

**KLFF**  
**Issues and Programs Report**  
**2023-Q4**  
**October - November - December**

Report Prepared and Submitted by Amy Rollins

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January 10, 2024

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.

<b>ISSUE</b>	<b>Total Minutes On-Air</b>
Parenting	15
Health	9
Safety	3
Relationships	119
Faith	12
Work	10
Marriage	8
Mental Health	20
Education	4
Finances	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
Relationships	Mornings	10/02/2023	6:12a	2	How to manage differing opinions at family gatherings: ask fun questions to facilitate nostalgia, refocus conversations to neutral topics.
Relationships	Mornings	10/02/2023	7:40a	3	Mysti shared about how she had a good dream about her dad who left her family at an early age - discussed how that signified letting go of her hurt and embracing a love for her dad she's never felt before
Relationships	News	10/03/2023	7a	2	The average person spends nearly half of any event trying to capture the perfect pictures on their phone. How have you learned to set your phone down and live in the moment when making memories with loved ones?
Faith	Mornings	10/3/2023	6:30a	2	Stop a fear spiral with controlled breathing and Bible verses.
Safety	Mornings	10/3/2023	8:40a	2	Forewarning of the National EAS test, what it is, how it works, and when to expect it.
Relationships	News	10/4/2023	6a	3	A mom put out a social media post saying no one showed up for her daughter's birthday party, then people responded and showed up, with gifts - discussed how social media can have a positive impact.
Work	Mornings	10/4/2023	4-8a	4	Good News - Jake (caller) shared how God blessed him with a new job despite other opportunities passing on him.
Relationships	Mornings	10/5/2023	7:40a	4	Mysti shared story about reuniting with her brother after many years of not speaking.
Relationships	Mornings	10/5/2023	8:12a	2	Selena (caller) shared how anytime she prays for someone, she texts them.
Relationships	Mornings	10/5/2023	5-9a	3	Joy Report - Jody's (caller) son has special needs and was able to get an amazing job after working hard at his culinary skills.
Parenting	Evening Show	10/10/2023	8p	1	James Dobson shares 4 things Dad's should do everyday
Relationships	Community Calendar Spots	10/9/2023 - 10/15/2023	12am - 11:59pm	28	Local community fall festivals in the Central Coast
Work	News	10/16/2023	6a	2	More than half of us say we would work harder if we were given a decent Christmas bonus each year. What is something your employer has done to motivate you and other employees at your workplace?
Parenting	Mornings	10/16/2023	7:40a	2	The XBOX controller - shared story of a mom struggling to deal with son's

					frustration over a video game - instead of getting upset herself, she shared her own struggles with anger with her son and asked if passing on strategies from her therapist would be helpful - her honesty had an amazing impact on him.
Faith	Mornings	10/16/2023	8:40a	2	"Feel guilty falling asleep while praying? Let me ask you this. How do you feel when your child falls asleep in your lap?" - discussed the power of this visual.
Relationships	Mornings	10/17/2023	8:12a	2	Communication advice to have better relationships
Work	Mornings	10/18/2023	7a	2	Karen Pence talked about placing healthy boundaries.
Parenting	Mornings	10/18/2023	8:12a	2	Parenting advice on social media use
Health	Evening Show	10/19/2023	9p	1	A study from Stanford University say spending time in nature is important to health and increases longevity.
Marriage	News	10/20/2023	6a	2	A new study says that couples are happier when the husband does the dishes. How do you share the chores?
Relationships	Mornings	10/20/2023	8a	4	Mysti shared how her relationship with her brother is improving and the notable changes that she's noticed from years ago. Caller shared her own desire for healing in their relationships and the emptiness felt without them around.
Relationships	Mornings	10/23/2023	6:40a	2	Shared story of a girl that was yelled at by her bus driver. The girl's mom told her to respond in love and that improved the bus driver's mood. Discussed doing nice things and giving grace to those who need it.
Relationships	Mornings	10/23/2023	7:12a	2	Sally shared how her vacation helped her slow down and enjoy unhurried conversations with friends.
Relationships	Mornings	10/23/2023	7:40a	4	Reverse gossip - shared power of sharing positive things about others behind their backs.
Mental Health	Mornings	10/23/2023	8:40a	2	Ideas for forgiving yourself.
Relationships	Mornings	10/23/2023	4-8a	4	Good News - Mark (caller) shared his story of healing from addiction and how he's using that as a TikTok-based ministry for others struggling.
Parenting	Mornings	10/24/2023	6:12	2	Discussed strategies for parents to talk to their teens about social media openly.
Relationships	Mornings	10/24/2023	7:12a	2	Discussed how to behave amicably with ex-spouses
Marriage	Mornings	10/24/2023	8:12a	6	Aaron and Jennifer Smith Interview - discussed praying with your spouse.
Education	Mornings	10/25/2023	6:30-7a	4	Discussed things wished to be taught in school such as changing a tire.
Faith	Mornings	10/25/2023	7:40a	4	Kank's Red Car Theory - discussed opportunity - "if you never look for it, it doesn't ever happen". "If I'm going through my day looking for God, I'm more likely to find him".

Work	Mornings	10/25/2023	8:12a	2	Mysti - shared her strategy for being nicer to coworkers.
Faith	Mornings	10/25/2023	5a-9a	4	Joy Report - Maisie was re-baptized and her husband came to Christ.
Mental Health	News	10/26/2023	7a	2	Gen Z is resurrecting the "silent walk" – it's trendy now to go for a walk without your phone, without listening to music or podcasts, with no form of digital distraction. What do you like to do on your walks?
Parenting	News	10/26/2023	8a	2	A new study out of Britain says that mothers who nag end up having more successful daughters. What are some great ways you've found to encourage your children to be their best selves without "nagging" them?
Mental Health	Mornings	10/26/2023	7:12a	2	Deanna (caller) shared how she sings to help relax as she goes on her quiet (technology-less) walks.
Mental Health	Mornings	10/26/2023	7:40-9a	6	Discussed tragedy of Maine shooting and how to deal with managing exposure to news.
Safety	Evening Show	10/30/2023	10p	1	Pumpkin carving safety tips
Health	Mornings	10/30/2023	6-7a	4	Shared home remedies - callers shared how a paper towel trick stops hiccups.
Relationships	Mornings	10/30/2023	6:30a	3	Mysti shared how her relationship with her brother has grown and came across an old letter of her feelings before realizing they would reconnect.
Parenting	Mornings	10/31/2023	6-9a	4	Callers shared their ways to have family time - board games, family lunches.
Mental Health	Mornings	10/31/2023	7:40a	2	Kank shared mental technique to help with anxiety - deep breathing & saying a quick prayer.
Health	Mornings	11/1/2023	6a	2	Lettuce water tea is a new trend that is meant to help you sleep - discussed different sleep remedies.
Health	Mornings	11/1/2023	6:12a	2	Caller shared about sleep remedy - to envision herself in the palm of God.
Relationships	Mornings	11/2/2023	7:40a	2	Recognizing God's blessings help us not become bitter.
Mental Health	News	11/3/2023	6a	2	A new survey has found that people who decorate for Christmas early are happier overall.
Relationships	Mornings	11/13/2023	6:40a	2	Discussed strategies for long driving trips to maintain peace in the car.
Mental Health	Mornings	11/14/2023	6:40-7a	4	FAIL stands for First Attempt in Learning and NO stands for Next Opportunity - ways to look at failure in life as a chance to try again or to look forward to a new opportunity.
Relationships	Mornings	11/16/2023	6:40-7a	4	Shared 7 ideas to start making kindness "the norm in your daily life"
Relationships	Mid-Day	11/20/2023	12:40p	1	Vets say there's a virus spreading among dogs, it's best to keep them away from other dogs

Relationships	Mornings	11/27/2023	8:12a	2	A 1 Corinthians Christmas - reframed love and care in context of 1 Corinthians 13 for the Christmas season - (e.g. - If I decorate my house perfectly with lights, but don't show love to my family, I'm just another decorator).
Relationships	Mornings	12/5/2023	6-6:30a	4	Discussed regifting at Christmastime and the best way to go about that.
Parenting	Mornings	12/5/2023	6:40a	2	Idea for Christmas tradition - using nativity pieces to recreate journey through to Bethlehem for kids to learn about the story.
Finances	Mornings	12/7/2023	6-6:30a	2	Discussed strategies for when to buy Christmas presents for optimal price points and ease the holiday budget.
Relationships	Community Calendar Spots	12/11/2023 - 12/17/2023	12am - 11:59pm	28	Free Holiday events in San Luis Obispo
Relationships	Mornings	12/18/2023	6:12a	2	Someone you know is preparing for their first Christmas without a loved one - discussed ways to help and be a support for those in difficult situations like this.
Relationships	Mornings	12/8, 12/15, 12/18	7a-8a	4	Love Your Neighbor Christmas Edition - presented need to audience and callers asked to help.

