

**DIVINE MERCY RADIO, INC.  
ISSUES AND PROGRAMS FOURTH QUARTER 2015**

***ISSUE Health***

**10 07 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray opens the show discussing patients who are aware of their own problems vs. patients who are forced to come to therapy. Laura from Ohio has a 14 year old daughter is beginning to identify as bisexual. Her mother believes this is due to society today encouraging this kind of behavior. Her daughter encountered two girls who showed affection to each other and then showed interest in her as well. Dr. Ray agrees that the daughter is most likely feeling this way due to the encounter she had with the other females. He suggests that Laura discuss with her daughter her past and how it does not support her present feelings. Discuss the encounter her daughter had and explain to her why you believe she may be feeling what she is. Krissy from Alabama called in to say she has a 20 year old son who failed college, and does not know what he wants to do. They had kicked him out so that he might learn to live on his own. He has come back, lying and needing a place to live. They are taking him to the recruiting office on Monday, but his Mom fears his quirkiness will keep him from ever getting a job. Dr. Ray said Krissy needs to decide how much she will accept his behavior while he is living at home. Will she give him a timeline, will she help him, etc. Dr. Ray said that if Krissy is scared then her son will become highly difficult to live with and give up. He says she needs to make a plan. Dr. Ray took calls for the remainder of the hour.

**10 14 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray opens the show discussing why it is so hard to be good. Linda called in about her sister who is getting a divorce. She and her sister are trying to keep a good relationship. The caller wants to know how much she should support her. Her sister knows that Linda does not support her decision. Dr. Ray said that her sister may feel like Linda is judging her because she is more Catholic. Now Lindas sister is getting her own house and Linda wants to know if she should buy her sister a housewarming gift. Dr. Ray told Linda that getting a housewarming gift is telling her sister that the divorce was OK. He advised not doing so. Dwayne from South Texas called in to talk about a woman who called in about her sons playing with toy guns. The woman wanted to know if this was a negative thing for them to do. Dr. Ray had told the woman she could disallow the guns in her house but the kids would just find another place to play with the guns. Dwayne disagreed with Dr. Ray because he believes the kids would then learn how to deceive their parents. Dr. Ray corrects Dwayne as Dr. Ray told the woman to have the kids they play with guns elsewhere, just not in the home. Dr. Ray took calls for the remainder of the hour.

**10 23 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is look back Friday where Dr. Ray further delves into questions he answered earlier in the week. Roseanne from Texas called in explaining her near death experience in 1979. She believes that she experienced heaven and angels, beings without bodies, and was given the following tips: love is most important and that you must seek out truth. At that time in her life, Roseanne was not the best person, and was often angry at God. She wanted to know if this was truly a life after death experience. Reflecting on this call, Dr. Ray said in a study it was documented that people of nonChristian religions experience their own religion while Christians experience light and peace in near death experiences. Dr. Ray said that he can believe in some other forms of communication from God, such as apparitions and the Shroud of Turin, but being a psychologist, it is hard for him to believe that it was not something in the brain, based on what they know from science when a person is near death. He does not discredit Roseanne as he does not know whether or not it was real, but he cannot confirm it. Terri from South Dakota called previously discussing how she gives money to her ungrateful sister. She feels obligated to help her sister even though she is irresponsible and rude. Dr. Ray further commented that the sister perceives her life is terrible and everyone is against her. The sister will never see it any other way. He believes Terri should not be giving money out of guilt and wanting to see her nieces and nephews. Terri has to stop funding her sister or else she will never get on her own feet. Dr. Ray discussed call ins during the week for the remainder of the hour.

**10 26 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Eperson Monday where Dr. Ray answers emails that have compiled over the last few months. Annette is a trucker with a

Masters Degree and wrote in saying she listened to Catholic Connections and heard them discuss possible causes of divorce. Teresa Tomeo believes marriage prep today is better than it used to be. The caller wants to know if marriage prep really works as well as some say it does. With todays divorce rate, she believes it needs to be implemented at a higher level. Dr. Ray responds that people generally head into marriage prep with peak emotions and physical attraction. He believes marriage prep stills helps, but everything is predicated upon the personality, attitude, and faithfulness of the people who come to it. For example, if two people come in who are already well grounded in the faith, marriage prep then is just extra information they can add to their experience. Jen from Wisconsin wrote in saying she had read a story where survivors of suicide attempts typically regret their decision midactions. She said the church offers Masses for people who have committed suicide and wants to know why. Dr. Ray responded that there is a gap between the suicide action and the actual death. In this time, we do not know if the person asked for forgiveness and repented. We entrust the person committing suicide into Gods mercy. Also, most suicides are committed under the influence of other factors like drugs, depressions, alcohol, etc. This being said, it may not have been fully willed and again, God is merciful. Dr. Ray answered email for the remainder of the hour.

**11 04 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray opens the show discussing humility and spiritual pride. Jim from New York called in to ask about pride. Jim wants to know at what point it becomes pride when using the gifts you were given. He said if you take no pride in your work, then you will not do a good job, so should not we have some pride in our gifts while giving the glory to God? Dr. Ray responds that as long as we recognize these gifts are from God first, we will always do things for His glory with gratitude. Yes, you can be proud of what you have accomplished. It is called proper pride, which is usually due after a job well done. Even then, you have to recognize that the job well done is due to the graces bestowed on you by God. Emily called in because she has a highly sensitive son who gets upset when he is disciplined. He constantly wants to do everything right to the point when he does something wrong, he gets anxiety over being disciplined. He also has many fears, one being a fear of the dark, and he cries a lot, which frustrates Emily who has multiple children to take care of. Dr. Ray points out that her son is not being upset because he is upsetting Mom, but he is upset that she is making him do things he does not want to. He suggests approaching it in a firmer way. Tell him this is how things are and how things will go, and that you love him, but he has to do these things on his own. If he cries, set him down until he calms and then talk things out. Dr. Ray took calls for the remainder of the hour.

**11 11 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray opens the show discussing tithing. Rachel from Texas called in to say that she was disappointed hearing the facts about how many people tithe. She wants to know how important tithing is and if the required 10 percent must be only to the church or can it be to charities as well? Dr. Ray responds saying that Catholics are not bound by the 10 percent rule. Catholics are called to give as much as they can while still being able to sustain themselves and their families. If a person is barely making financial ends meet, Catholics are obliged to give only what they can. If a person is making a million dollars, their level of giving should be higher as they do not *need* that money for survival. People have a tendency to concentrate on what they want rather than need. Dr. Ray said people need to evaluate what they need and how much they should be donating to the church, poor, etc. Christa from Idaho wants to know how to justify a beautiful church built during the depression when that money could have been spent to help feed people. Are not Catholics supposed to live more humbly? Dr. Ray responds, first, that the church does not belong to the people. It was built out of the generosity of the people because they believe their God deserves a beautiful place to live. We ourselves should live humbly. He believes that people would not use giving to the church as an excuse to not give to the poor. Finally, even if people did want to sell the whole church to feed the poor, it would not be okay. The church does not belong to anyone to sell. It is for the people and cannot be sold or left to anyone. No one person *owns* the church.

**11 18 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray opens the show discussing children, the major presence of cell phones, and their need to have constant contact with others. Steve from Buffalo, NY called in to discuss his 11 year old son who is adopted. Steve and his wife limit their sons activity on TV, games, etc. He hates going outside and does not have any friends in the neighborhood to play with. Steve wants to know if there is anything he needs to be doing as a parent to entertain his child, or if there is something he is not doing well enough as a parent. Dr. Ray responds that Steves child is very different than his father because he spent the first 9 years of his life very differently until being adopted. He said that he can expose his son to anything and everything, but he cannot shape his sons whole life just by how he lives his own. Dr. Ray said to not fall prey to

the idea of being the perfect father, husband, role model, etc. Steve's son will most likely not absorb most of what Steve is trying to expose him to. Dr. Ray said that as a parent, Steve does not have to be an entertainer. He can decide when and how he spends time with his child. Steve does not have to spend his days keeping his child entertained. A child will eventually find ways to entertain themselves in positive ways.

**11 23 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Eperson Monday show where Dr. Ray answers emails that have compiled over the last few months. Cindy wrote in to say she returned to her old school to watch her daughter play volleyball. She walked in to find life size posters for the senior players and was upset about what schools do to school athletes. Is it idolatry? She feels that parents who act in this way are excessive. Dr. Ray responds citing a study showing students who would rather be athletes than scholars at a ratio of 30 to 1. Modern culture holds athletes high and that trickles down to the youth. Society does not promote being good students and having high standards for education. Also, parents today tend to live through their children. They put pressure on their children's athletics, but not academics. Our society is out of balance. Dr. Ray supports Cindy in not participating in these kinds of parent activities despite what other parents will say about it. A woman wrote in to say she wants to know what makes an appropriate confidant. Her boyfriend comes from a family that shares everything with everyone. He shares their relationship conflicts and her personal struggles with his sister and mother. Cindy does not feel comfortable about how much her boyfriend shares with his family and wants to know what she should do when this is going to withhold her from being open. Dr. Ray said that she needs to discuss with him what she feels comfortable with him sharing, and hope that he respects her wishes. If he continues to share, things will escalate to the point where the family is then *in* their problems.

**12 09 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray Guarendi opens the show discussing difficult children and the effect parents have on these behaviors. Bernadette from Boston, MA, has a 5 year old son who used to be well behaved, but has begun to really challenge her and her husband. The only change she can think of in recent weeks is her son switching to top bunk and not being very strict on bedtime. She wants to know what may be causing his change in behavior. Dr. Ray first said that this is just a part of her son growing up. The top bunk switch has nothing to do with it. Dr. Ray believes that if Bernadette has good authority, she does not have to be as good with her discipline. However, if Bernadette's authority is not good, she should not get sloppy about bedtime. Dr. Ray said Bernadette needs to be stricter on her son being *in bed*, and if he comes out, he will be punished the next day and will go to bed early. Connie from South Dakota called in to discuss being fired from her job under retaliation harassment for internal reporting when she reported a crime. She believes she did the right thing but is bothered by the work commitment she made to her husband that she now cannot follow through on as he is still involved in the business. It has put a wedge in their marriage. Dr. Ray said first that she is not bound to that work commitment after she found the criminal activity. Next, she needs to try to not let this situation spill into her marriage. When she said they do bad things to her, Dr. Ray said she needs to keep the situation in perspective since they still want to buy the business. Her husband is doing his best to make this work out in his perspective.

**12 15 2015 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray opens the show with a monologue about gifts and gift wrapping. Rachel who wrote in yesterday called in to say that she has one child and would like more. They do not know if they can conceive again or if they will have enough money to adopt. Dr. Ray said that certain agencies may not be as expensive if she is open to adopting special needs or cross race. Public adoption agencies are cheaper than private. He suggests a book that lists adoption agencies, their locations, prices, and children they work with. He said Rachel can also look online for children in her state waiting to be adopted. The third option is being a foster parent in which most cases end up in permanent adoption. Bob from Texas called in to say he has anxiety about bad dreams he has at night. The anxiety is getting to the point that he avoids going to sleep. There is one recurring dream, but more a jumble of bad dreams. He is not on any medications. Dr. Ray said that part of what is keeping the dreams alive is that Bob gets so preoccupied thinking about them. If he can get to the point where he knows the dreams cannot hurt him, and he can endure through them without fear, then the dreams will begin to lose power and dull. Eventually they will start to go away.