

**Issues/Programs List For KSYF**  
2nd Quarter 2022

<b>Issue:</b> Marriage		
<b>Program Title:</b> 2ABN Family - Marriage Heart to Heart		
<b>Date:</b> 4/3/22	<b>Time:</b> 2:00 PM	<b>Duration (hr:min:sec):</b> 27:15
<b>Brief Description:</b> 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.		

<b>Issue:</b> Depression		
<b>Program Title:</b> Health for a Lifetime		
<b>Date:</b> 4/19/22	<b>Time:</b> 5:00 PM	<b>Duration (hr:min:sec):</b> 25:00
<b>Brief Description:</b> Dr. Neil Nedley discusses the issue of depression. Many suffer from depression which not only is a mental condition, but also can lead to many physical diseases. Depression defined, and what causes it, and what are symptoms. Causes can be physiological and psychological. It needs treatments which are discussed, including professional help. Ways to help depression are given, specifically the wonderful benefits of proper lifestyle. Results take time.		

<b>Issue:</b> Emotional Intelligence		
<b>Program Title:</b> It is Written		
<b>Date:</b> 5/9/22	<b>Time:</b> 2:30 PM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> Dr. Neil Nedley discusses emotional intelligence, which is defined as the following five things. Knowing our emotions, managing our emotions, recognizing emotions in others, managing relations with others, and motivating ourself to achieve our goals. Emotional intelligence is directly related to successful and enjoyable living. The most important things affecting our emotional intelligence are our beliefs, our evaluation of events, the way we think about problems, and our silent self-talk, that is, the moment by moment messages we give ourself. Must think straight without distortion whatever the circumstances, negative or positive. Emotional intelligence can be learned and improved.		

<b>Issue:</b> Grief		
<b>Program Title:</b> A Multitude of Counselors		
<b>Date:</b> 5/15/22	<b>Time:</b> 2:30 PM	<b>Duration (hr:min:sec):</b> 26:30
<b>Brief Description:</b> For this two-part program, continuing the following week, Mike Tucker discusses with several counselors his experience with grief when he lost his wife of 40 years to cancer. Being a grief counselor himself as a hospice chaplain, Mike told how he put into practice what he had helped others who were grieving. He defined what was grief, and gave his experience on how he recovered from his grief, and what someone grieving can do to help.		

<b>Issue:</b> Back Pain		
<b>Program Title:</b> Ultimate Prescription		
<b>Date:</b> 6/19/22	<b>Time:</b> 1:00 PM	<b>Duration (hr:min:sec):</b> 28:15
<b>Brief Description:</b>		
<p>Dr. James Marcum discusses back pain. Pain is telling us something is wrong. Some of the causes and symptoms of back pain given, when home treatment is okay, and when to seek medical attention. Rest is often most important. OTC medications may be needed, but this only covers the problem. Hot and cold or appropriate exercise, along with a positive mental attitude may be useful. Persistent or severe pain does require medical attention - sometimes immediately. A physical therapist can often help with back pain.</p>		

Ronald Grant  
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 KSYF Operations Manager

7/10/22  
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 Date