

## KPLP Quarterly Issues Statement 2nd Quarter 2023

**Issue:** Money Management

**Program:** Focus on the Family

**Date:** 04/05/2023 (27 minutes)

Matt Bell explains how parents can teach their children to budget, tithe, save, invest and serve with the money they have at an age-appropriate level.

**Issue:** Mental Health

**Program:** Family Minute

**Date:** 04/11/2023 (1 minute)

Therapist Debra Fileta talks about ways we can help control anxious thoughts.

**Issue:** Familial Abuse

**Program:** Family Life Today

**Date:** 04/19/2023, 04/20/2023 (27 minutes each)

How can you tell if you're dealing with a narcissist? Therapist Laurel Slade-Waggoner relays the story of her own dysfunctional, destructive marriage and how she protected her children. (Two-Part Series)

**Issue:** Stress Management

**Program:** Real Family Life

**Date:** 04/19/2023 (1 minute 30 seconds)

Dennis Rainey talks about how we need to examine what is causing stress and pressure in our lives and put priority on what is really important.

**Issue:** Time Management

**Program:** Focus on the Family

**Date:** 04/25/2023 (27 minutes)

Crystal Paine shares her four-step system that can help moms feel less frazzled and have more room to breathe in your everyday life. She says that moms should pray for their day, prioritize their goals, plan out their time, and prep for new routines.

**Issue:** Foster Care

**Program:** Family Life Today

**Date:** 05/08/2023, 05/09/2023 (32 minutes each)

Abandonment. Foster care. Juvenile hall: Tori Hope Petersen's life was looking bleak. Living in 12 different foster homes, nothing was in Tori Hope Petersen's favor. How did she arrive at Track and Field All-American and later, Mrs. Universe? (Two-Part Series)

**Issue:** Mental Health

**Program:** Focus on the Family

**Date:** 05/10/2023 (27 minutes)

Dr. Gregory Jantz, a leading authority on mental and behavioral health, shares encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. He tells success stories from patients who've found hope and healing for mind, soul and body, by developing healthy habits, growing spiritually in your faith community, and taking prescribed medication when appropriate.

**Issue:** Conflict Management

**Program:** Real Family Life

**Date:** 05/19/2023 (1 minute)

Dave and Anne Wilson talk about how we can handle conflict and how we can use it to grow as individuals and couples.

**Issue:** Social Media

**Program:** Family Life Today

**Date:** 05/24/2023 (28 minutes)

Dr. Jeremiah Johnston reveals research on the devices and social media our kids live on. What do we need to know?

**Issue:** Work-Life Balance

**Program:** Focus on the Family

**Date:** 06/19/2023 (26 minutes)

Drs. Gary Chapman and Paul White help men and women recognize toxic work environments and understand how they affect them mentally, emotionally and spiritually. They also address the impact it has on their families. They equip listeners to establish healthy boundaries, as well as empower them if they need to leave harmful jobs.

**Issue:** Communication

**Program:** Real Family Life

**Date:** 06/23/2023 (1 minute)

Dave and Anne Wilson talk about how couples can communicate better.

**Issue:** Self-Care

**Program:** Family Life Today

**Date:** 06/26/2023, 06/27/2023, 06/28/2023 (29 minutes each)

What if you're only human—and that's a good thing? Author Kelly Kopic recounts finally embracing limits, redefining faithfulness, and finding freedom. (Three-Part Series)