

## KVTT 1110 AM, MINERAL WELLS – TEXAS

### SIGNIFICANT ISSUES/PROGRAM LIST

OCT 1, 2019 – DEC 31, 2019

Below is a list of some of the significant issues responded to by KVTT 1110 AM Mineral Wells, TX along with the most significant programming treatment of those issues for the period mentioned above. The list is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

| Description of Issue       | Program Segment                    | Date              | Time     | Duration | Narration of Type and Description of Program/Segment                         |
|----------------------------|------------------------------------|-------------------|----------|----------|--|
| Integrity                  | Double Shot Espresso               | Oct 30            | 9-11am   | 2 hours  | How important it is to have integrity in our relationships                   |
| Gratitude                  | Bol Keh Lub<br>Azad Hain<br>Teraay | Oct 23,<br>Oct 28 | 4-6pm    | 4 hours  | We need to feel more grateful in our lives and how we can achieve this       |
| Pumpkin                    | Hum Tum                            | Nov 7             | 1-3pm    | 2 hours  | The benefits of pumpkins   |
| Comparing yourself         | Morning Punch                      | Nov 23            | 9-11am   | 2 hours  | Why we compare ourselves to others and what are the detriments of doing that |
| Emotional Health           | Coffee Mornings                    | Nov 25            | 9-11am   | 2 hours  | Ted talk analysis on balancing our emotional health                          |
| Quick and Healthy Recipes  | Sunheray Log                       | Dec 11            | 1-3pm    | 2 hours  | Quick and healthy recipes for everyone                                       |
| Balanced Diet and Exercise | Dil Diyan Gallan                   | Dec 12            | 11am-1pm | 2 hours  | Tips to lead a healthy life via a balanced diet and exercise                 |
| Weight Loss                | Zindagi Ke Rang                    | Dec 14            | 11am-1pm | 2 hours  | Tips for effective weight loss   |