

KTUK
Issues and Programs Report
2019-Q1
January - February - March

Report Prepared and Submitted by Amy Rollins

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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.

ISSUE	Total MINUTES On Air
Faith	168
Relationships	574
Parenting	690
Health	215
Marriage	682
Divorce	224
Grandparenting	112
Finances	124
Teens	56
Addiction	56
Poverty	29
Work	8
Special Needs	56
Veterans	14
Education	14

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
Faith	Intentional Living	1/01/2019	11a & 7p	56	Dr. Randy Carlson helps you build an intentional faith that will influence your family, your health, your finances and your work
Marriage	Morning Show	1/02/2019	4-9am	1	A couple is an example by goes on one date a week without the kids to strengthen their marriage.
Work	Morning Show	1/02/2019	4-9am	1	Being Intentional at work can help advance you in the company.
Marriage	Morning Show	1/02/2019	4-9am	1	A woman shares her goal is to speak encouragement to her husband.
Health	Morning Show	1/02/2019	4-9am	1	Believing in yourself helps your goal become reality, it helps you get rid of excuses to lose that weight.
Finances	Morning Show	1/02/2019	4-9am	1	Making an attainable goal is the key to achievement in getting out of debt one step at a time.
Relationships	Intentional Living	1/03/2019	11a & 7p	56	Dr. Randy Carlson shows how asking for help can help you become successful
Work	Morning Show	1/03/2019	4-9am	1	Behaviors that impede work performance include micro-management, talking loudly and speaking on speaker phones in public areas.
Relationships	Morning Show	1/03/2019	4-9am	1	Being real on social media has its benefits, your audience will trust you but not presenting your best self may not be good for a potential employer to see.
Parenting	Intentional Living	1/04/2019	11a & 7p	56	Dr. Randy Carlson parents to let go of their adult children
Health	Morning Show	1/04/2019	4-9am	1	Weight loss is more effective when exercise is paired with a more nutritional lifestyle.
Poverty	Spots	01/01/19-01/06/19	12:00am – 11:59pm	28	Provides basic items, meals, and transitional housing to over 230,000 homeless people in the valley
Faith	Intentional Living	1/07/2019	11a & 7p	56	Dr. Randy Carlson helps you to make sense out of life when it seems to not make sense
Work	Morning Show	1/07/2019	4-9am	1	A work study says orange is not the most professional color to wear to an interview.
Health	Morning Show	1/07/2019	4-9am	1	People who choose joy live longer.
Relationships	Intentional Living	1/08/2019	11a & 7p	56	Dr. Randy Carlson helps you to be successful by paying attention and being mindful of the people and moments around you
Parenting	Morning Show	1/08/2019	4-9am	1	Kids are less patient as parents give them what they want and not enough of what they need.
Parenting	Morning Show	1/08/2019	4-9am	1	A mom talks about the importance of putting boundaries on what the kids are watching.

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Relationships	Morning Show	1/08/2019	4-9am	1	Text message etiquette
Parenting	Morning Show	1/09/2019	4-9am	1	A father shares the boundaries he places for his children to grow and learn by taking his own childhood experience into account.
Finances	Morning Show	1/09/2019	4-9am	1	My Pillow is donating 10,000 pillows to victims of the Camp Fire disaster.
Work	Morning Show	1/09/2019	4-9am	1	Being punctual is an expectation of employers.
Marriage	Morning Show	1/09/2019	4-9am	1	For the health of your marriage don't take work correspondence on vacation.
Health	Intentional Living	1/10/2019	11a & 7p	56	Dr. Randy Carlson helps you to declutter your life
Parenting	Morning Show	1/10/2019	4-9am	1	Prevention tips on keeping your kids safe.
Health	Intentional Living	1/11/2019	11a & 7p	56	Dr. Randy Carlson talks to you about worry, and what you can do about it
Parenting	Intentional Living	1/14/2019	11a & 7p	56	Dr. Randy Carlson helps you to be an example to your kids of what a Christ-follower is
Marriage	Morning Show	1/14/2019	4-9am	1	It's more important to consider one another instead of the need to be "right".
Marriage	Intentional Living	1/15/2019	11a & 7p	56	Dr. Randy Carlson talks about submission in marriage
Parenting	Morning Show	1/15/2019	4-9am	1	Research shows kids only throw tantrums around parents because of their comfort level.
Divorce	Intentional Living	1/16/2019	11a & 7p	56	Dr. Randy Carlson talks to couples who may suddenly be facing divorce
Health	Morning Show	1/16/19	4-9am	1	Holding chocolate in your mouth without biting is better for calming your cough than a lozenge.
Finances	Morning Show	1/16/2019	4-9am	1	Netflix rates are increasing.
Faith	Intentional Living	1/17/2019	11a & 7p	56	Dr. Randy Carlson cuts through the cultural confusion by helping you to not violate Scripture or your beliefs
Relationships	Afternoon Show	1/17/2019	2-6pm	2	Teens are disconnecting from church.
Health	Morning Show	1/17/2019	4-9am	1	Smelling fattening food can help quench the craving without consuming it, according to a recent study.
Relationships	Intentional Living	1/21/2019	11a & 7p	56	Dr. Randy Carlson shows how asking for help can help you become successful
Relationships	Intentional Living	1/22/2019	11a & 7p	56	Dr. Randy Carlson helps you to not just have good role models, but be a good role model
Parenting	Morning Show	1/22/19	4-9am	1	Parents need to keep their screen time in check because they are examples to their children.
Health	Morning Show	1/22/2019	4-9am	1	Anxiety can cause stomachaches in children.
Health	Morning Show	1/22/2019	4-9am	1	Showering too frequently can dry your skin.
Marriage	Intentional Living	1/23/2019	11a & 7p	56	Dr. Randy Carlson talks marriage, finances and tithing
Parenting	Morning Show	1/23/2019	4-9am	1	Reading a book multiple times to children helps their vocabulary.
Health	Intentional Living	1/24/2019	11a & 7p	56	Dr. Randy Carlson helps you to simplify and declutter your life
Parenting	Morning Show	1/24/2019	4-9am	1	Teaching techniques to help your child learn to pick up after themselves.

Marriage	Morning Show	1/24/2019	4-9am	1	Being appreciative of your spouse's mistakes because it gives you relief that you're not the only one.
Parenting	Intentional Living	1/25/2019	11a & 7p	56	Dr. Randy Carlson helps parents to help their kids manage both tech and social media
Finances	Morning Show	1/25/2019	4-9am	1	Some automation services can be good like a waitress because you don't have to tip a computer.
Marriage	Intentional Living	1/28/2019	11a & 7p	56	Dr. Randy Carlson talks about husbands who have gone AWOL from their marriage
Marriage	Intentional Living	1/29/2019	11a & 7p	56	Dr. Randy Carlson helps you to get unstuck from the problems in your marriage
Work	Morning Show	1/29/2019	4-9am	1	A cashier uses her job to cheer people up by starting conversations.
Marriage	Morning Show	1/29/2019	4-9am	1	Take time to enjoy activities your spouse enjoys with them.
Marriage	Intentional Living	1/31/2019	11a & 7p	56	Dr. Randy Carlson helps you have great communication in your marriage
Grandparenting	Intentional Living	2/01/2019	11a & 7p	56	Dr. Randy Carlson helps Grandparents to not only be involved, but intentional with their grandkids
Health	Morning Show	2/01/2019	4-9am	1	A cancer cure is getting closer to becoming reality.
Relationships	Morning Show	2/01/2019	4-9am	1	Less social media time frees up time to be able to spend with family.
Relationships	Morning Show	2/01/2019	4-9am	1	Communicating appreciation encourages others to do the same.
Parenting	Morning Show	2/01/2019	4-9am	2	Speaking to toddlers in full sentences helps their development.
Relationships	Morning Show	2/01/2019	4-9am	1	Apologizing is therapeutic and strengthens the relationship.
Health	Community Calendar	1/26/2019-02/01/2019	12:00am – 11:59pm	14	Education class on dealing with a Cancer diagnosis
Marriage	Intentional Living	2/04/2019	11a & 7p	56	Dr. Randy Carlson talks about submission in marriage
Health	Morning Show	2/04/2019	4-9am	1	You can be cured of an allergy by slowly being introduced to the allergen over time.
Finances	Morning Show	2/04/2019	4-9am	1	Be careful what Alexa "overhears" it could make purchases while "listening" to you.
Health	Morning Show	2/04/2019	4-9am	1	Exercise is only part of the equation to better health, nutrition must be a part of it too.
Health	Morning Show	2/04/19	4-9am	1	Reading helps you relax and boosts self-esteem.
Health	Morning Show	2/04/2019	4-9am	1	Eat snacks with your non-dominant hand allows you to eat slower and results in smaller portions.
Relationships	Intentional Living	2/05/2019	11a & 7p	56	Dr. Randy Carlson helps you to not only face that difficult person, but love them as well
Health	Morning Show	2/05/2019	4-9am	1	A recent study says rocking adults to sleep can improve sleep.
Health	Morning Show	2/05/2019	4-9am	1	People will order unhealthy food while listening to loud music.
Finances	Morning Show	2/05/2019	4-9am	1	Children are using more toothpaste than they need.

Parenting	Intentional Living	2/07/2019	11a & 7p	56	Dr. Randy Carlson offers help and encouragement to parents with kids of any age
Parenting	Morning Show	2/07/2019	4-9am	3	Most professional workers hoped their parents would have given them more job interview advice.
Finances	Morning Show	2/07/2019	4-9am	1	When we use plastic to pay for food, we make fewer nutritional choices.
Relationships	Intentional Living	2/08/2019	11a & 7p	56	Dr. Randy Carlson helps married couples to navigate opposite sex friendships in both wise and healthy ways
Poverty	Mid-Day show	2/08/2019	9am - 2pm	1	Kansas City is offering homeless veterans housing.
Health	Morning Show	2/08/2019	4-9am	1	The health benefits of juicing celery.
Special Needs	Spots	2/04/2019-2/08/2019	12:00am – 11:59pm	56	Support for Families with Special Needs
Marriage	Intentional Living	2/11/2019	11a & 7p	56	Dr. Randy Carlson helps you to bring agreement with that disagreeable mate in your marriage
Finances	Morning Show	2/11/2019	4-9am	1	A couple goes shopping together and picks out a card for the other to express their feelings while in the store but don't buy the card to save money.
Health	Morning Show	2/11/2019	4-9am	1	Staying hydrated helps you focus.
Parenting	Morning Show	2/11/2019	4-9am	1	Allowing your child to throw a tantrum helps them release stress.
Relationships	Intentional Living	2/12/2019	11a & 7p	56	Dr. Randy Carlson helps deal with those irregular relationships you have
Relationships	Morning Show	2/12/2019	4-9am	1	Studying with your child helps them retain the information.
Parenting	Intentional Living	2/13/2019	11a & 7p	56	Dr. Randy Carlson offers help and encouragement to parents with kids of any age
Finances	Morning Show	2/13/2019	4-9am	1	Informed the listener of airlines that are hosting discounts on flights for Valentine's day.
Relationships	Morning Show	2/13/2019	4-9am	1	People have empathy beginning at age 33.
Marriage	Intentional Living	2/14/2019	11a & 7p	56	Dr. Randy Carlson helps those who have a spouse with an addiction to find healing
Health	Morning Show	2/14/2019	4-9am	1	A routine helps our bodies get more sleep and process food better.
Health	Morning Show	2/14/19	4-9am	1	Eating dessert before dinner helps you make nutritious dinner meal choices.
Finances	Intentional Living	2/15/2019	11a & 7p	56	Dr. Randy talks about finances and whether you should tithe to the Church
Relationships	Morning Show	2/15/2019	4-9am	1	Recent research says people are kinder to friends and strangers than their spouse.
Health	Morning Show	2/15/19	4-9am	1	Weighted blankets increase serotonin levels helping us sleep better.
Parenting	Morning Show	2/15/19	4-9am	1	Parents need to schedule down time for their kids to be "bored", it sparks creativity.
Health	Morning Show	2/15/2019	4-9am	1	Expressing creativity regardless of quality makes us happier.

Relationships	Morning Show	2/15/2019	4-9am	1	Taking notes during the day to discuss with your spouse later.
Marriage	Intentional Living	2/18/2019	11a & 7p	56	Dr. Randy Carlson helps couples to learn how to share
Work	Morning Show	2/18/2019	4-9am	1	Trying new things, you may not enjoy isn't time wasted because it leads you to discover your passion.
Health	Morning Show	2/18/19	4-9am	1	Don't put clothes you've worn outside on the bed, it exposes you to more allergens as you sleep.
Health	Morning Show	2/18/2019	4-9am	1	Dog owners get more exercise and have lower blood pressure than non-dog owners.
Finances	Intentional Living	2/19/2019	11a & 7p	56	Dr. Randy Carlson helps couples to cooperate in their finances
Health	Morning Show	2/19/2019	4-9am	1	Sleeping pills affect the memory of your sleep allowing you to think you slept well.
Work	Morning Show	2/19/2019	4-9am	1	50% of workers say nail grooming at the office is offensive.
Marriage	Intentional Living	2/20/2019	11a & 7p	56	Dr. Randy Carlson shows married couple how to heal broken trust
Parenting	Intentional Living	2/21/2019	11a & 7p	56	Dr. Randy Carlson helps parents to choose their words wisely when talking to their kids
Divorce	Intentional Living	2/22/2019	11a & 7p	56	Dr. Randy Carlson helps you to recover from divorce
Relationships	Intentional Living	2/25/2019	11a & 7p	56	Dr. Randy Carlson helps you to face those difficult, "Irregular" relationships
Health	Morning Show	2/25/2019	4-9am	1	Regular exercise helps you fall asleep faster at bed time.
Relationships	Morning Show	2/25/2019	4-9am	1	Having moral support helps your goal of losing weight.
Parenting	Intentional Living	2/26/2019	11a & 7p	56	Dr. Randy Carlson helps parents not to hover too closely to their kids
Finances	Morning Show	2/26/2019	4-9am	1	Some airlines are making it cheaper to have two one-way tickets rather than a round trip ticket.
Marriage	Morning Show	2/26/2019	4-9am	1	Research shows husbands are happier when they agree with their wives on everyday decisions.
Health	Morning Show	2/26/2019	4-9am	1	Retired people who volunteer 4 hours a week are less likely to develop high blood pressure.
Marriage	Morning Show	2/26/2019	4-9am	2	Having a shared hobby with your spouse is good for your relationship.
Relationships	Morning Show	2/26/2019	4-9am	1	A psychologist says apologize for one thing at a time to make it sincerer.
Marriage	Morning Show	2/26/2019	4-9am	1	Marriage communication advice
Health	Morning Show	2/26/19	4-9am	1	Forgiving someone allows us to let go of stress and is healthier than hanging onto it.
Divorce	Intentional Living	2/27/2019	11a & 7p	56	Dr. Randy Carlson helps the spouse who doesn't want the divorce to make it through
Finances	Morning Show	2/27/19	4-9am	1	Walmart is now selling "ugly" fruit at discounted prices. It's fruit that's been sitting longer, trying to cut down on waste.

Parenting	Intentional Living	2/28/2019	11a & 7p	56	Dr. Randy Carlson helps you to communicate effectively with your kids
Health	Morning Show	2/28/2019	4-9am	1	Eating 11 meals at home lowers diabetes risk by 13%.
Relationships	Morning Show	2/28/2019	4-9am	1	Phone calls are 60% shorter than they were 10 years ago.
Work	Morning Show	2/28/2019	4-9am	1	Handwriting notes rather than typing increases memory aptitude.
Health	Morning Show	2/28/2019	4-9am	3	Smiling when you're sad will change your mood.
Teens	Intentional Living	3/01/2019	11a & 7p	56	Dr. Randy Carlson shows parents how to help their daughters when dealing with "Catty" girls
Finances	Morning Show	3/01/2019	4-9am	1	Working hard and being financially diligent leads to successful retirement.
Health	Morning Show	3/01/2019	4-9am	1	New parents lose up to 6 years of sleep.
Parenting	Morning Show	3/01/2019	4-9am	1	Advice on getting your infant to sleep through the night.
Education	Community Calendar	2/23/2019-3/01/2019	12:00am – 11:59pm	14	Free Grandparenting Seminar offered
Marriage	Intentional Living	3/04/2019	11a & 7p	56	Dr. Randy Carlson helps you to have tenderness in your marriage
Addiction	Intentional Living	3/05/2019	11a & 7p	56	Dr. Randy Carlson explains how you can help your spouse get through an addiction
Parenting Grandparenting	Intentional Living	3/18/2019	11a & 7p	56	Dr. Randy Carlson helps helicopter moms and helicopter grandparents
Relationships	Intentional Living	3/19/2019	11a & 7p	56	Dr. Randy Carlson helps identify the red flags in your relationship before you get married
Parenting	Intentional Living	3/20/2019	11a & 7p	56	Dr. Randy Carlson helps you to deal disrespectful children
Divorce	Intentional Living	3/21/2019	11a & 7p	56	Dr. Randy Carlson helps the spouse who doesn't want the divorce to make it through
Parenting	Intentional Living	3/22/2019	11a & 7p	56	Dr. Randy Carlson helps you to deal with that child who is growing up too fast
Parenting	Intentional Living	3/25/2019	11a & 7p	56	Dr. Randy Carlson helps parents deal with their adult children
Marriage	Intentional Living	3/26/2019	11a & 7p	56	Dr. Randy Carlson shows you ways to put good habits into your marriage
Relationships	Intentional Living	3/27/2019	11a & 7p	56	Dr. Randy Carlson helps you bring understanding and healing to sibling rivalries
Marriage	Intentional Living	3/29/2019	11a & 7p	56	Dr. Randy Carlson helps you avoid hurtful words and bring healthy words into your marriage
Veterans	Community Calendar	3/23/19-3/29/19	12:00am – 11:59pm	14	Veteran Support Group Meets for coffee
Parenting	Evening Show	3/30/2019	8p-12am	2	The more time children spend on screens decreases their social development.
Health	Evening Show	3/30/2019	8p-12am	2	Drink water for a boost in energy.

