

**Issues/Programs List For KSYF**  
1st Quarter 2023

<b>Issue:</b> Dealing with Anger		
<b>Program Title:</b> Counsel for the Heart		
<b>Date:</b> 1/15/23	<b>Time:</b> 2:00 PM	<b>Duration (hr:min:sec):</b> 27:15
<b>Brief Description:</b> Junie Lawson tells how anger is escalating in recent times. Anger can lead to fights, road rage, sometimes leading to accident, and even murder. When anger is triggered, how do we react? Anger affects you physiologically. The cause is often selfishness - not getting our own way, which is inappropriate anger. Appropriate anger would be for things like injustice, and when threatened. Ways to deal with anger, and to not become anger inappropriately are discussed.		

<b>Issue:</b> Steps to Safeguard Your Health		
<b>Program Title:</b> It is Written		
<b>Date:</b> 1/23/23	<b>Time:</b> 2:30 PM	<b>Duration (hr:min:sec):</b> 58:30
<b>Brief Description:</b> It is better to avoid sickness than to deal with it afterwards. Most comorbidities result in Covid-19, and other viruses, being a lot worse. Our lifestyle causes many illnesses. Steps to avoid many of these are discussed. Things like what you eat. A whole food plant-based diet takes care of the problem of too much fat and sugar, and not enough fiber. Others are exercise, good sleep, and NO alcohol. This can prevent most cardiovascular diseases and diabetes.		

<b>Issue:</b> Media & the Child Brain		
<b>Program Title:</b> Digital Disconnect		
<b>Date:</b> 2/7/23	<b>Time:</b> 3:30 PM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> Media, all kinds, is destroying childhood, which greatly affects proper development to be able to face adulthood. Children have almost no creative activity, leading to a lack of natural curiosity. The problem often starts with parents who themselves spend lots of time on their smart devices, and giving almost no time to their children. Media has become a major addiction, where more and more stimulation from media doesn't satisfy. Reality becomes boring with average attention span now only 8 sec. American Academy of Pediatrics media recommendations given.		

<b>Issue:</b> Overcoming Obesity		
<b>Program Title:</b> It Is Written		
<b>Date:</b> 2/20/23	<b>Time:</b> 2:30 PM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> About 3/4 of population is overweight, with many being obese. Factors discussed which lead to this problem. Most we have control over. Bad diet with inactivity is primary cause. Inactivity also leads to muscle mass lose, which in turn lowers metabolism. Things like sugar, in both processed foods and in beverages is a big factor, along with the fat also in processed foods. Whole food plant-based diet will resolve these problems. Reducing stress is also a factor. How to start small and realistically is important, with a lifestyle one can change for the rest of their life.		

<b>Issue:</b> Marriage Heart to Heart		
<b>Program Title:</b> 3ABN Family		
<b>Date:</b> 3/5/23	<b>Time:</b> 2:00 PM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> Marriage is under attack in our world today. The divorce rate has been 50% or more for decades, with many couples now not even getting married to make it easier to make the exodus. For any marriage to not only survive, but to excel, each spouse must focus on the other person. This focus needs to be how can I make my spouse happy, and how can I be a better person, not just looking to have my supposed needs met. Our natural tendencies is to be self-centered, rather than other-centered. This is a mult-part series continuing weekly, where many examples and practical ways to deal with the many problems of marriage are discussed.		

<b>Issue:</b> Avoid Colds & Flu Naturally		
<b>Program Title:</b> Lifestart Seminars		
<b>Date:</b> 3/19/23	<b>Time:</b> 1:00 PM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> David DeRose, MD, shows how to build our immunity so that we don't get sick with colds and Flu. Different types of viruses and how they affect us, and statistics on number of cases and how serious, including deaths, discussed. Many are exposed to these viruses and don't get sick, even with the more dangerous ones. What's most important in dealing with these diseases is our immune system. How to do this is discussed, which is primarily lifestyle and cleanliness.		

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3/26/23  
Date