

Issues/Programs List For KSYF
3rd Quarter 2022

Issue: Marriage		
Program Title: 3ABN Family - Marriage Heart to Heart		
Date: 7/3/22	Time: 2:00 PM	Duration (hr:min:sec): 27:15
Brief Description: This is a continuation of a weekly series dealing with having a good marriage. This covers the many aspects of not only maintaining a good marriage, but how to resolve problems to make a bad marriage good, and to make a good marriage better. The focus must always be to put your spouse first, which will in turn result in a rewarding relationship.		

Issue: Sleep		
Program Title: Crossroads		
Date: 7/13/22	Time: 8:00 AM	Duration (hr:min:sec): 28:30
Brief Description: Many, if not most, Americans are sleep deprived. Some of what sleep does is to clean clutter from mind. It also is needed to build our immune system, especially for B & T cell health. Things which can disturb our sleep are eating heavy late meals, screen time near bedtime, and type of music listened to, particularly near bedtime. Not properly scheduling bedtime is also a big problem.		

Issue: Principles of Money Management		
Program Title: 3ABN Family-Its Your Money		
Date: 8/7/22	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: Conflict		
Program Title: A Multitude of Counselors		
Date: 8/28/22	Time: 2:30 PM	Duration (hr:min:sec): 28:30
Brief Description: Conflict defined. Wherever there are human relationships, there will be conflicts. These usually begin with emotional conflict and breakdown in communication, often because not listening. Ways to resolve conflicts discussed. Mediator often needed. Attempting to understand the other's perspective is needful. Ask the right questions, and listen. It takes time. If abuse is involved, then other ways are needed, which may include severing ties with that person.		

Issue: Stop Smoking		
Program Title: 3ABN Variety Stop Smoking Clinic		
Date: 9/6/22	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: Grief		
Program Title: WonderfullyMade-To Grieve is to Heal		
Date: 9/7/22	Time: 11:30 AM	Duration (hr:min:sec): 28:30
Brief Description: Drs. Arlene Taylor and Lorna Laurence begin a 6-part series on healing from grief, continuing each week. Grief is defined as the natural response to a loss, which we all will experience. It can be debilitating. Healing is necessary to continue on with a meaningful life, even though often never the same. How to deal with grief, and what to expect. What are the phases of grieving, and how long it can take. What kind of help is needed. How to help others grieving. A very in-depth look at the why, how and what of the grieving process.		

Ronald Grant

 KSYF Operations Manager

10/9/22

 Date