



**Station KBHL  
Simulcast on KBHZ, KCGN, KEEA & KNOF**

**Issues/Programs**

**1st Quarter/2024**

The following is a listing of some of the significant issues responded to by KBHL - Osakis which is simulcast to KBHZ - Willmar, KCGN - Ortonville/Milbank and KNOF - St. Paul along with the most significant programming treatment of those issues for the 1st quarter of 2024. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance. All times are Central.

1. MARRIAGE: Dating/Preparing for Marriage
2. RELATIONSHIPS: Healthy Relationships
3. MENTAL HEALTH: Navigating self awareness
4. SOCIAL HEALTH: Phone/Social Media Addiction

Issue		Program	Date	Time	Duration	Description of Issue
MARRIAGE: Dating/Preparing for Marriage						The foundations of every culture and society are found in that cultures family structures. Healthy marriages and families are keys to a stable strong society.
1.		Focus on the Family	02/01/24	11:00 am	29 minutes	Inviting God into your dating relationship Part 1 Debra Fileta discusses finding your identity before you make it your relationship, having emotional boundaries, and focusing on Christ as the true healing and fulfillment in your life. Her practical advice and fun stories are something you don't want to miss! (Part 1 of 2)
2.		Family Life Today	03/04/24	12:35 pm	25 minutes	Before You Ask Them Out: Shelby Abbot Got a date tonight? What to wear, who's paying? Shelby guides with tips on communication, single life, and dating etiquette. Get ready to ace your game.
3..		Family Life Today	03/05/24	12:35 pm	25 minutes	Pre-Wedding Conversations You Can't Afford to Skip: David and Meg Robbins About to say "I do";--or new to this marriage thing? Skittish after a recent fight? David & Meg Robbins cover the must-have pre-marriage talks like money, sex and in-laws!
4		PraiseLive Podcast	2/29/24	3:00pm gmt	1 hour	Lessons from Leaders Webinar: PraiseLive announcer Jennifer Danquah interviews marriage and relationship expert Elder Amos Kevin-Annan as they delve into the topic of Christian Marriage: Start Right, Build it Well. Invaluable insights from foundational principles to practical wisdom shared. Whether you're newlyweds or seasoned couples, this session is packed with tools to empower and strengthen your journey of love, faith, and enduring partnership.

RELATIONSHIPS: Healthy Relationships						Building stronger relationship in all ares of our life is critical for personal and social health, and productivity. We need each other.
1.		Focus on the Family	01/25/24	11:00 am	29 minutes	In a discussion centered around her book Listen, Love, Repeat, Karen Ehman offers inspiration and practical advice for stepping out of our comfort zone to bless others, particularly those who are lonely, sick or hard to love.
2.		Family Life Today	02/09/24	12:25 pm	25 minutes	: Men, having other guy friends is key for successful marriages, parenting, and your overall well-being. But how do those kinds of relationships work?
3.		Family Life Today	02/13/24	12:25 pm	25 minutes	When did it become so hard to know how to do friendship? Jared and Becky Wilson emphasize friendships importance, sharing ideas on ways to start.
4.		The Full Story	Feb 2024	12:25 pm	ROS	PraiseLive Podcast: Cultivating Healthy Relationships, Michele Sorvik-LaRosee and Hannah Fordice January, Full Story: PraiseLive midday host Michele Sorvik-LaRosee is joined by Hannah Fordice of House of Faith and Freedom for a discussion on healthy marriages including what are the signs a marriage is unhealthy or becoming abusive. Included: House of Faith and Freedom healthy relationship online survey.
MENTAL HEALTH: Navigating self awareness						Healthy Relationships begin with a healthy understanding and experience of self awareness and healthy identity.

1.		Focus on the Family	02/12/24	11:00 am	29 minutes	Research increasingly shows that our culture is in the midst of a mental health epidemic, especially among children and youth – persistent feelings of sadness and hopelessness, anxiety and even suicidal thoughts. But Dr. Danny Huerta believes parents can offset these issues by routinely initiating conversations with their children to assess their mental and emotional health.
2.		Family Life Today	02/19/24	12:25 pm	25 minutes	Join Campbell Brown as she bravely shares her anorexia journey, and her mom Rachel discusses support on the road to recovery.
3.		Family Life Today	02/20/24	12:25 pm	25 minutes	You are not your body issues, Rachel & Campbell Faulkner Brown Campbell Brown opens up about overcoming her body image issues and eating disorder as she blends a Christian perspective on mental health.
4.		Family Life Today	02/21/24	12:25 pm	25 minutes	I think my daughter has an eating disorder, Rachel & Campbell Faulkner Brown Campbell Brown and therapist Sissy help you create a safe home for teens--addressing eating disorders, body image, and emotional well-being.
SOCIAL HEALTH: Phone/Social Media Addiction						Through technology societies have never had more capacity for connection than we experience today. Artificial connections and the drive of technology companies to be the primary platform has led to negative social and addictive behaviors.
1.		Focus on the Family	02/28/24	11:00 am	29 min	Help! I'm Addicted to My Phone: Jay Y. Kim Truth: Phones are designed to keep us scrolling and swiping at all costs. Jay Kim reveals eye-opening ways our phones can impact our souls and the church. Focus on the Family: When you can't stop comparing: Jay Y. Kim

2.		Family Life Today	028/29/24	12:25 pm	25 minutes	When you can't stop comparing: Jay Y. Kim Feeling low after scrolling, and not sure why? \Jay Y. Kim examines how to unplug--and increase contentment.
3.		Family Life Today	01/02/24	12:25 pm	25 minutes	How to take your family through a digital fast: Molly DeFrank Like most parents of children born after 2010, Molly DeFrank embraced the new digital technologies of smart phones and tablets for her kids. But she grew increasingly alarmed as she observed detrimental effects of "zombified kids," emotional outbursts, loss of other interests, etc