

KFLT-FM
Issues and Programs Report
2022-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 listed. In some cases, more time than documented.

ISSUE	Total MINUTES On-Air
Relationships	457
Finances	197
Mental Health	136
Faith	179
Parenting	477
Health	219
Work	139
Marriage	798
Divorce	56
Grief	112
Single Parenting	56
Grandparenting	56
Education	4
Safety	4

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
Health	Intentional Living	1/3/2022	11a & 7p	56 Minutes	Dr. Randy shares success stories of being intentional in health
Marriage	Intentional Living	1/4/2022	11a & 7p	56 Minutes	Dr. Randy helps you to get through your marital challenges
Parenting	News	1/4/2022	7a	1	Moms are more likely than dads to admit that they have a favorite child.
Mental Health	Morning Show	1/4/2022	6:40 AM	1	Talked about keeping up Christmas trees all year - Caller agreed with us. Gives her joy all year round.
Faith	Morning Show	1/4/2022	7:40 AM	2	Mike Weaver asked for prayer after his brother died.
Parenting	Morning Show	1/4/2022	8:40 AM	2	Talked about ways to pray as a family.
Grief	Intentional Living	1/5/2022	11a & 7p	56 Minutes	Dr. Randy examines our broken world
Relationships	Afternoon Show	01/05/2022	4-6p	4	Don't sound outdated, here's a list of words banished in 2021
Health	Afternoon Show	1/5/2022	2:10p	1	A Vancouver Canucks fan and nursing student told a hockey player he needed to get his mole checked out. Because of her communication, they caught it early enough the cancer hadn't spread.
Health	News	1/5/2022	6a	1	Ways to deal with gym intimidation; start slowly, work with a trainer, go with a friend, or take a group class.
Faith	Morning Show	1/5/2022	6:40 AM	2	Mysti shared about a bible reading plan.
Work	Morning Show	1/5/2022	7:40 AM	2	Kank talked about experience when the hotel he went to was short-staffed. Talked about being patient with the state of the service industry today.
Parenting	Intentional Living	1/6/2022	11a & 7p	56 Minutes	Dr. Randy helps you to manage smart phones for your kids
Relationships	Afternoon Show	1/6/2022	2:40p	1	A Connecticut family handed out oranges to drivers stuck in a snowstorm.
Work	Afternoon Show	1/6/2022	4-7p	3	4.5 million Americans quit their jobs in November
Faith	Morning Show	1/6/2022	6:30 AM	2	Mysti shared story of a woman who was feel led by God to give a gift card but felt she couldn't afford it. When she obeyed Him, she was blessed with a gift card of her own. Talked about how God takes care of us.
Work	Morning Show	1/6/2022	6:40 AM	2	Talked about ways to communicate in work e-mail to minimize unnecessary e-mails.
Faith	Morning Show	1/6/2022	4- 8a	4	Good News - Jennifer says her faith healed her from MS
Relationships	Intentional Living	1/7/2022	11a & 7p	56 Minutes	Dr. Randy helps you to understand your influence on others
Parenting	Morning Show	1/7/2022	7:40 AM	2	Kank - Shared about son Sam's school project. Talked about whether it is good to succeed for your child or let them succeed or fail on their own.

KFLT-FM – 2022-Q1: January – February – March

Page 4

Relationships	Community Calendar Spots	1/1/22 - 1/7/22	12am - 11:59pm	7	Brought families together in the park for a movie night in Tucson
Marriage	Intentional Living	1/10/2022	11a & 7p	56 Minutes	Dr. Randy helps you to understand how to feel most loved
Parenting	Morning Show	1/10/2022	6:40 AM	2	Caller shared how their family spends evenings together, playing games, and having a family Bible study.
Relationships	Intentional Living	1/11/2022	11a & 7p	56 Minutes	Dr. Randy asks do you know how to ask for help?
Work	News	1/11/2022	6a	1	The average worker says 'I need a vacation' about three times a week. What are your tips for not getting burned out at work?
Mental Health	News	1/11/2022	7a	1	A new study says people in their 40s and 50s can help stave off depression by skateboarding. What is something you enjoy that people might be surprised to find you can still do at your age?
Relationships	Morning Show	1/11/2022	6:40 AM	2	"Spill the Tea" - Talked about the toxicity of gossip
Faith	Morning Show	1/11/2022	7:40 AM	3	"Know where you're going" - Talked about recent celebrities' passing and the importance of sharing the gospel to those who don't know.
Work	Afternoon Show	01/11/2022	3p	1	Every Door Dash employee will make deliveries included CEO
Grief	Intentional Living	1/12/2022	11a & 7p	56 Minutes	Dr. Randy examines our broken lives
Relationships	News	1/12/2022	5a-9a	2	A new study says cooking for a picky family member was the biggest stressor over the holidays for HALF of us. Did you have to do that, and what did you end up preparing for them?
Work	Morning Show	1/12/2022	6:40a	2	Ryan (caller) talked about ways to prevent burnout at your job. Came down to finding the job that you feel the most fulfilled in.
Faith	Morning Show	1/12/2022	4-8a	4	Good News - Jackie (caller) shared about her brother getting saved while in critical condition in the ICU.
Mental health	Morning Show	1/12/2022	7:40a	2	Sally shared about how she had to miss a significant family gathering because of car issues and felt disappointed. Led to talk about managing disappointment.
Work	Morning Show	1/12/2022	8:40a	2	Caller shared about the importance of finding people you can have fun and laugh with at work to make the days go by better and faster.
Marriage	Intentional Living	1/13/2022	11a & 7p	56 Minutes	Dr. Randy helps you learn how to make your marriage last
Relationships	Afternoon Show	1/13/2022	3:40p	1	Door Dash is delivering Girl Scout cookies
Work	Afternoon Show	1/13/2022	2:40p	1	Employees at a Canada bank had a Zoom attire party
Work	Afternoon Show	1/13/2022	6:20p	1	Printer Ink chip shortage
Health	Afternoon Show	1/13/2022	6:40p	1	Cold Medicine shortage
Parenting	Intentional Living	1/14/2022	11a & 7p	56 Minutes	Dr. Randy helps you and your spouse get on the same page about parenting
Work	News	1/14/2022	6a	1	A new study says forgiveness is key to being happy at work – letting it go when someone wrongs you somehow so that the environment

					doesn't become passive aggressive and toxic. How do you move on after someone upsets you at work?
Relationships	News	1/14/2022	7a	1	According to a new survey, 65% of men have been asked out by a woman.
Work	Morning Show	1/14/2022	6:10a	2	Listener called about forgiving co-workers suggested praying for them
Relationships	Morning Show	1/14/2022	6:30a	2	Caller shared about receiving \$50 from a pastor when he was in financial trouble, and now he makes it a point to pass it along to others in need.
Relationships	Morning Show	1/14/2022	6:40a	2	Shared story of kid who fell off a skateboard and when a group of other skaters called to him, he thought they were going to make fun of him. Instead, they encouraged him.
Relationships	Morning Show	1/14/2022	7:40a	2	Kank talked about how we tend to "shiny up our past" to present it better to others.
Health	Afternoon Show	01/14/2022	4p	1	Sleep improves your memory of placing faces with names
Marriage	Intentional Living	1/17/2022	11a & 7p	56 Minutes	Dr. Randy helps you and your spouse to be on the same page in your faith
Relationships	Morning Show	1/17/2022	6:40-8:40a	6	Martin Luther King Jr. Day - Played excerpts of his famous speeches, inspiring Godly love to all
Finances	Afternoon Show	01/17/2022	2p	1	People are donating to their local animal shelter in memory of Betty White and her love for animals.
Finances	Intentional Living	1/18/2022	11a & 7p	56 Minutes	Dr. Randy helps you to understand the power of one thing
Relationships	Intentional Living	1/19/2022	11a & 7p	56 Minutes	Dr. Randy and Dr. Todd Linaman help build and maintain good relationships
Mental Health	News	1/19/2022	7a	1	2 in 3 of us have never kept a New Year's resolution. Have you ever managed to do it and what was that resolution?
Faith	Morning Show	1/19/2022	6:10a	2	Old Bibles - Talked about how older Bibles can be better because they have our family's old notes in them and we can keep them as a treasured memory and a valued faith resource.
Finances	Morning Show	1/19/2022	6:30a	2	Old Bibles - Caller talked about a company that makes Christmas ornaments out of Bibles falling apart.
Health	Afternoon Show	1/19/2022	6:10p	1	If you haven't given up on your New Year's Resolutions yet - you're doing better than the average American.
Faith	Intentional Living	1/20/2022	11a & 7p	56 Minutes	Dr. Randy shares how you can walk by faith
Health	News	1/20/2022	6a	1	If you're having trouble losing weight – the average person overindulges on junk food three nights a week. How have you figured out how to keep those cravings in check?
Marriage	News	1/20/2022	7a	1	Shared Betty White's relationship tips for married people: Be true equals Be flexible Be honest, but gentle Don't let the trivial things get to you.
Faith	Morning Show	1/20/2022	6:30a	2	"God Winks" - Shared different stories of when God would show us something in the simplest things.
Health	Morning Show	1/20/2022	5-9a	4	Joy Report: Jeanne (caller) shared about how an alternative treatment helped her reduce her cancer markers. Gave glory to God for all that He's doing.

KFLT-FM – 2022-Q1: January – February – March

Page 6

Parenting	Intentional Living	1/21/2022	11a & 7p	56 Minutes	Dr. Randy helps you deal with Adult Children Challenges
Relationships	News	1/21/2022	5a-9a	2	3 in 4 of us admit we won't ask for help until there is no way around it. How have you learned to ask for help?
Faith	Morning Show	1/21/2022	7:40a	2	Mysti talked about the verse commanding us to "pray without ceasing" and the desire to do so. Talked about what that truly looks like in a daily life.
Marriage	Intentional Living	1/24/2022	11a & 7p	56 Minutes	Dr. Randy helps you to have an intentional marriage
Finances	News	1/24/2022	5a	2	Told story of grandma who fooled a scammer into getting arrested. Shared stories of how to deal with scammers
Faith	News	1/24/2022	6a	1	Shared story of lady who was worried about a procedure coming up. She then discovered an old box full of notes from her late husband which she called "pennies from Heaven". Talked about ways God shows us He hears us.
Faith	Morning Show	1/24/2022	6:12a	2	"Fall asleep praying" - Talked about dwelling on positive things as you sleep and the effects of it.
Parenting	Morning Show	1/24/2022	6:30a	2	Anna (caller) talked about an "adventure book" that she uses to produce unique activities for her family.
Health	Morning Show	1/24/2022	4-8a	4	Good News: Caller shared about her husband's healing. Praised God for getting them both through it.
Relationships	Morning Show	1/24/2022	8-9a	4	Self-reliance - Had discussion amongst the crew and callers about refusing to ask for help. One shared that she was taught to be self-reliant while another shared that not asking help is depriving others the blessing of helping.
Finances	Mid-Day	1/24/2022	9a	1	Recipe for homemade dog shampoo
Work	Afternoon Show	01/24/2022	4p	1	A 4-day work week may be the answer to the labor shortage because of people altering workdays
Parenting	Evening Show	01/24/2022	8p	1	Advice to help single mom's raise sons
Finances	News	1/25/2022	5a-9a	2	A little 2-year-old boy from NJ somehow managed to get his mom's phone and order \$1700 worth of furniture from Walmart. What has your kid accidentally ordered or ordered on the sly when you weren't looking?
Relationships	News	1/25/2022	6a	1	Sweethearts candy added encouraging words to their usual "hug me", "be mine" typical sayings such as "proud of u", "don't quit", and "u got this"
Health	Intentional Living	1/26/2022	11a & 7p	56 Minutes	Dr. Randy and King Hoover help you to be intentional about your health
Education	News	1/26/2022	6a	1	The SAT exam is going digital in 2024 and will allow calculators for the first time ever.
Mental Health	Morning Show	1/26/2022	6:40a	2	There's a quiz you can take that will tell you if you are addicted to social media.
Health	Afternoon Show	01/26/2022	3p	1	Krispy Kreme is giving blood donors a dozen doughnuts
Finances	Afternoon Show	01/26/22	4p	3	Tips to save money at the grocery store
Mental Health	News	1/27/2022	6a	1	A group of moms in Massachusetts who were feeling overwhelmed started a club. They meet in a field and scream as a productive way to get rid of stress

Parenting	News	1/27/2022	7a	1	A parenting hack has gone viral...a mom posted that her kids weren't cleaning their rooms and she told them mice would invade, if they didn't. When they laughed it off, she went to the store, got black rice and sprinkled it all over their rooms. She heard screams, and then, they were cleaning! What is your best parenting hack?
Mental Health	Morning Show	1/27/2022	6:40a	2	In four words or less, what advice would you give to your 16YO self? Took time to reflect on our younger selves and the changes that made us into who we are today.
Health	Morning Show	1/27/2022	7:40a	2	Sally shared about the struggles of trying to eat healthy.
Finances	Morning Show	1/27/2022	8:40a	2	Mysti and Sally talked about the troubles of being addicted to social media and the temptation to follow the world's trends for personal validation.
Parenting	Intentional Living	1/28/2022	11a & 7p	56 Minutes	Dr. Randy helps you deal with disrespectful children
Work	Intentional Living	1/31/2022	11a & 7p	56 Minutes	Dr. Randy helps you make the right choices for work
Relationships	Morning Show	1/31/2022	6:12a	2	Daniel (caller) shared about a locked box he has at home where he and his family put their phones in when they come home.
Parenting	Evening Show	01/31/2022	9p	1	Tips to thrive on a family budget
Mental health	News	2/1/2022	5a-9a	2	The number one thing that will put us in a bad mood in the morning: spilling food or drink on your clothes. When your day gets off to a bad start, how do you recover so it doesn't set the tone for the rest of the day?
Faith	News	2/1/2022	6a	2	Shared story of an abused foster kid who was addicted to drugs but turned his life around after a family took them in as adults. He and his brother advocate for kids in the foster system now, saying God gave them their story as a gift for others.
Faith	Morning Show	2/1/2022	6:12a	2	Addy (caller) shared how God showed her that what happened to her (victim of sex trafficking) was not her identity and she could become whole in Christ.
Marriage	Morning Show	2/1/2022	7:40a	2	Kank shared about struggles with his wife's medicine and calling out to God for the right direction to best take care of his wife.
Education	Morning Show	2/2/2022	7a	1	Harvard is offering free online classes. Talked about what we want to learn more about.
Finances	Intentional Living	2/3/2022	11a & 7p	56 Minutes	Dr. Randy helps you sort out the financial problems you have in marriage
Relationships	Afternoon Show	02/03/2022	4p	1	Flower shortage could mean change of plans for Valentine's
Finances	Afternoon Show	02/03/2022	6p	1	FedEx says winter storm could cause delays
Safety	Afternoon Show	02/03/2022	3p	3	Winter storm will hit the Southwest & Mid-West
Parenting	Intentional Living	2/4/2022	11a & 7p	56 Minutes	Dr. Randy helps newcomer parents to learn parenting wisdom from those with more experience
Work	News	2/4/2022	8a	1	Shared story of man who had a heart condition and then ended up becoming a cardiologist. Discussed how God uses the darkest

					circumstances and turns them into opportunities like a career.
Marriage	Community Calendar Spots	1/29/22 - 2/4/22	12am - 11:59pm	7	Marriage conference at Oro Valley Church of the Nazarene
Relationships	Intentional Living	2/7/2022	11a & 7p	56 Minutes	Dr. Randy reveals the power of an encouraging word in the lives of others
Divorce	Intentional Living	2/8/2022	11a & 7p	56 Minutes	Dr. Randy shows you how it is possible to recover from divorce
Relationships	News	2/8/2022	5a-9a	2	A man started making pancakes for his neighborhood. Talked about new and unique ways to make friends
Health	News	2/8/2022	7a	1	They say lifting weights for as little as 3 seconds a day can help build your muscle strength. How have you found ways to get exercise into your busy day?
Faith	Morning Show	2/8/2022	6:30	2	Listener talked about how prayer is a powerful worshipping method.
Faith	Morning Show	2/8/2022	4-8a	4	Good News: Caller shared how, despite the devastation of losing her son, God was able to provide her with peace.
Health	Morning Show	2/8/2022	5-9a	4	Joy Report: Caller shared how she had been praying for her husband to quit smoking, and then they all got COVID. Due to the COVID, the husband was unable to smoke anymore which was answer to her prayer.
Finances	Intentional Living	2/9/2022	11a & 7p	56 Minutes	Dr. Randy and Parkey Thompson help you to be intentional with your finances
Health	News	2/9/2022	8a	2	They say lifting weights for as little as 3 seconds a day can help build your muscle strength. How have you found ways to get movement or exercise into your busy day?
Faith	Morning Show	2/9/2022	6:40a	2	"It's Strange" - Conversation about how we can be too quick to give time and money to frivolous things instead of investing it into church for outreach or service.
Health	Morning Show	2/9/2022	4-8a	4	Good News: Taylor praised God because his elderly aunt recovered from COVID after receiving a very unlikely chance of survival.
Relationships	Morning Show	2/9/2022	5-9a	4	Joy Report: Debbie (caller) shared story of son who completed a free service to be kind and was awarded a new car for his services.
Parenting	Morning Show	2/9/2022	8-9a	5	Kirk Herbstreit Interview: Discussed the kindness and respect in working in College ESPN announcing as well as how to manage divorce with kids.
Health	News	2/10/2022	6a	1	A new program has given doctors the option of "prescribing" a free annual pass to a national park because of the health benefits of being out in nature. If a doctor could prescribe a destination for you, where would it be?
Faith	Morning Show	2/10/2022	6-7a	2	Two callers shared about what it means to give God not just your time and money but having a desire to do so and how that affects your entire view of life.
Finances	Afternoon Show	02/10/2022	2p	2	The most misspelled words by State
Relationships	Intentional Living	2/11/2022	11a & 7p	56 Minutes	Dr. Randy answers your questions about sibling rivalry

KFLT-FM – 2022-Q1: January – February – March

Page 9

Parenting	News	2/11/2022	8a	1	68% of moms get stressed watching the kids play sports.
Faith	Morning Show	2/11/2022	4-8a	4	Good News: Heather (caller) shared how her mother came to Christ before she passed away.
Marriage	Intentional Living	2/14/2022	11a & 7p	56 Minutes	Dr. Randy helps you learn how to make your marriage last
Relationships	Afternoon Show	02/14/2022	2p	2	Chick fil A is offering Valentine's packaging on menu items
Relationships	Afternoon Show	02/14/2022	4-6p	4	Relationships
Parenting	Intentional Living	2/15/2022	11a & 7p	56 Minutes	Dr. Randy helps you teach your kids to be good with their money
Marriage	Intentional Living	2/16/2022	11a & 7p	56 Minutes	Dr. Randy helps you and your family to live an intentional life
Finances	News	2/18/2022	8a	1	An old video game store that closed in the 90s was purchased 30 years later, and in the back, they found a box of factory-sealed, rare games from Nintendo and Sega, worth thousands of dollars. What's the coolest find you ever made in a garage or attic?
Relationships	Morning Show	2/18/2022	8:40	2	"To the Man in 2D" - shared story of generous gentleman who gave up his first-class seat on a plane to a single mom and her special needs daughter
Marriage	Intentional Living	2/21/2022	11a & 7p	56 Minutes	Dr. Randy helps you to get on the same page in your marriage
Health	Morning Show	2/21/2022	7:40	2	Lysa Terkeurst Interview - Talked about how to rewire our brain around saying no to unhealthy foods.
Relationships	News	2/22/2022	6a	1	71% of us say we get jazzed when our plans are canceled so we can stay home. Is this you, and if so, why?
Education	Morning Show	2/22/2022	6:30a	2	Reported on recent findings that showed water on Earth has existed since its formation exactly as the Bible dictates.
Mental Health	Morning Show	2/22/2022	7:40a	2	Mysti raised awareness for National Eating Disorder Week which she used to deal with when she was younger.
Faith	Morning Show	2/22/2022	8:40a	2	Reflected on story of young singer Nightbirde who recently passed away. Discussed her positive mindset despite her cancer and the importance of holding on to God's peace.
Marriage	Intentional Living	2/25/2022	11a & 7p	56 Minutes	Dr. Randy answers the question you have on your in-laws
Finances	News	2/25/2022	5a	1	An avocado hack has gone viral where a woman says if you put them in water, they stay good for an exceptionally long time in the fridge. Hers were more than 2 weeks old and super fresh when she cut into them.
Work	News	2/25/2022	8a	1	More than half of small business owners say they passionately believe working remotely has made them better leaders, with a bunch of them saying since they could no longer monitor their employees physically, it stopped micro-managing and their employees became more productive.
Parenting	Morning Show	2/25/2022	6:12:00a	2	Kathy (caller) shared that she would often come to the defense of her kids, but that would make them worse targets. Discussed striking

					the balance between protective parenting and when to let go.
Work	Morning Show	2/25/2022	6:40a	2	"How to say no at work" - Talked about sentences we can use to convey a respectful denial of requests at work like "I appreciate you for considering me for this, but I have a lot on my plate that I want to get done first".
Mental Health	Morning Show	2/25/2022	7-9a	5	Annie F. Downs Interview - Talked about how to have fun in life to maintain our joy as well as working in better amounts of rest in our lives.
Marriage	Intentional Living	2/28/2022	11a & 7p	56 Minutes	Dr. Randy helps you to move your marriage away from the brink
Mental Health	Morning Show	02/28/2022	8a	4	Annie F. Downs int. - Talked about how we need to have fun for our mental health.
Relationships	Intentional Living	3/1/2022	11a & 7p	56 Minutes	Dr. Randy answers your question about opposite sex friendships
Parenting	Morning Show	03/01/2022	7:40a	2	Sally went to her granddaughter's volleyball match and reflected on how the parents of the different teams offered differing ways of motivation.
Faith	Intentional Living	3/2/2022	11a & 7p	56 Minutes	Dr. Randy talks with Bill Gaither about his long, successful ministry; being intentional
Finances	Morning Show	03/02/2022	6:40a	2	The Morning crew talked about how to extend gas mileage.
Parenting	Morning Show	03/02/2022	8:40a	2	How do you talk to your kids about the war in Ukraine?
Faith	Morning Show	03/02/2022	4-8a	4	Good News: Stephanie (caller) shared about her son who went away from the church but discovered God on his own and came back to their family.
Mental Health	Intentional Living	3/3/2022	11a & 7p	56 Minutes	Dr. Randy helps you to declutter your life
Health	News	3/3/2022	6a	1	Half of us is not entirely truthful with our doctors when they ask us questions, which isn't good, cause then they don't know how to help us. How have you been able to fess up to your doctor about unhealthy habits?
Parenting	Morning Show	3/3/2022	6:10a	2	Cooking with kids - shared rules made by kids for parents as kids help in the kitchen. Things like "don't always correct us, that just makes us want to not do it," or "don't get mad if we fail, it's part of learning
Relationships	Morning Show	3/3/2022	6:30a	2	Shared story of a man who had a "trouble tree" in the front of his house and would leave all his frustrations there so he didn't pass it on to his family when he entered home.
Marriage	Intentional Living	3/4/2022	11a & 7p	56 Minutes	Dr. Randy answers the question you have on your in-laws
Health	News	3/7/2022	6a	1	Mama was right when she told you to drink your milk! Scientists are finding that regular consumption of it helps fight off viral infections!
Marriage	Morning Show	3/7/2022	6:40a	2	Mysti shared that she had been a bit irritable and her husband made a sweet gesture, writing a note that said "Don't be a jerk" as a reminder to be kind.
Parenting	Morning Show	3/7/2022	7:40a	2	Preparing your kids to become responsible adults
Work	Intentional Living	3/8/22	11a & 7p	56 Minutes	Dr. Randy helps you to be intentional in the workplace

KFLT-FM – 2022-Q1: January – February – March

Page 11

Finances	Afternoon Show	3/8/2022	2:40p	1	Make extra cash by renting out your yard to pet owners.
Health	News	3/8/2022	5a	1	A new medical study has confirmed that optimism can help you stay healthy longer, because it reduces your stress levels.
Parenting	Intentional Living	3/9/22	11a & 7p	56 Minutes	Dr. Randy talks to grandparents about parenting their grandkids
Work	News	3/9/2022	6a	1	With people getting back to work, a new survey reveals that most missed face to face interaction the most.
Finances	Morning Show	3/9/2022	6:40a	2	Advice to save money on gas
Health	Morning Show	3/9/2022	4-8a	4	Good News: Brenda (caller) shared miracle of having a baby despite prior infertility.
Relationships	Intentional Living	3/10/2022	11a & 7p	56 Minutes	Dr. Randy helps you to know when and how to ask for help
Relationships	Afternoon Show	3/10/2022	4p	4	If you're feeling down, call this number and get a pep talk from a kindergartener.
Finances	News	3/10/2022	6a	1	Toilet paper rolls are smaller
Relationships	Morning Show	3/10/2022	6:30a	2	Love your neighbor at church
Health	Morning Show	3/10/2022	4-8a	4	Good News: Sunni (caller) shared how she got sober thanks to her sister and God's help.
Safety	Morning Show	3/10/2022	5-9a	4	Joy Report: Elanita gave thanks to God for bringing rain in Florida after wildfires tore up the land.
Mental Health	Intentional Living	3/11/2022	11a & 7p	56 Minutes	Dr. Randy helps you avoid the entanglements of perfectionism
Relationships	Morning Show	3/11/2022	6:30a	2	We can learn how to relate to others from the way our dogs interact with us
Faith	Morning Show	3/11/2022	8a	6	Talked to Darren Mulligan from We Are Messengers who shared how he fell in love with God after making mistakes in his life and how forgiveness is central to finding joy
Relationships	Afternoon Show	03/11/2022	4p	2	A Tucson group of women is hiding books in neighborhood parks to give the finder a free book
Marriage	Intentional Living	3/14/2022	11a & 7p	56 Minutes	Dr. Randy helps you to build trust in your marriage
Finances	Afternoon Show	3/14/2022	6:10p	1	Uber has created a surcharge to accommodate for rising gas prices
Relationships	Afternoon Show	03/15/2022	3p	2	Diamond ring made from ranch goes on auction, money goes to food bank
Marriage	Intentional Living	3/16/2022	11a & 7p	56 Minutes	Dr. Randy shows you how doing one thing can change your marriage
Safety	Afternoon Show	3/16/2022	5:10p	1	The Senate wants to decide on whether Daylight Savings Time will be permanent
Finances	News	3/17/2022	5a	1	Frito Lay is putting fewer chips in the bag
Work	News	3/17/2022	6a	1	New research says that people who use emojis in work emails are perceived as "less powerful." Do you agree? Do you use emojis professionally, or no?
Single Parents	Intentional Living	3/18/2022	11a & 7p	56 Minutes	Dr. Randy help single parent to be the best parent they can be
Work	Morning Show	3/18/2022	5-9a	2	Joy Report: Dave (caller) shared how he lost his job, but then was able to find something that ended up paying better than anything else he ever had and gave God the glory for it.
Marriage	Intentional Living	3/21/2022	11a & 7p	56 Minutes	Dr. Randy helps you understand why it's important to be on the same page in marriage

Parenting	News	3/21/2022	8a	1	Today is National Single Parent Day. If you're a single parent and you want to chime in on how we can help support single parents in our lives.
Grandparents	Intentional Living	3/22/2022	11a & 7p	56 Minutes	Dr. Randy discusses the challenges and blessings of parenting your grandchildren
Finances	News	3/22/2022	7a	1	Willie Wilson from Chicago went to a gas station paid for everyone's gas up to \$200,000.
Faith	Morning Show	3/22/2022	5-9a	4	Joy Report: Caller shared how her dad got a job after she prayed.
Health	Intentional Living	3/23/2022	11a & 7p	56 Minutes	Dr. Randy shares why it's important to be intentional with your health
Finances	Afternoon Show	3/23/2022	4:10p	2	Inflation has more people taking up gardening to grow their own food.
Mental Health	Morning Show	3/24/2022	7:10a	2	"Why worry?" - Talked about how we can be stressed out about the world's events, but God's got it under control.
Parenting	Intentional Living	3/25/2022	11a & 7p	56 Minutes	Dr. Randy helps you to parent that prodigal child
Faith	Morning Show	3/25/2022	7a-9a	6	Ryan Ellis Interview - Talked about finding faith during his son's death.
Marriage	Intentional Living	3/28/2022	11a & 7p	56 Minutes	Dr. Randy encourages you to ask important questions before marriage

