

Issues/Programs List For KSYF
1st Quarter 2024

Issue: Digital Detox		
Program Title: Digital Disconnect		
Date: 1/16/24	Time: 3:30 PM	Duration (hr:min:sec): 28:30
Brief Description: So you are addicted to the media. This talk shows things you can do to recover. Begin with a family/household fast. Scott Ritsema shares strategies for mental, emotional and spiritual wellbeing. 3 weeks no screen time, get outside; exercise daily; use a plant based diet; establish quality time with God, family and friends		

Issue: Depression		
Program Title: It Is Written		
Date: 1/28/24	Time: 2:30 PM	Duration (hr:min:sec): 28:30
Brief Description: John Bradshaw with guest Dr. Neil Nedley, discuss the issue of depression and anxiety. Depression defined, and what are symptoms. Social media often is a big contributor. Drugs only help marginally. Lifestyle is a much better way. Drinking more water, being physically fit, and light therapy including sunlight, good sleep and plant-based nutrition critical. Next part next week.		

Issue: Causes of Financial Problems		
Program Title: Take It to the Bank		
Date: 2/15/24	Time: 2:30 PM	Duration (hr:min:sec): 28:00
Brief Description: Six causes of financial problems: (1) Poor personal planning, (2) Lose of income, (3) Expensive emergencies, (4) Bad financial advice, (5) Risky investments, (6) Inadequate planning for retirement. These are all life stressors. Issues are spending more than you make, not saving enough, poor budgeting, and not seeking professionals for financial advice.		

Issue: Introduction to Wellness		
Program Title: Secrets to Wellness		
Date: 2/19/24	Time: 11:30 AM	Duration (hr:min:sec): 28:15
Brief Description: Teenie Finley shares these "secrets" which are being revealed by science through many prominent sources and publications. Wellness involves the whole person, and with it brings a more fulfilling, happier, and longer life. Killer diseases are primarily the result of a bad lifestyle. Lifestyle choices over a lifetime strongly influences our wellness.		

Issue: Prevent Osteoporosis Naturally		
Program Title: LifeStart Seminars		
Date: 3/3/24	Time: 1:00 PM	Duration (hr:min:sec): 28:30
Brief Description: Dr. David DeRose says we should be concerned about osteoporosis. The bones become weak, leading to high risk of fractures. Various dangers discussed. Bones are strengthened by bearing weight. That means the right kind of exercises. It is a must to get the nutrients we need. Calcium, along with vitamin D, needed to grow strong bones. Usually need Vit D supplements. Best sources of calcium are green leafy vegetables. Animal protein leaches calcium from bones.		

Issue: A Different Perspective on Mental Health		
Program Title: Mental and Spiritual Health (MindCure)		
Date: 3/21/24	Time: 1:15 PM	Duration (hr:min:sec): 13:45
Brief Description: Dr. Magna Parks with Lindah Mavave discuss what mental health is - how well our minds, emotions, and decision making work. This determines how well we function in our relationships, as well as our physical health. Rather than doing primarily "talk therapy", something called "therapeutic lifestyle therapy" (TLC) can be more effective than talk therapy and medicine. This includes, nutrition, recreation, spiritual involvement, exercise, time in nature, and service to others.		

Ronald Grant

 KSYF Operations Manager

4/10/24

 Date