

HOT TV NETWORK/KUVM-CD CH34 QUARTERLY ISSUES/PROGRAMS

LIST

October 1- December 31, 2018

4th Quarter

Below are listings of broadcasts reflecting the Station's most significant programming treatment of Issues during the preceding three-month period.

THE JET SET - Monday – Sundays: 10:00AM 6:00PM 11:00PM 2:00AM Gailen David, Bobby Laurie and health and wellness expert Nikki Noya will keep you in the loop each week with a wide variety of guests from the entertainment and travel worlds, on-location experiences, and insight into the latest trends and current events.

THE TECH SHOW- Monday – Sundays: 10:30AM 6:30PM 11:30PM 2:30AM show engages a diverse audience, experiencing technology as well as lifestyle segments.

PUBLIC SERVICE ANNOUNCEMENTS: KUVM 34-CD runs hourly local and national public service announcements.

Community Awareness and Safety

The Jet Set

10/01/18,10/29/18, 11/26/18, and 12/24/18 10:00AM 6:00PM 11:00PM 2:00AM 30 minutes

UNIQUE DIY:

Troy Barkman has a unique DIY project to display your house number. Evelyn Eshun has great tips for lighting your home's entrance. And we have answers for your consignment furniture questions!

The Tech Show

10/02/18,10/30/18,11/27/18, and 12/25/18 10:30AM 6:30PM 11:30PM 2:30AM 30 minutes

HEY PAUL, WOULD YOU RATHER?

Christine Da Costa finds out what's hot in sun deck design. DIY expert, Jackie Block has a rustic bathroom tray project for us. And we get to play a game with HGTV's Paul Lafrance.

The Jet Set

10/3/18,10/31/18,11/28/18, and 12/26/18 10:00AM 6:00PM 11:00PM 2:00AM 30 minutes

CHEESECAKE ON THE ROCKS:

Designer Kate has great tips on designing with white. Chef Sachit creates a tasty tandoori chicken pizza. And we'll be showing you an awesome dessert... cheesecake on the rocks!

The Tech Show

10/4/18,11/01/18,11/29/18, and 12/27/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

WORKING AT THE CARWASH:

Designer Kelsey Kosman designs a beautiful laundry room and Marc and Mandy make edible slime. Plus, buckle up because Marc is going to work at a car shop for the day.

The Jet Set

10/05/18,11/02/18,11/30/18, and 12/28/18 10:00AM 6:00PM 11:00PM 2:00AM 30 minutes

MULTI-FUNCTIONAL FURNITURE:

Designer Glen Peloso reveals multi-functional furniture for our home. Plus, if you are feeling overwhelmed with your renovation, our reno expert will be answering all your questions.

The Tech Show

10/06/18,11/03/18,12/01/18, and 12/29/18 10:30AM 6:30PM 11:30PM 2:30AM 2:00AM

30 minutes

KARL WOLF HOUSE TOUR:

Music sensation, Karl Wolf, gives us a tour of his home. Chef Rob creates customized cocktails and DIY expert, Deanne, showcases some really cool birthday gift-basket ideas.

The Jet Set

10/07/18,11/04/18,12/02/18, and 12/30/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

HGTV'S BRYAN & SARAH BAEUMLER:

HGTV celebrities Bryan & Sarah Baeumler play a game with us. Chef Rob whips up chicken with chili lime cream sauce. Plus, we have some great real estate tips for selling your house.

Healthcare/Health Awareness/Education

The Tech Show

10/08/18,11/05/18,12/03/18, and 12/31/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

Kelsey Kosman shows us a DIY chalkboard wall. Glen Peloso has great faucet options for your next upgrade... and nutrition expert, Alex, shows us how to prepare our meals faster.

The Jet Set

10/09/18,11/06/18, and 12/04/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

TIPS FOR YOUR HOME OFFICE:

Troy Barkman reveals a trendy way to use hanging plants. Steve McVicker from Extreme Bean prepares a delicious recipe. Evelyn Eshun shares tips on lighting for your home office!

The Tech Show

10/10/18,11/07/18, and 12/05/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

IT'S THAT EASY!

Evelyn Eshun reveals two design styles inspired from the Color of the Year. Alex Paton has advice on how to rock being a mom all day. We cook up a delicious Moroccan Steak recipe from Hello Fresh!

The Jet Set

10/11/18,11/08/18, and 12/06/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

CURRY FRIED CHICKEN:

Karla Dreyer tours a stunning dining room. Mandy talks with life coach, Crystal Thompson, about how buffering can add stress to our lives. Chef Sachit makes mouthwatering curry fried chicken!

The Tech Show

10/12/18,11/09/18, and 12/07/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

GORGEOUS NEW LOOK:

We tour a gorgeous dining room with Designer Jane Lockhart, then Marc gives your kids' toys a makeover. Plus, we learn the benefits of derma planning!

The Jet Set

10/13/18,11/10/18, and 12/08/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

DIETING FAILURES:

Designer Kelsey tours a beautiful living room. Plus, life-style coach Crystal is sharing why diets have such a high failure rate. And we'll show you how to make a delicious lamb curry

The Tech Show

10/14/18,11/11/18, and 12/09/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

QUICK & DELICIOUS:

Fashion blogger Jennifer Dupuis reveals secrets on properly fitting a bra! Chef Sachit shows us a quick, delicious meal. And Marc will be touring a stunning kitchen.

Crime**The Tech Show**

10/15/18,11/12/18, and12/10/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

A MODERN UPDATED KITCHEN:

Designer Kate shows us how to create a modern, updated functional kitchen. Chef

Massimo has great tips on deboning chicken. And we have a great DIY for hanging pictures. Police Blog.

Religious Awareness

The Jet Set

10/16/18,11/13/18, and 12/11/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

MAKING A DIFFERENCE:

Jamie Banfield shows us two beautiful kitchen design boards. Tracy from Budget Blinds reveals how accents can make a design difference. We have a trendy DIY project for upgrading your pillows.

The Tech Show

10/17/18,11/14/18, and 12/12/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

TAKING CONTROL:

NHL Chef Robert whips up a delicious dish! Award winning landscape artist, Troy, helps us build a Zen garden. And lifestyle coach, Reno, tells us how to take control of anxiety.

Needs of the Elderly

The Jet Set

10/18/18,11/15/18, and 12/13/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

GLITTER UP!

Melissa Davis offers tips on mixing & matching different materials and colors throughout your home. Learn how to glitter up your tiles... and we have a DIY t-shirt bag you won't want to miss.

The Tech Show

10/19/18,11/16/18, and 12/14/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

FIND OUT WHAT'S COOKING:

Chef Giulia shows us a mouthwatering Italian Roast Chicken recipe. Designer Ami McKay tours a beautiful master bedroom. Hairstylist Spencer shows off a cool, classic pompadour cut!

The Jet Set

10/20/18, 11/17/18, and 12/15/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

QUESTIONS ANSWERED:

We're sharing wedding dress must-haves. Plus, designer Melissa Davis gives us bathroom design tips and a builder answer your reno questions.

The Tech Show

10/21/18, 11/18/18, and 12/16/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

HELLO VACATION WEAR!

Marc shows us affordable lighting ideas! Plus, chef Ben is making delicious potato gnocchi with fresh herbs. Fashion blogger, Vanessa, showcases some great vacation wear.

Culture and Arts

The Jet Set

10/22/18, 11/19/18, and 12/17/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

YOUR FAVORITE CHANDELIER:

Lisa Clark has a DIY for your favorite chandelier! Steve McVicker from Extreme Bean has a delicious fiesta recipe. Dr. Reece Malone explains why arguing is healthy in a relationship.

The Tech Show

10/23/18, 11/20/18, and 12/18/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

THE PERFECT GAME SNACK!

We are touring a re-done girls room! Plus, NHL Chef Robert is showing us the perfect game snack, and Dr. Jolin has all your answers about infertility!

The Jet Set

10/24/18, 11/21/18, and 12/19/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

AMAZING KITCHEN RENOVATION:

Designer Ami McKay tours a stunning kitchen renovation. Fashion blogger, Jennifer, reveals that jean jackets are trending again. And Chef Rob creates a scrumptious chocolate Penna cotta.

The Tech Show

10/25/18, 11/22/18, and 12/20/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

WHAT'S TRENDING?

Learn how to update your kitchen without having to do a full renovation. Chef Devan creates a delicious omelet. And fashion blogger, Jennifer, has tips on styling your outfit!

The Jet Set

10/26/18, 11/23/18, and 12/21/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

BIG BROTHER:

Johnny Colatruglio from Big Brother plays a game with us. Find out how to make healthy chocolate treats. And our beauty expert shows Mandy how to create stunning nails at home

The Tech Show

10/27/18, 11/24/18, and 12/22/18 10:30AM 6:30PM 11:30PM 2:30AM

30 minutes

GET THE MOST FROM YOUR KITCHEN:

Marc visits country singer Cody Marquardt. Designer Jane Lockhart gives us a tour of her latest small kitchen project. Plus, Marc and Mandy share some of their favorite gadgets!

The Jet Set

10/28/18, 11/25/18, and 12/23/18 10:00AM 6:00PM 11:00PM 2:00AM

30 minutes

COLOR SHOW:

Designer Jackie Glass shares tips on pairing cabinets and counter-tops. Chef Rob shares a

one-pan dinner you'll love, and Beauty Expert Cas Klassen shows you some unique beauty.

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Us Forest Service

Discovering Nature: 15sec

Outdoor experiences are so valuable—spending time in nature gives kids a chance to move, explore, and engage in unstructured and adventurous play. Kids become fitter and leaner, have lower stress levels, and develop stronger immune systems. They also become more creative, and have greater respect for themselves, other people, and the environment. Discovering Nature remind parents and caregivers that families don't have to go far to find green spaces, parks, preserves, and other outdoor destinations. By visiting DiscoverTheForest.org or DescubreElBosque.org, they can learn where to connect with nature right in their own neighborhoods

CAREGIVER ASSISTANCE

AARP: 15sec

More than 40 million Americans currently care for an aging loved one. It may start with a simple errand or scheduling a doctor's appointment, but over time can expand to a significant responsibility. Forty percent of unpaid family caregivers are men. Compared to female family caregivers, males are more likely to be working while care giving, and the majority of employed male caregivers juggle care giving with working 40 or more hours per week. This PSA spotlights AARP's online Care giving Resource Center as a source for Care Guides and community.

DIVERSITY & INCLUSION: 15sec

For years, kiss cams have been a big part of American sports culture. The latest iteration of the award-winning Love Has No Labels campaign puts a twist on the kiss cam by turning it into a symbol for unbiased love. As families, friends and couples of different races, religions, genders, sexualities, ages and abilities appear on the jumbotron, the spots encourage viewers to question their own biases and assumptions.

#LoveHasNoLabels PSA encourages viewers to celebrate love in all its forms.

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FATHERHOOD INVOLVEMENT

U.S. Department of Health and Human Services Administration for Children and Families, and National Responsible

Fatherhood Clearinghouse: 15sec

How times have changed for America's families! The good news: 86% of dads today spend more time with their children than their own dads did with them. The better news: 7 out of 10 dads recognize that they could use help to become even better parents. The Ad Council's Fatherhood Involvement campaign encourages men to play an active, responsible role in their children's lives and reminds them that "it only takes a moment to make a moment." PSAs direct them to visit Fatherhood.gov for parenting tips, fatherhood programs, and other resources. Share this timeless message with all the dads and prospective dads in your community so they can #makeamoment.

REDUCING FOOD WASTE

Natural Resources Defense Council: 15sec

Did you know that across the entire production and consumption chain, about 40% of all food in the United States never gets eaten? Most families don't realize how much food they toss out—an average of 1,000 pounds per year per family of four. In the "Extraordinary Life and Times of Strawberry" PSA, a single strawberry personifies the wondrous life cycle of food and the loss of resources when it goes unconsumed. In addition to this first round of work, the campaign is launching a new PSA that features TV host Ted Allen and Chef/Senior Food Analyst Sam Kass in their fight against food waste. The campaign's website, SaveTheFood.com, shows how making shopping lists, freezing food, and using leftovers can significantly reduce the 24 pounds of food each person throws away in a single month.

TYPE 2 DIABETES PREVENTION

American Medical Association, American Diabetes Association, and Centers for Disease Control and Prevention: 15sec

86 million American adults (more than 1 in 3) have prediabetes and are at high risk of developing type 2 diabetes, a serious health condition that can lead to heart attack and stroke. Surprisingly, nearly 90% of people with prediabetes don't even know they have it. But prediabetes can often be reversed through weight loss, healthy eating, and increased physical activity. The first step in reversing the condition is to evaluate one's personal risk so action can be taken as soon as possible.

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TEXTING AND DRIVING PREVENTION

National Highway Traffic Safety Administration:15sec

Although most people agree that looking at a phone while driving is distracting and can increase the chance of an accident, a lot of drivers still think “it can’t happen to me.” That means drivers in your community are posting, liking, commenting, and browsing while they are behind the wheel, even though they know it’s a bad idea. In fact, 25% of teens respond to a text message once or more every time they drive. New PSAs created by teens through the Department of Transportation’s Project Yellow Light scholarship competition aim to remind young adults, 16-34, that no one is special enough to text and drive.

FINANCIAL LITERACY

WHY IT’S IMPORTANT: 15sec

Nearly half of 25-34-year-olds have paid for necessities like food or utilities on credit, and only 40% have saved more than \$10,000 for retirement. This PSA seeks to create new savings habits, helping young adults launch their lives and start saving for the future.

HIGH SCHOOL EQUIVALENCY

WHY IT’S IMPORTANT: 15sec

For more than 29 million American adults without a high school diploma, opportunities are limited. PSAs inspire people to use the help that’s waiting at FinishYourDiploma.org and earn their GED or other high school equivalency.

LEARNING & ATTENTION ISSUES

WHY IT’S IMPORTANT: 15sec

1 in 5 children in your community struggle with dyslexia, ADHD, or other learning and attention issues. PSA empowers parents of kids struggling in school to visit Understood.org, a free resource that helps their children thrive in school and in life.

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SUPPORTING MINORITY EDUCATION

WHY IT'S IMPORTANT: 15sec

More than 430,000 students have gotten to and through college thanks to UNCF scholarships, but many more go unserved. PSAs inspire donations to UNCF so more minority students in your area can get a college education.

ADOPTION FROM FOSTER CARE

WHY IT'S IMPORTANT: 15sec

112,000 youth in the U.S. foster care system are awaiting adoption, and older youth never outgrow the need for family. This PSA communicates that you don't have to be perfect to be a perfect parent and encourage prospective parents to consider adopting a teen.

ADDICTION SUPPORT

WHY IT'S IMPORTANT: 15sec

1 in 7 Americans is expected to develop a substance abuse disorder during their lifetime, and 90% don't receive treatment. PSAs encourage family and friends to start a conversation with those who are struggling.