	Intentional Living	2/04/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Sometimes it takes just a bandage for a scratch; or “take a couple of aspirin and call me in the morning” to fix a headache. But there are no easy remedies to heal broken trust. So what do you do when trust has been broken in your marriage? Find out. Catch the next Intentional Living
Relationships	Johnny & Stacey	2/04/2015	1p-5p	20	witnessing acts of kindness

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Finances	News	2/04/2015	4a-8a	2	Sprint taking over some Radio Shack leases, Radio Shack is declaring bankruptcy
Parenting	Intentional Living	2/05/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...They do tend to be over-close, overprotective, and sometimes over-the-top. Who are these wonderful people? They're Helicopter Parents, who hover, hover, hover. Land that helicopter, and listen to Intentional Living
Health	News	2/05/2015	4a-8a	2	Lung cancer highest cancer in women
Faith	Intentional Living	2/06/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Over the past few years, we've run several programs on being blindsided by life—they've been very popular. But what do you do if you've been blindsided by God? Joining Dr. Randy is Pastor Peter Chen, sharing his story of Blindsided by God, on Intentional Living
Health	News	2/06/2015	4a-8a	2	Measles outbreak is larger at five weeks into the year than the average number in a full year
Relationships	News	2/06/2015	4a-8a	4	National Prayer Breakfast mentioning ebola survivor and American being held in Iran
Marriage	Intentional Living	2/07/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Sometimes it takes just a bandage for a scratch; or "take a couple of aspirin and call me in the morning" to fix a headache. But there are no easy remedies to heal broken trust. So what do you do when trust has been broken in your marriage? Find out. Catch the next Intentional Living
Relationships	News	2/07/2015	4a-8a	2	Keeping your canine cupid healthy
Marriage	Intentional Living	2/09/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...You done good, you raised 'em right, and they've moved out and moved on. Are you having problems letting go? Dr. Randy wants to talk to empty-nesters, and how to Let Go.
Parenting	Johnny & Stacey	2/09/2015	1p-5p	20	bragging on kids
Marriage	Intentional Living	2/10/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Whether it was for good reasons or not; whether it was amicable or hostile, you're divorced. Now

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					what? Dr. Randy helps you on to the road to recovery. On Intentional Living, it's Divorce Recovery
Health	Johnny & Stacey	2/10/2015	1p-5p	5	listening community encourages fellow listener in health struggle
Parentng	Intentional Living	2/11/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Raising respectful kids—when do you begin doing that? When are they too young to learn? When are they too old before it's too late? Raising Respectful Kids is the next Intentional Living
Marriage	Johnny & Stacey	2/11/2015	1p-5p	20	what non-traditional things women find romantic
Marriage	Intentional Living	2/12/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...What are your hopes and dreams? What are your plans? What do you agree on? What do you disagree on? And what do you need to change? Dr. Randy talks to Nearlyweds and Newlyweds, on the next Intentional Living
Finances	Johnny & Stacey	2/12/2015	1p-5p	20	appreciating the things we have
Health	News	2/12/2015	4a-8a	2	half hour naps are good for you
Relationships	Peter and Shannyn	2/12/2015	4a-8a	5	Children talk about making Valentines for kids in Children's hospitals
Relationships	Intentional Living	2/13/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...You know, life is all about relationships, and joining Randy is Chris Collins, the area director of Fellowship of Christian Athletes, and together they'll show you The Power of Relationships.
Relationships	Johnny & Stacey	2/13/2015	1p-5p	2	movie review
Relationships	Johnny & Stacey	2/13/2015	1p-5p	20	soliciting conversation among listening community
Finances	News	2/13/2015	4a-8a	2	Student debt affects the student's bank account and mental health
Relationships	Peter and Shannyn	2/13/2015	4am-8am	15	Children's Hospital in Tucson's Reaction to Valentines Made by listeners
Marriage	Intentional Living	2/14/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Whether it was for good reasons or not; whether it was amicable or hostile, you're divorced. Now what? Dr. Randy helps you on to the road to recovery. On Intentional Living, it's Divorce Recovery

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Parenting	Intentional Living	2/16/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Do you ever ask yourself the question, "What do I want to be when I grow up?" You know, that's a great question to ask your kids. Learn to speak encouragement into their lives and guide them in a godly direction, on the next Intentional Living
Work	Johnny & Stacey	2/16/2015	1p-5p	20	surveying the listener for engagement on: what was your dream job as a child?
Work	News	2/16/2015	4a-8a	2	fewer people claiming unemployment
Finances	Intentional Living	2/17/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...I suppose it can work for some, you know—couples who have separate banking accounts. But there are those couples who have secret accounts and secret stashes. What do you do? Dr. Randy talks about Separate Checkbooks and Secret Lives, on the next Intentional Living
Health	Intentional Living	2/18/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...With all the dieting breakthroughs, amazing diet pills and miraculous diet plans, how can you sort fact from fiction? King Hoover, our intentional health coach, joins Dr. Randy, to expose some of the dieting myths, on Intentional Living
Health	News	2/18/2015	4a-8a	2	measles outbreak is spreading
Work	Intentional Living	2/19/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Underpaid. Underworked. Overworked. No opportunity for advancement. But, as they say, at least you've got a job. But, what kind of job is it? Are you feeling stuck? Dr. Randy helps you Get Unstuck at Work on Intentional Living
Finances	News	2/19/2015	4a-8a	2	Student loan delinquency on the rise
Mental Health	Intentional Living	2/20/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...It's the leading cause of disability in the U.S. for ages 15 to 44. Nearly 20 million adults suffer from some form of depression. Dr. Greg Jantz joins Dr. Randy again, to help you Overcome Your Depression. That's Intentional Living, with Dr. Randy Carlson
Health	News	2/20/2015	4a-8a	2	Nap length affects rest at night
Finances	Intentional	2/21/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke

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	Living				with callers about...I suppose it can work for some, you know—couples who have separate banking accounts. But there are those couples who have secret accounts and secret stashes. What do you do? Dr. Randy talks about Separate Checkbooks and Secret Lives, on the next Intentional Living
Parenting	Intentional Living	2/23/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...They have elevated it to a fine art. What's that? Teens and disrespect. Coming up on the next Intentional Living, it's Help! My Kid Doesn't Respect Me. So if you've got a disrespectful teen in the house, catch Intentional Living
Finances	News	2/23/2015	4a-8a	2	Homeowners who qualify for financial assistance
Marriage	Intentional Living	2/24/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...A couple months back, Dr. Randy talked about misunderstandings in marriage, and he commented that was not the same as disagreements. Is there someone disagreeable in your house?
Marriage	Bill Ronning	2/25/2015	12p-2p	10	Turning the routine things of life into fun in marriage
Relationships	Intentional Living	2/25/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Have you ever noticed that being with some friends can really lift you up; and others can really bring you down? And there are those who want to be your friend, but there is NO way. Need a friendship fix? Catch Intentional Living
Faith	Intentional Living	2/26/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Have you ever said to yourself: "If only I..." How did you finish that sentence? It probably has a lot to do with what you did, or didn't do. If you're in the midst of regret, catch "If Only..." on Intentional Living
Parenting	Intentional Living	2/27/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...It's not like they took a vow of silence—or... maybe it is. Hmmm. But this silent treatment is driving you crazy. So what do you do? Dr. Randy helps you with that non-communicative teen. It's Talk to Me, on Intentional Living

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Faith	Intentional Living	2/28/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Have you ever said to yourself: "If only I..." How did you finish that sentence? It probably has a lot to do with what you did, or didn't do. If you're in the midst of regret, catch "If Only..." on Intentional Living
Marriage	Intentional Living	3/02/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...What would happen if you were encouraging every day? Or you stopped being discouraging and negative? What's the One Thing You Can Do for Your Marriage is the next Intentional Living
Parenting	Intentional Living	3/03/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Does it seem you're kids aren't listening? Yet research shows kids get most of their understanding of life... from their parents! Who was an influence in your life? Person of Influence is the next Intentional Living
Marriage	Intentional Living	3/04/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Are you facing a challenge in your marriage that is causing you to grow apart and perhaps leave? If you're in the midst of a Marriage Challenge and need help, join Intentional Living
Finances	Johnny & Stacey	3/04/2015	1p-5p	20	Sharing ideas on what costs less nowadays
Finances	News	3/04/2015	4a-8a	2	The money people are saving at the pump is having an effect on how much they spend elsewhere, people are choosing to save rather than spend
Faith	Intentional Living	3/05/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about..."Above all, keep fervent in your love for one another, because love covers a multitude of sins." That sounds like forgiveness. So, what does forgiveness look like to you? Dr. Randy asks that very question, on the next Intentional Living
Parenting	Johnny & Stacey	3/05/2015	1p-5p	20	Encouraging listener response to the question:What do you think about disciplining a misbehaving child by giving them an "older person haircut"?
Work	Intentional Living	3/06/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...You're a follower of Christ and live by the verse: Work

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					willingly at whatever you do, as though you were working for the Lord rather than for people. But your boss wants nothing to do with it. What do you do? "How to Work for the LORD When Your Boss Doesn't," is on Intentional Living
Faith	Intentional Living	3/07/2015	12p & 7p	56	Dr. Randy Carlson taught on and spoke with callers about..."Above all, keep fervent in your love for one another, because love covers a multitude of sins." That sounds like forgiveness. So, what does forgiveness look like to you? Dr. Randy asks that very question, on the next Intentional Living
Marriage	Intentional Living	3/09/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...The two most fundamental acts and needs in a marriage are love and respect. So much so, that God said to husbands: love your wives. And God said to wives: respect your husbands. It's Love and Respect in Marriage on the next Intentional Living
Marriage	Johnny & Stacey	3/09/2015	1p-4p	20	marriage perks
Work	News	3/09/2015	4a-8a	2	Unemployment claims are down, less people looking for employment
Singles	Intentional Living	3/10/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...You probably aren't going to get a whole lot of help from Church. Then there's always another dating service ad popping up somewhere. Is there something wrong with being single? Become an intentional single, on Intentional Living
Finances	News	3/10/2015	4am-8am	2	WI ranks well for women's incomes and health care, GA & TX AZ need to get to work on that
Mental Health	Intentional Living	3/11/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Time, emotions, relationships, or too much stuff. Is your life cluttered? If you've got some sorting and tossing to do, Dr. Randy helps you de-clutter your life. That's the next Intentional Living
Health	News	3/11/2015	4a-8a	2	Consuming veggies can help cut down on colon cancer
Marriage	Intentional Living	3/12/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...So, you're big day is coming up—you know, your marriage;

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					but the two of you were unable to remain pure and had sex. Or maybe there were other relationships before you knew each other. Dr. Randy talks to you about Regaining Your Purity, on the next Intentional Living
Health	News	3/12/2015	4a-8a	2	Secret to losing weight is love
Relationships	Intentional Living	3/13/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...A couple of phrases that drive me nuts when I'm having a conversation: WHATEVER, and "Why are you so upset?" These are favorites of passive aggressive people and Dr. Randy helps you cope with them, on Intentional Living, with Dr. Randy Carlson
Finances	News	3/13/2015	4am-8am	2	Lubbock, Tucson & Detroit top ranking cities for how money is spent
Health	News	3/13/2015	4am-8am	2	A hero from the Tucson Shooting in 2011 where Congresswoman Gabrielle Giffords was injured has passed away
Relationships	News	3/13/2015	4am-8am	2	State Food Nicknames listed: CA, TN, WI, CO and AZ
Marriage	Intentional Living	3/14/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...So, you're big day is coming up—you know, your marriage; but the two of you were unable to remain pure and had sex. Or maybe there were other relationships before you knew each other. Dr. Randy talks to you about Regaining Your Purity, on the next Intentional Living
Family	Intentional Living	3/16/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...He's probably written about 1000 books or so and he's Dr. Randy's great friend, Dr. Kevin Leman; and he's here to help you "Have a Happy Family by Friday." (And the good news is, it's only Monday!) That's the next Intentional Living
Marriage	Johnny & Stacey	3/16/2015	1p-5p	20	Discussing what makes a marriage successful
Health	News	3/16/2015	4a-8a	2	Stress is contagious
Marriage	Intentional Living	3/17/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...What is a same page marriage? Aren't you saying you're in agreement with your spouse, on things like how you raise your kids, how you spend your money, or even what you

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					believe? Dr. Randy gets your marriage on the same page
Relationships	News	3/17/2015	4a-8a	2	Facebook adding to community standards rules of interaction
Faith	Intentional Living	3/18/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...What does an intentional man look like? How would it affect your marriage, or how would it affect you being a dad? Or your faith or your work? Dr. Randy encourages all you men to become that Intentional Man
Relationships	News	3/18/2015	4am-8am	2	70,000 people will take refuge in America this year, a Tucson ministry is reaching out to them
Mental Health	Intentional Living	3/19/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Intense loss can cause you to encounter great waves of grief, and be overwhelmed. Joining Dr. Randy today is grief counselor Bobbi Rill, and they not only want to help you grapple with your grief, but discover ways to overcome it.
Parenting	Intentional Living	3/20/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Are you a helicopter parent? If you find yourself wa-a-a-ay too involved and always hovering over your child, then you are a helicopter parent. Learn to let go. Dr. Randy helps you do that and more, on the next Intentional Living
Relationships	News	3/20/2015	4a-8a	2	Ministry headquartered in Albuquerque is growing their Global distributions
Faith	Intentional Living	3/21/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...What does an intentional man look like? How would it affect your marriage, or how would it affect you being a dad? Or your faith or your work? Dr. Randy encourages all you men to become that Intentional Man
Finances	Music with Amy Phillips	3/21/2015	4a-8a	2	Reusing Coffee Grounds
Family	Intentional Living	3/23/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How do you blend two families to become one family? Dr. Randy is joined by Ron Deal, Director of Blended Family Ministries at FamilyLife, and they're going to help you become an intentional Blended Family; on Intentional Living

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Security	News	3/23/2015	4am-8am	2	Tucson high school students face charges in murder plot
Work	Intentional Living	3/24/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...So, are you a family with the additional responsibility of being a business? Or are you a business with the added complication of being a family? Family business can have some unique challenges, so catch Intentional Family Business, on the next Intentional Living
Safety	News	3/24/2015	4a-8a	2	Technology created to help you monitor your teen's driving
Marriage	Intentional Living	3/25/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...There's a song that goes "Life is a highway". So is your marriage on a smooth road, or are there potholes and ruts? Is it a muddy or snow-filled road and your stuck? Join Dr. Randy to get your marriage unstuck, on Intentional Living
Health	News	3/25/2015	4a-8a	2	Dogs may share probiotics with us
Faith	Intentional Living	3/26/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...It's something you've told yourself your whole life; or it's something someone said, and you believed it. But is it true? It's Tell Yourself the Truth and Dr. Randy helps you take an honest look at yourself, on the next Intentional Living
Finances	News	3/26/2015	4a-8a	2	Heinz & Kraft merging
Parenting	Intentional Living	3/27/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...It used to be called Open Phones, but now we call them ADRs, which means Ask Dr. Randy; and this one is on parenting. So if you're looking at that child of yours, and you've got questions, then Ask Dr. Randy
Family	Intentional Living	3/28/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...How do you blend two families to become one family? Dr. Randy is joined by Ron Deal, Director of Blended Family Ministries at FamilyLife, and they're going to help you become an intentional Blended Family; on Intentional Living
Marriage	Intentional Living	3/30/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Years ago a listener called in, saying porn left his marriage in

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					smoking ruins. Is that the kind of damage that porn is going to do to your marriage? What's it going to take to make your marriage porn free? Catch the next Intentional Living
Retirement	Intentional Living	3/31/2015	11a & 7p	56	Dr. Randy Carlson taught on and spoke with callers about...Is retirement playing with the grandkids and doing a few rounds of golf every day? But you don't find retirement anywhere in the Bible. As long as you have breath, you should never retire from serving the Lord. "Retirement, From What?" is on Intentional Living
Finances	News	3/31/2015	4am-8am	2	AZ Gov signed pro-life bill so public funds not used for abortions