

**Issues/Programs List For KSYF**  
4th Quarter 2023

<b>Issue:</b> Reversing Heart Disease Naturally		
<b>Program Title:</b> LifeStart Seminars		
<b>Date:</b> 10/22/23	<b>Time:</b> 1:00 PM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> In 1990 an article was published in the medical journal, "Lancet" reporting on a study done by Dr. Dean Ornish, showing that coronary heart disease could be reversed by lifestyle. This was thought impossible up to this time. Food choice was vegan except for a little egg whites and non-fat dairy. 80% was complex carbohydrates, 10 - 15% protein, with the remaining 5 - 10% in fat. Also no smoking or caffeine, and very limited alcohol. Also, stress reduction and moderate exercise.		

<b>Issue:</b> How to Be Human Again		
<b>Program Title:</b> Digital Disconnect		
<b>Date:</b> 10/28/23	<b>Time:</b> 11:30 AM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> Media is completely changing our minds. It's tearing families and our total social structural apart. One result is a loneliness epidemic. It is actually "anti-social" media. It causes the user to be "in love" with their media devices. It is addicting and is the biggest addictive problem in modern society. One week off social media and loneliness decreased significantly. Limiting social media will also significantly improve our relationships. We need to rethink how we use media.		

<b>Issue:</b> Worry Free Investments		
<b>Program Title:</b> 3ABN Family - It's Your Money		
<b>Date:</b> 11/5/23	<b>Time:</b> 2:00 PM	<b>Duration (hr:min:sec):</b> 28:00
<b>Brief Description:</b> What are "safe" investments? Proper savings, but not hoarding. Savings should be 3 to 6 months of living expenses plus for special purchases, such as for a car. Any other should be in investments. High risk and low risk discussed. How to identify get-rich-quick schemes. Paying off debt, at least all except home mortgage and maybe vehicle, should come before any savings. Learn how to budget and how to invest.		

<b>Issue:</b> Budgeting		
<b>Program Title:</b> Take It to the Bank		
<b>Date:</b> 11/23/23	<b>Time:</b> 2:30 PM	<b>Duration (hr:min:sec):</b> 27:45
<b>Brief Description:</b> A budget is defined with its various parts, and why a budget is important. A budget can be simple. It shows where our money is going, and it helps us to stay out of debts, save, and plan for our future goals. Make sure you make appropriate goals. Goals for work, raising a family, and retirement. Then determine how to accomplish these goals, And make sure you understand the difference between a need and a want.		

<b>Issue:</b> Grand Parents Parenting Again		
<b>Program Title:</b> Your Family Health		
<b>Date:</b> 12/14/23	<b>Time:</b> 6:45 PM	<b>Duration (hr:min:sec):</b> 11:30
<b>Brief Description:</b> Social worker, Sheryl Swanson, discusses how to transition from roll of grand parent to parent. Suggestions for where to go for help was given, including financial aid, health care, and how to find child care when needed. What about school. Your child may also be struggling with issues surrounding the reason for your taking a parenting roll. And how to create a good parent-child relationship with each relates to the other appropriately.		

<b>Issue:</b> "Eat Plants, Feel Whole"		
<b>Program Title:</b> Conversations		
<b>Date:</b> 12/16/23	<b>Time:</b> 7:00 AM	<b>Duration (hr:min:sec):</b> 58:30
<b>Brief Description:</b> John Bradshaw discussed George Guthrie's, MD, new book. Many health issues are directly affected by what we eat. Some of these are high blood pressure, high cholesterol, diabetes, obesity. Few doctors currently understand nutrition. Plants have nutrients that work synergistically together. All plant have protein. Dr. Guthrie works with Florida Hospital System, training doctors on the many benefits of including lifestyle in their treatment of disease.		

Ronald Grant  
KSYF Operations Manager

1/10/24  
Date