

Issues/Programs List For KSYF
4th Quarter 2018

Issue: Dementia & Alzheimer		
Program Title: Health for a Lifetime		
Date: 10/5/18	Time: 5:00 PM	Duration (hr:min:sec): 26:15
Brief Description: Don Mackintosh with Dr. Bernell Baldwin. What is dementia? What are symptoms and how to prevent. What are causes - genetics, environmental, diet (particularly meat), vascular, not using brain. Should get good regular medical checkups - by neurologist if		

Issue: Post Traumatic Growth (PTG)		
Program Title: Mind Cure		
Date: 10/22/18	Time: 6:45 AM	Duration (hr:min:sec): 13:45
Brief Description: Dr. Magna Parks with Lindah Mavave discuss how having gone through a crisis and highly challenging circumstances can help us to benefit and grow. However, for this benefit, one needs to focus on the positive, and what we can learn from the crisis. Need social support and to take decisive action.		

Issue: How more conservative Supreme Court will affect future religious liberty is		
Program Title: Freedoms Ring		
Date: 10/25/18	Time: 6:45 PM	Duration (hr:min:sec): 14:30
Brief Description: Alan Reinach with Jennifer Potts from Baptist Joint Committee for Religious Liberty discuss key Church-State issues that could result from a more conservative court. Issues could include governmental promotion and funding of religion and religious organizations, and proper role of religious exemptions in our society. Specifics were		

Issue: Brain Food		
Program Title: Health for a Lifetime		
Date: 11/16/18	Time: 5:00 PM	Duration (hr:min:sec): 28:00
Brief Description: Don Mackintosh with Dr. Hans Diel discuss how we can feed the various parts of the brain. Back portion of brain relates to information and data, which is generally overfed, and front portion is more related to values and emotions and behavior, which is underfed in our technology age. Changing what we think about and do can strengthen		

Issue: Sleep Deprivation		
Program Title: Wonderfully Made		
Date: 12/5/18	Time: 11:30 AM	Duration (hr:min:sec): 27:45
Brief Description: Dr. Zeno Charles-Marcell discusses sleep, and ways to know we are probably not getting enough sleep in ourselves and others. Problems which may contribute to sleep deprivation, and ways to prepare for and promote good sleep discussed. Better value of		

Ronald Grant
KSYF Operations Manager

1/10/19
Date