

KDIZ-AM

Q1 2024 - Issues Programs List

Q1 2024

Date	Initials	Program Name	Prgm Time	Guest(s) <small>name/issue/segment</small>	Caller(s) <small>name/location/issue/segment</small>	Comments	Issue 1	Issue 2 <small>optional</small>	Issue 3 <small>optional</small>	Issue 4 <small>optional</small>
1/21/2023	AC	NARN - Mitch Berg	1300 - 1400	Senator Jim Abeler (R, District 35) - talked about local legislation regarding taxes - SEGMENT 1 *** USE TITLE/CREDENTIALS OF PERSON *** * NO NEED TO ADJUST ROW HEIGHT - IT WILL ADJUST AUTOMATICALLY *	Nancy from Bloomington - called to talk about testing in her child's school. Not happy with "participation" trophy - * NOTE WHERE CONTENT IS - "SEGMENT 2" * USE PAST TENSE!	Caller called in to ask Jim Abeler about tax cuts in MN. Mitch discussed education policy regarding standardized testing. Local Salvation Army bell ringing down 30%. Mitch encouraged volunteers to sign up. USE PAST TENSE!	Taxes	Education	Biblical Understanding & Evangelism	Family Matters
1/3/2024	SJ	Our Healthy Homes "Dr. Matthew Alvord with Creation Chiropractic"	Rec 01/03/24 AIR 01/06/24	Dr. Matthew Alvord - Creation Chiropractic	N/A	Keith and Sheila are joined by Dr. Matthew from Creation Chiro and they discuss how to feel and be better with the work of chiropractic adjustments - Matthew gives us his background and how he got started with Creation Chiro - Matthew talks about life expectancy as Keith asks about the "Blue Zones" with Creation Chiropractic had senior treatments - Dr. Matthew explains the chiropractic care for seniors and details the importance of staying in shape as we grow older - Dr. Matthew details the nervous system and how it communicates with the rest of the body and certain treatment care allows the flow with chiropractic work - Dr. Matthew talks about the treatment they offer at Creation Chiropractic and fix our pain with what's causing the pain	Health & Wellne	Self-Improvement		
1/5/2024	SJ	Health is Wealth "The Impact of Pain"	Rec 1/5/24 AIR 1/14/24	Bo? - Patient of MN Integrative Health	N/A	Dr. Kim Tran starts off this episode talking about feeling lost and struggles/trama and with God's love everything is possible and connects with Bible verses to cope with feeling alone. Kim introduces us to a positive story from a client named Bo from her being in so much pain and finding out Dr. Kim Tran. Bo tells us about treatment she received and changed her life. Bo tells us the difference she got from Dr. Kim not only treatment, but with the energy. Kim and Bo discuss the difference Dr. Kim offers with her treatment and care to restore pain and one's suffering.	Health & Wellne	Self-Improvement		
1/10/2024	JDB	Our Healthy Homes	Airs 01/13/24	Dr. Melissa Olson	N/A	Title: Keys to Longevity with Dr. Melissa Olson Hosts Keith Hittner Sr. and Sheila Hittner were joined by Dr. Olson to discuss topics including Centenarians and their health & lifestyle habits, the contrast between life expectancy in China and the US, the link between blood sugar stabilization and sound sleep, and the link between blood sugar levels and anxiety/panic attacks	Health & Wellne	Self-Improvement	Mental Health	
1/12/2024	SJ	Health Is Wealth "Results of increasing Medications"	Rec 1/12/24 AIR 1/21/24	N/A	N/A	Dr. Kim Tran starts of this episode "Results of increasing Medications" by talking about feeling lost and continues with the talk from last week. Kim talks about the increase of medications and the "numbing" result. Kim then connects the story of Job in the Bible to our everyday life and our troubles in life with hope. Kim gives ways to decrease the stress by journaling/working out/day of rest etc... Kim details the importance of taking care for ourselves and how that can should give us peace/energy.	Health & Wellne	Self-Improvement	Biblical Unders	
1/17/2024	SJ	Our Healthy Homes "Inside Healthcare with Jodi Ritacca"	Rec 1/17/24 AIR 1/20/24	Jodi Ritacca- TV Personality for "Inside Healthcare"	N/A	Keith and Sheila in this episode are joined by Jody to discuss how she got started in being a reporter/journalist/tv personality. Jody talks about how she got started a tv healthcare show. Jody discusses how she is involved with giving back/fundraising and more with nonprofits. Jody talks about the importance of telling a story with reporting and communicating with the community. Jody details her show "Inside Healthcare" on local cable and what it covers wellness/health/medical etc.	Health & Wellne	Community Out		

KDIZ-AM

Q1 2024 - Issues Programs List

Q1 2024

Date	Initials	Program Name	Prgm Time	Guest(s) <small>name/issue/segment</small>	Caller(s) <small>name/location/issue/segment</small>	Comments	Issue 1	Issue 2 <small>optional</small>	Issue 3 <small>optional</small>	Issue 4 <small>optional</small>
1/19/2024	JDB	Isaiah 61	AIRS 01/20/24	N/A	N/A	In Part 3 of his series, Total Recovery, Pastor Solomion Awkwaka discusses Ishmael and Hagar and deliverance from pain and suffering and God's ability to redeem man from despair.	Biblical Underst	Religion	Mental Health	
1/19/2024	JDB	Isaiah 61	AIRS 01/27/24	N/A	N/A	Pastor Solomion Awkwaka continues with Part 4 of his series, Total Recovery, and highlights local upcoming church and community events.	Biblical Underst	Religion	Mental Health	
1/19/2024	SJ	Health is Wealth "Living a Healthy Lifestyle"	Rec 1/19/24 AIR 1/28/24	N/A	N/A	Dr. Kim Tran starts this episode off by talking about hope and inspiration to lead to living a healthy lifestyle. Kim then talks about a patient that had struggles with over medications and after visiting Dr. Kim she was able to live a healthier lifestyle after just a couple treatments.	Health & Wellne	Self-Improvement		
1/24/2024	SJ	Our Healthy Homes "Health Insurance with Amy Nielsen from Lifestyle Advisors"	Rec 1/24/24 AIR 1/27/24	Amy Nielsen - Broker Agent for Health Insurance for Lifestyle Advisors	N/A	Sheila and Keith start this episode off by talking about Sheila's "Muffin Top Meltdown" program to help shed pounds and get into a healthier lifestyle. Sheila explains and breaks down the program and how you can get started. Keith and Sheila then talk with their guest Amy Nielsen from "Lifestyle Advisors" as they discuss the insurance game for healthcare and more. Amy talks about coverages and what is needed to care for you and the family with health insurance. Amy explains importance issues life medications and your primary doctor. Amy explains the difference between HMO's and other plans like PPO's to help the one that may help you better.	Health & Wellne	Self-Improvement		
1/26/2024	SJ	Health is Wealth "Avoiding Arthritis and Joint Pain"	Rec 1/26/24 AIR 2/4/24	N/A	N/A	Dr. Kim Tran begins the program by discussing staying ahead of your lifestyle and begin taking care of your medications/body adjustments by believing we can overcome our struggles. Kim talks about joints and arthritis treatments. Kim mentions the importance of moving and getting your body/joints going to avoid future arthritis. Kim then talks about whiplash and how joints can be out of alignment and how important it is to treat those.	Health & Wellne	Self-Improvement		
1/31/2024	SJ	Our Healthy Homes "Estate & Probate Planning with Kimberly Prchal from Blahnik, Prchal & Stoll, PLLC"	Rec 1/31/24 AIR 2/3/24	Kimberly Prchal is a partner at Blahnik, Prchal & Stoll, PLLC	N/A	Sheila and Keith are joined by guest Kimberly Prchal to discuss planning for probate/estate after death or when family members plan for a loved one later in life. Kim talks about her background and how she got started with Prchal Blahnik & Stoll. Kim then details what probate is and how the process goes when you are in that situation along with the estate planning. Kim mentions how Will's and what is determined who is the executor. Kim then talks about probate assets and how that is all settled or what the process of one's estate. All three discuss the importance of naming a person you trust to be a will's executor.	Health & Wellne	Self-Improvement	Family Matters	
2/3/2024	SJ	Health Is Wealth "Help For Veterans and Freedom From Walkers"	Rec 2/3/24 AIR 2/11/24	John & Mandy - Patients of Dr. Kim Tran	N/A	Dr. Kim Tran is joined by two of her patients and they start off the show by discussing Kim's migraine issues and what she settled with relieving her migraine problem. Kim and John describes his prior pain and issues before being treated by Dr. Kim. then talks about Mandy as she was recommended by John and what her issues that kept it her in pain before being treated by Dr. Kim Tran. Dr. Kim explains the importance of continuing treatment as it is a lifestyle change not a quick fix.	Health & Wellne	Self-Improvement		

KDIZ-AM

Q1 2024 - Issues Programs List

Q1 2024

Date	Initials	Program Name	Prgm Time	Guest(s) <small>name/issue/segment</small>	Caller(s) <small>name/location/issue/segment</small>	Comments	Issue 1	Issue 2 <small>optional</small>	Issue 3 <small>optional</small>	Issue 4 <small>optional</small>
2/7/2024	SJ	Our Healthy Homes "Inside a Healthy Home"	REC 2/7/24 AIR 2/10/24	N/A	N/A	Keith and Sheila start off this program by talking about a healthy home and what it consists of. Keith and Sheila describe the four pillars of a healthy home and what is needed for each pillar. They talk about how important air flow is in a home and replacing air filters regularly. Then they talk about healthcare and the how the price has increased as they share ideas to keep the cost of healthcare affordable for you and the family. Then Sheila descusses Sheila's "Muffin Top Meltdown" and how that is to help lose weight and get better shape.	Health & Wellne	Self-Improvement		
2/9/2024	SJ	Health is Wealth "Hometown Miracles"	Rec 2/9/24 AIR 2/18/24	N/A	N/A	Dr. Kimk starts off this show by talking about God being there with us and overcoming trauma and being lost. Kim then talks about the struggle with addiction and what ways we look at addiction. Kim then recalls stories of people of overcoming setbacks. Kim then talks about more testimonies about God healing us.	Health & Wellne	Self-Improvement		
2/14/2024	SJ	Our Healthy Homes "Creation Chiropractic with Dr. Matt Alvord"	Rec 2/14/24 AIR 2/17/24	Dr. Matt Alvord - Chiropractor from Creation Chiropractic	N/A	Sheila and Keith are joined by their guest Dr. Matt to discuss inflammation in the body and signs of inflammation in the body. Dr. Matt describes what pain is to the body and how to fight off pain healthier. Dr. Matt talks about the way the body works for your system and listening to your body of change. Dr. Matt goes through what the process is for his clinic and what he hopes to help your health/pain relief.	Health & Wellne	Self-Improvement		
2/16/2024	SJ	Health is Wealth "Missionary Miracles"	Rec 2/16/24 AIR 2/25/24	N/A	N/A	Dr. Kim Tran talked about her passion for a healthy lifestyle and helping others to do so. Kim then talked about God being written in our very own DNA. Kim then transitioned to talk about the way are body is, the way we take care of it and what we do in our life. Kim then talked about miracle stories of her clients and how they have improved their life after seeing Dr. Kim Tran. Kim detailed the power of chriopractic work and how it can improve your life.	Health & Wellne	Self-Improvement		
2/21/2024	SJ	Our Healthy Homes "G7 Networking with Bob Willbanks"	Rec 2/21/24 AIR 2/24/24	Bob Willbanks - Founder/CEO of G7 Network	N/A	Sheila and Keith Sr talked about Sheila's "Muffintop Meltdown" program to improve your weight/health lifestyle. Sheila describes what the program is all about and how it can help you cang your life. Then Sheila and Keith are joined by guest Bob Willbanks from AUXANEIN. They talked about longevity an dhow it is apart of a health home and lifestyle. Bob mentioned about G7 and a likeminded people of business. Bob explained how G7 got started and why it is important for people in the business world. Bon explained what the 7 G's and how it's driven to growth in business and faith.	Health & Wellne	Self-Improvement		
2/23/2024	SJ	Health is Wealth "Maintaining Your Health Like Your Car"	REC 2/24/24 AIR 3/03/24	N/A	N/A	Dr. Kim Tran talked about living a life of pain and how Dr. Kim's treatment can help along with God's healing to change your pain/discomfort. Kim mentioned that everything can be healed with the power of God. Kim detailed the importance of healthy and without health you won't have wealth. Kim talked about maintenance for our bodies just like our cars to keep up our health. Kim mentioned the uprise in kids having ADHD and Kim talked about the harm to rely on medication.	Health & Wellne	Self-Improvement		

KDIZ-AM

Q1 2024 - Issues Programs List

Q1 2024

Date	Initials	Program Name	Prgm Time	Guest(s) <small>name/issue/segment</small>	Caller(s) <small>name/location/issue/segment</small>	Comments	Issue 1	Issue 2 <small>optional</small>	Issue 3 <small>optional</small>	Issue 4 <small>optional</small>
2/28/2024	SJ	Our Healthy Homes "Growing Small Businesses with Skip Nelson"	Rec 2/28/24 AIR 3/2/24	Skip Nelson - Financial Associate - Focus Forward Financial Group Small Business Growth Consultant	N/A	Keith and Sheila were joined by their guest Skip and they talked about how Skip got in small business consultant - Skip described his work and how him and his company helps grow small businesses and what they do. Skip then talked about what they focus on with profits and being able to make money and not so much revenue. Skip then talked about the challenges he faces for companies and how they work through each services they offer for a company.	Health & Wellne	Self-Improvement		
3/1/2024	SJ	Health is Wealth "Santiago's Miracle on Lake Street"	Rec 3/1/24 AIR 3/10/24	Santiago - Owner of Lake Auto Center	N/A	Dr. Kim was joined by guest Santiago as they spoke about the accident Santiago indured to cause him to get in contact with Dr. Kim and he described what treatment was needed to heal. Then they talked about the after effect after Dr. Kim treated Santiago and how much mobile he isand able to enjoy life.	Health & Wellne	Self-Improvement		
3/8/2024	SJ	Health is Wealth "Medical Freedom"	Rec 3/8/24 Air 3/17/24	N/A	N/A	Dr. Kim started off this episode by talking about how or what we think when we "feel" unwell. Kim then talked about our bodies delevoping sickness or illness/pain and how it takes time. 10% of our nerves goes to pain. Kim then talked about 70% people in the US are on atleast one medication. Kim mentioned of zeroing in on our pain/medication to get ahead of it and prevent future issues. Kim discussed taking charge of our own health and less than 12% of people are medibologically healthy.	Health & Wellne	Self-Improvement		
3/13/2024	SJ	Our Healthy Homes "Your Natural Choices with Brian Nightingale"	Rec 3/13/24 Air 3/16/24	Brian Nightingale - Manager at Your Natural Choice Inc	N/A	Keith and Sheila were joined by guest Brian and they first discussed as a growing issue is our livers and what and how to do liver detoxes. Brian then talked about diferece willow bark and aspirin and using the healthier option or more natural for one's body. Brian then talked about how he got started with herbs and natural herbal medicine. Brain and Keith and Sheila then talked about the idea of herbial medical/plants to help with acident times and what came through history. Brain mentions the people he sees to help provide treatment and how everyone is welcome and how he uses preventitive health choices can play a big part.	Health & Wellne	Self-Improvement		
3/20/2024	SJ	Our Healthy Homes "Health Sharing with Jake Norman"	Rec 3/20/24 Air 3/23/24	Jake Norman from Clearwater Benefits	N/A	Keith and Sheila were joined by guest Jake to discuss what "Clearwater" company is and how they help people/businesses find proper healthcare/health insurance. Jake explained of alternatives and the costs. Jake went through the numbers in case of a medical expense hit and what you may be looking at. Jake explained the difference between health share and healthcare policy. Jake answered the question of if a health share plan goes along with a regular (blueshield) health insurance policy.	Health & Wellne			
3/22/2024	SJ	Health is Wealth "State of Children's Health"	Rec 3/22/24 Air 3/24/24	N/A	N/A	Dr. Kim started off this episode by talking about health epidemic with lifestyle concerns and what is happening to our bodies and children's bodies with vaccines. Kim mentioned the vaccines and how it effects our own DNA as it breaks down our MNRNA. Kim mentioned the vaccines causeing higher rates of imflammation and what that can lead to for our long term health. Kim talked about what we as people need to do to step up and voice our opinions for our medical healthcare. Kim talked about how and what we should do to help resolve these health issues.	Health & Wellne			

KDIZ-AM

Q1 2024 - Issues Programs List

Q1 2024

Date	Initials	Program Name	Prgm Time	Guest(s)	name/issue/segment	Caller(s)	name/location/issue/segment	Comments	Issue 1	Issue 2 optional	Issue 3 optional	Issue 4 optional
3/26/2024	JGO	Health is Wealth "Medical and Vaccine Freedom"	Rec 03/26/24 Air 03/31/24	N/A		N/A		MN bill SF-610 and HF-8367 which mandates child vaccines and removes religious exemptions; higher incidents of mysterious illness from pet vaccines; children have the same reactions to vaccines as dogs; the state taking control of our medical freedom through daycare providers;religious freedom; COVID restrictions that harmed children's education and social development; the likelihood that this mandate will expand to include all business services.	Health & Wellne	Politics - Local		