

KLFF
Issues and Programs Report
2023-Q3
July - August - September

Report Prepared and Submitted by Amy Rollins

October 10, 2023

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
Health	41
Mental Health	32
Parenting	17
Faith	43
Work	15
Relationships	56
Finances	9
Marriage	8
Poverty	1
Arts	28
Safety	2

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	Mornings	7/05/2023	6:10a	2	Ways to feel more awake in the morning - increased exercise, wake up to music, waking up at the same time every day.
Mental Health	Mornings	7/05/2023	6:30a	2	Courtney (caller) talked about writing things down to help process the automatic negative thoughts she sometimes experiences.
Parenting	Mornings	7/05/2023	6am	2	Tips for road trips with young kids - how to help keep them peaceful in the car.
Faith	Mornings	7/05/2023	7:40	2	When God looks at you, He knows EVERYTHING about you. So, what if when he allows obstacles to block your path in life, it's because He gets that who YOU are in Him is so much bigger than what's in your way.
Work	Mornings	7/05/2023	8:10a	2	5-a-day declutter method - the idea is to donate or throw away 5 items each day.
Relationships	Mornings	7/5/2023	7a	2	Jonathan Murphy interview - talked about having the mindset to give more to others "getting past yourself".
Relationships	Evening Show	7/5/2023	10p	1	Research shows talking daily with a friend reduces stress
Relationships	Mornings	7/06/2023	6:40a	2	Generosity is proven to have health benefits, according to recent studies - spending more time doing for others releases oxytocin.
Relationships	Mornings	7/06/2023	7a	2	Jonathan Murphy interview - talked about the importance of being present with people.
Health	Mornings	7/06/2023	4-8a	8	Good News - Angie (caller) shared how she was miraculously sobered through relationship with God and how her mindset changed.
Relationships	Mornings	7/07/2023	6:10a	2	Caller shared how he runs a non-profit that donates items signatred by celebrities to help people in need.
Parenting	Mornings	7/07/2023	6:30a	2	Kank shared about how to address his son's concerns with making a summer job out of something he has a tough time doing.
Faith	Mornings	7/07/2023	8:10a	2	Talked about what relationship with God looks like when we pray. Is it a healthy relationship when you only ask for things?
Work	News	7/10/2023	8a	1	Shared story of amazing 90-year-old worker who never missed a day on the job after 74 years of working at Dillard's.
Work	Mornings	7/10/2023	6:30a	2	Cooper (caller) shared how he prays continuously even as he's out shopping for Instacart customers.
Finances	Mornings	7/10/2023	6:40a	2	Talked about the essential tools every home should have and why.

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Relationships	Mornings	7/10/2023	7:40a	2	Mysti shared her difficulties with forgiving those who she feels wronged her and the element of giving control of our emotions to them instead of giving it to God.
Faith	Mornings	7/10/2023	8:40a	2	Have you ever asked God to heal your broken heart, but refused to give Him all the pieces? We want our hurts to be mended, but it can be difficult to fully let go.
Finances	Evening Show	7/10/2023	8p	1	Family Budgeting Tips
Relationships	Mornings	7/12/2023	6am	4	Ways to meet your neighbor - planning street parties, inviting them for walks.
Health	Mornings	7/12/2023	8a	4	Talked about limiting screen time and ways to discourage overuse by setting goals, creating a phone-free zone, etc.
Finances	Evening Show	7/12/2023	9p	1	Lessons on Insurance application
Mental Health	News	7/14/2023	6a	1	Discussed a new self-care technique called "bed rotting" where you don't leave your bed and whether it was a healthy method of coping or not.
Marriage	Mornings	7/14/2023	6:10a	2	Summer date ideas for spouses including picnics
Faith	Mornings	7/14/2023	6:40a	2	Sarah (caller) shared how she struggled with forgiveness for a time when her husband was let go. Talked about how we are called to forgive as Jesus forgave, when we didn't even deserve to be forgiven.
Arts	Event Radio Spot	7/03/23 - 7/16/23	12am - 11:59pm	28	Community event at California Mid State Fair
Health	Mornings	7/17/2023	6:40a	2	Tips for moms to work out at home with a toddler; let them join you, offer them rewards for patience while you work out, shorter, but more frequent workouts.
Relationships	Mornings	7/17/2023	7:40a	2	Gary Thomas interview - discussed biblical responses to toxicity in people and relationships with them.
Finances	Mornings	7/17/2023	5-9a	2	Joy Report - Cynthia (caller) shared how her joy came from being able to return home after a long-awaited AC fix.
Faith	Mornings	7/18/2023	6:10a	2	Dana (caller) shared reflection on God's 24/7 availability and how we can take it for granted like our technology services and when they are "down for maintenance".
Relationships	Mornings	7/18/2023	8:12a	2	Releasing your anger - shared memory device to relieve anger: A – Avoid. Don't let your anger or other angry people control you. N – Never use your body or voice to hurt others. G – Get away from the situation so your feelings don't overwhelm you. E – Evaluate your choices. Think before

					you react! R – Responsibility. Remember, you are responsible for your choices. No one can make you angry. You allow yourself to become angry. You can choose not to get angry.
Health	Mornings	7/19/2023	6:12a	2	Keeping brains healthy - getting proper 6-8 hours of sleep, exercise to increase blood flow, try new things to challenge the brain, be with friends to reduce loneliness.
Safety	Afternoon Show	7/21/2023	2:40p	2	A runner dressed as Darth Vader ran one mile in Death Valley in 126 degrees heat to say that he did. Local running clubs don't suggest this as good for your health.
Health	News	7/24/2023	7a	1	Al Roker went viral this week for reacting to dermatologists' recommendation that we only shower 2 – 3 times a week. He is an everyday guy. How about you? Do you feel 2 – 3 times a week is enough?
Relationships	Mornings	7/25/2023	8a	2	Kyle Idleman interview - discussed the importance of being in community with other believers
Health	Mornings	7/25/2023	8:40a	2	Research discovers that cancer and unforgiveness are linked together because bitterness creates anxiety which depletes resources that kill cancerous cells. Discussed the implications of a Christian way of life for forgiveness.
Relationships	Mornings	7/26/2023	5-9a	4	Joy Report - Caller shared how she was able to adopt an orphaned child that was in dire circumstances and what God has done through that.
Mental Health	Mornings	7/31/2023	6:30a	2	Smartphone detox conversation - ideas to declutter the phone to help with distractions: removing apps and using web versions instead, turning off notifications, etc.
Relationships	Mornings	7/31/2023	8:12a	2	Shared story of young boy who gave encouragement through the video doorbell.
Mental Health	News	8/01/2023	7a	1	New research says we are twice as likely to complain in the afternoon as we are in the morning. Why do you think that is, and how do you stay positive as the day wears on?
Health	Mornings	8/01/2023	8a	2	Leslie Schilling interview - discussed how our relationships affect our nutrition.
Relationships	Mornings	8/01/2023	4-8a	4	Good news - Kay shared about the work God is doing through her at a women's shelter.
Parenting	Mornings	8/02/2023	6:40a	2	Discussed college move-in day and what parents can do and say during that transitional time in their child's life.
Faith	Mornings	8/02/2023	8:40a	2	Discussed ways to strengthen one's prayer life: finding inspiration from Bible

					verses, praying with others, pray for others, and so on.
Mental Health	Mornings	8/03/2023	6:40a	2	Discussed lies the enemy tells us when we're overwhelmed such as thinking we don't have time for rest, feeling overwhelmed is weakness, and not worthy of support.
Relationships	Mornings	8/03/2023	7:40am	3	Mysti shared the story of when she left a church years ago and realized that none of that church family reached out. Discussed importance of a church to reach out to their members to stand together in times of trials.
Poverty	Afternoon Show	8/3/2023	6:40p	1	The Salvation Army, Boys & Girls Clubs of America and Operation Homefront offer free school supplies to help struggling families.
Parenting	Mornings	8/04/2023	6:12	2	Talked about keeping our kids calm on their first day of kindergarten: discussed strategies like staying calm at the drop off and keeping goodbyes short.
Faith	Mornings	8/04/2023	6:30a	2	Talked about football player Damar Hamlin's return to practice after last year's season-ending injury and how his faith is stronger than the fear for him to get back out there.
Finances	Mornings	8/04/2023	8:12a	2	An organization tip to identify clothes that we don't wear anymore - "Wear the Hits" - figure out your usual outfits and then keep only those.
Health	Mornings	8/04/2023	5-9a	4	Joy Report - Lisa shared how God moved her to be thankful for her life despite almost losing her life.
Health	Evening Show	8/4/2023	11p	1	Backpack safety from The American Academy of Orthopedic Surgeons
Health	News	8/07/2023	6a	1	Russell is 91 years old, and he has worked out at the same YMCA gym for 84 years. And he says he has no plans to stop working out. What is something you do that people may not necessarily expect of someone your age – whether young or old?
Relationships	Mornings	8/07/2023	7a	2	Daniel Maritz Interview - discussed how to correct one another in God's love with kindness.
Mental Health	Mornings	8/07/2023	8-9a	4	Callers shared their faith-based ways to stave off stress: recognizing they do everything for God.
Faith	Mornings	8/07/2023	5-9a	4	Joy Report - Wendy shared about her daughter's cancer and how they don't have much more time with her, but thankful for every moment they have. Shared how God was integral in keeping peace, but also recognizing their blessing in the time they have.
Parenting	Mornings	8/08/2023	6:40a	2	"Dear Sam" - Letter a mom shared written to her son with messages such as "be kind

					to yourself", "don't lose your quiriness", "seek quality friendships", and so on.
Faith	Mornings	8/08/2023	7:40am	2	Since the pandemic, the amount of people between the ages of 39 and 57 attending church is down by 12%. New research says that middle-aged Americans are busy raising kids, caring for their older parents and juggling demanding jobs. Then along came the pandemic, and people were forced to isolate themselves and spend time thinking about what it is they believe. Now, less than half of all US adults belong to a house of worship. (How do we rectify this?)
Work	Mornings	8/08/2023	8:12a	2	Kank shared story of him fixing his own microwave after watching YouTube - discussed thinking we can't do things and resign to replacing something instead of trying it ourselves.
Faith	Mornings	8/08/2023	8:40a	2	Paul discussed stat of people not coming back to church - discussed his own struggle with getting back to church but realized that doing that suggested he believed he knew more than God and that convinced him he was wrong in that area.
Marriage	Mornings	8/09/2023	7:40am	2	Sally shared a story of needing her husband while working on a chore, realizing she needed immediate help, texted her husband for help, and he immediately recognized the need. Discussed that it was him saying "I love you" through his actions.
Work	Mornings	8/09/2023	8:40a	2	Discussed statistic that 68% of women feel guilty for leaving dishes in the sink in the morning before heading to work.
Health	Mornings	8/09/2023	5-9a	4	Joy Report - Carla (caller) reported that she is cancer-free and depression free!
Mental Health	Mornings	8/10/2023	6:40a	2	Hit the Reset Button - little breaks help reset the nervous system; methods include eating some dark chocolate, looking at images that have repeating patterns or fractals (snowflakes, fern leaves, intricate designs), drawing, or listening to an interesting podcast which activates the brain.
Faith	Mornings	8/14/2023	7a	2	Susie Larson interview - discussed the prayer for asking more of God's presence in our lives and how that can impact our outlook.
Work	News	8/15/2023	6a	1	Barbara Corcoran from Shark Tank says there is one question you should always ask in a job interview: "Is there anything standing in the way of you hiring me?" That way, they're kind of backed into telling you anything they object to. If you're

					in a position where you hire people, what are some other great questions to ask?
Relationships	News	8/15/2023	7a	2	Blessing bags are making the rounds again on social media – a gallon Ziploc bag with things like socks, a toothbrush, toothpaste, deodorant, snacks – things like that. The idea is to give a homeless person it. What else would be a good thing to put in a blessing bag?
Faith	Mornings	8/15/2023	7:40am	2	Things to remember as you wait on God: trusting that God is good, present with you, knows your heart's desires, and consistently thinks of you as His child.
Mental Health	Mornings	8/15/2023	8:12a	2	Jennifer (caller) talked about how her sense of gratitude was worth more than any amount of money and described how much peace focusing on gratitude has brought her.
Relationships	Mid-Day	8/16/2023	1:10p	1	Helping others will help stave off depression
Parenting	Mornings	8/17/2023	6-6:30	4	Proud parent moments - Carla shared about how her grandson prayed for his baseball team and how Cindy's son took it upon himself to thank an officer.
Marriage	Mornings	8/17/2023	8:12a	2	Talked about ideas for marriage such as arguing to understand, not to win and not comparing one's marriage to another.
Parenting	Mornings	8/21/2023	7a	2	Alli Worthington Interview - discussed "mom guilt" as a phenomenon, that the main cause is social media and the comparison game, and the truth of God's word that counteracts that.
Faith	Mornings	8/21/2023	7:40a	2	A father instructed his daughter when she was little that God's telephone number is Jeremiah 33:3 - "Call unto Me and I will answer you and show you great and mighty things that you do not know."
Health	News	8/21/2023	7a	1	A woman has gone viral for sharing her fast-food hacks now that she's lost 160 lbs. For example, at Taco Bell, she'll order two soft taco Supremes with chicken and a diet soda, which is only 370 calories. Do you have any fast-food hacks for eating healthier?
Marriage	Mornings	8/22/2023	8:12a	2	Discussed silent traps that can hurt Christian marriages - poor communication, avoiding talking about money, allowing tech to interfere, and "stonewalling" - avoiding conflict and not allowing proper processing of frustration.
Work	Mornings	8/23/2023	7:40a	2	Poor office habits and what they communicate (i.e., missing deadlines = you can't be counted on)
Faith	Mornings	8/23/2023	8:12a	2	Discussed inspirational quote: "Some of the words people in the Bible made the most positive impact...their story didn't end

					with their mistake, it finished with their comeback."
Relationships	Mornings	8/23/2023	4-8a	4	Good News - Cindy shared story of her daughter being an inspiration and showing Jesus to medical staff during 18 surgeries.
Mental Health	Mornings	8/24/2023	6- 8a	7	Discussed depression and reframing it as sickness instead of a sign of weak-mindedness. Callers shared their perspective for how to help and be with them, not try and "fix them"/
Faith	Mornings	8/24/2023	8:40a	2	Christian speaker Amanda Pittman says this: Our definition of failure and God's definition of failure are not always the same. God could be calling you to a war zone, and you're expecting to win the battle, all while God has assigned you to win a soul. So, you could have won a soul and lost the battle, and assumed you failed, all while God is saying, "Well done thy good and faithful servant."
Relationships	Mornings	9/05/2023	6:40a	3	Making a difference - shared story of a person who wanted to contribute to a food bank and would leave a jar of peanut butter every single week - discussed how nothing is too small when you do it for God.
Faith	Mornings	9/05/2023	7a	2	Anne Graham Lotz and Rachel Ruth Lotz-Wright Interview - Talked about the process for preparing to meet Jesus and aligning yourself with Him.
Relationships	News	9/06/2023	7a	2	One of Dolly Parton's famous sayings is, "if you see someone without a smile, give them one of yours." - What's a saying that helps remind you to be kind?
Relationships	Mornings	9/06/2023	6:40a	2	Gina (caller) shared how she was dealing with the loss of her son and how she ended up finding a church that helped her process the loss.
Faith	Morning Show	9/06/2023	4-8a	4	Good News - Daniel (caller) shared how he had difficulty processing the abortion of his child and how God was able to heal his heart.
Relationships	News	9/08/2023	6a	2	Research says people are using fewer dating apps and dating more through their friend groups.
Parenting	News	9/11/2023	7a	1	Experts say that new college freshmen can be expected to learn how to deal with homesickness. It is said that exploration will familiarize them with their surroundings, and prioritization of sleep, organization and time management will be a huge help. What other advice would you offer a new college freshman?
Relationships	Mornings	9/26/2023	6:30a	2	When a flashlight grows dim or quits working, do you just throw it away? No, you just replace its batteries. People are

					similar as they have times in dark places, they aren't to be cast aside, but they need their own recharge.
Faith	Mornings	9/26/2023	7a	2	Ruth Chou Simons interview - discussed redirecting back to God's grace and how to keep focused on that when life throws unexpected curveballs.
Health	Mornings	9/26/2023	7:12a	3	Discussed excerpt of Max Lucado's latest book where he opens up about his battle with alcoholism and how he was able to find support within his church, even as a pastor and leader himself.
Work	News	9/27/2023	6a	1	A new study says that the average person's home is clean only 11 days out of the entire year. Have you found a way to keep your home tidy throughout the busy weeks? What are your tips?
Relationships	Mornings	9/27/2023	6:40a	2	Shared clip of little boy who was so moved by seeing his newborn baby brother that he started worshipping and singing "Way maker".
Health	Mornings	9/27/2023	5-9a	4	Joy Report - Patty (caller) shared that her daughter finally was able to ring the bell declaring she is cancer-free and thanking God for the peace given to the family in that time.
Finances	News	9/28/2023	6a	1	A new study says that good financial planning actually leads to living longer. Is there a change you've made in your finances where you've seen a big positive difference? Let's share our financial wisdom.
Faith	Mornings	9/28/2023	7:40a	3	Mysti shared how she keeps feeling like she shouldn't keep sharing stories of her redemption from thoughts of taking her life and the lie that "nobody wants to hear it anymore".
Mental Health	Mornings	9/28/2023	8-9a	5	Camille (caller) shared her thoughts on being content with the things you have and how God changed her perspective.
Mental Health	Mornings	9/29/2023	6a	2	New research says that to boost your self-confidence, you should complement yourself!
Work	Mornings	9/29/2023	7a	2	Your zoom background apparently influences how competent and trustworthy your co-workers and boss view you. Apparently, bookcases and houseplants make you appear trustworthy. Smiling is also helpful. What does your zoom background say about you?
Mental Health	Mornings	9/29/2023	6:12a	2	Caller talked about how she learned that it takes 100 positive comments to eliminate 1 negative thought.