

Issues/Programs List For KSYF
3rd Quarter 2023

Issue: Food as Medicine		
Program Title: Ultimate Prescription		
Date: 7/12/23	Time: 5:00 PM	Duration (hr:min:sec): 28:45
Brief Description: Dr. James Marcum talks about how food is often the best medicine. The standard American diet with its lack of proper nutrients, is the cause of many diseases. What foods have the needful nutrients for various diseases, is discussed. A balanced plant-based diet, along with other good lifestyle habits, will not only prevent, but also reverse, many of the diseases of our society.		

Issue: Coping with Grief		
Program Title: It Is Written		
Date: 7/22/23	Time: 11:00 AM	Duration (hr:min:sec): 28:30
Brief Description: Grief comes from a major loss. Mike Tucker lost his wife of forty years and discusses his journey. They were very close and worked together most of the time. Mike was a grief counselor, but now it was him. What is grief and how it effects every aspect of life. Grief is the process from loss to reaching new norm. There are differences in grieving and "recovery", and how long. What are the best ways to deal with grief. How to learn to make a meaningful and useful life going forward.		

Issue: Principles of Money Management		
Program Title: 3ABN Family - It's Your Money		
Date: 8/6/23	Time: 2:00 PM	Duration (hr:min:sec): 28:00
Brief Description: This is the first of a twelve part weekly series dealing with the proper management of money by attorney and financial counselor, Edward Reid. It covers such topics as basic as managing a checking account and budgeting, savings and investing, avoiding debt and getting out of debt, buying a home and getting it paid for, or renting, which is not investing. Also discussed is buying insurance, estate planning, inheritance, avoiding get-rich-quick schemes and hoarding. And, finally, training your children in these things.		

Issue: Credit Protection and ID Theft		
Program Title: Take It to the Bank		
Date: 8/24/23	Time: 2:30 PM	Duration (hr:min:sec): 27:30
Brief Description: This is an ongoing series about managing finances. This program along with the next two discusses how to get credit, increase your credit score, and maintain your credit. The focus is particularly on protection and ID theft. How to avoid personal information theft, and how to recognize the many schemes to con you into giving this information. Also discussed is what to do if your information has been compromised or you have a credit problem.		

Issue: Stop Smoking Clinic		
Program Title: 2ABN Variety		
Date: 9/5/23	Time: 1:30 PM	Duration (hr:min:sec): 24:00
Brief Description: Dr. Arthur Weaver has helped over 100,000 people quit smoking. This is the first of an ongoing weekly series of six programs to help people quit. Both physiological and psychological aspects are discussed, and what are withdrawal symptoms and how to get through them. What are the tools you can use to increase the likelihood of success, such as specific lifestyle changes, buddy system for accountability, getting through both physical and psychological triggers, etc.		

Issue: Cognitive Decline		
Program Title: It Is Written		
Date: 9/17/23	Time: 2:30 PM	Duration (hr:min:sec): 28:30
Brief Description: John Bradshaw hosted Dr. Wes Youngberg, assistant professor at Loma Linda University School of Health. Recent research associates a type of diabetes that affects the brain. Alzheimer is defined. Most can be prevented. He discussed his book, Memory Makeover, showing ways to both prevent and even slow down or improve cognitive function. This is a two-part program, with the second part the following week at the same time.		

Ronald Grant
KSYF Operations Manager

9/25/23
Date