

### The Prayz Network

WTPN 103.9 FM Westby, WI, WGSL 104.9 FM La Crosse, WI,

WEQS 89.3 Sparta, WI, WWJC 101.5 Augusta, WI

Issues & Programs 4th Quarter 2022

The Prayz Network stations-WTPS 103.9, WEQS 89.3, WWJC 101.5 and WGSL 104.9-exist to serve our community by offering music and programs that are positive, encouraging, and designed to strengthen individuals, families and the community.

Date	Time*	Duration in Minutes	Issue	Program	Description
Monday, October 3, 2022	8am & 6pm	1	Parenting/ Pregnancy	Focus On The Family Minute	Rebekah Buell Hagan reminds us all that there are many life-giving options when you become pregnant. She encourages everyone to remember the many pregnancy medical clinics across the country.
Tuesday, October 4, 2022	9am, 2pm & 10pm	1	Parenting/ Teenagers/ Communication	Parenting Today's Teens	Mark Gregston shares how teens can benefit enormously from having a close, genuine relationship with their dad. However, sometimes life's challenges stop it from working out that way. He helps us understand how to break down the barriers between dads and teens.
Wednesday, October 5, 2022	1pm	1	Parenting/ communication/ entitlement	Parent Minute	Greg Yoder challenges parents to resist the entitlement society we live in. Our Western culture is teaching many children, (and adults), to be selfish and entitled. One of the best ways to fight entitlement is to serve others.
Thursday, October 6, 2022	9am	10	Poverty/ Generosity/ Serving	On-Air Interview and On-Demand	Darla spoke with Christine Bishop, local volunteer coordinator for Operation Christmas Child. They discussed the impact and value of shoebox gifts in the lives of impoverished children and how each one of us can get involved.

Friday, October 7, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Porn	Parenting Today's Teens	This week's top question for Mark Gregston comes from parents who are struggling with their sons being bombarded by pornography. It is a very common concern for parents. He shares how to help you discuss porn with your teen.
Monday, October 10, 2022	8am & 6pm	1	Parenting/ Grandparenting/ communication	Focus On The Family Minute	Shellie Tomlinson offers some practical help for grandparents who live far from their grandchildren.
Tuesday, October 11, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Mental Health	Parenting Today's Teens	Teenagers are naturally driven to be social butterflies, but when being a people pleaser backfires or they are rejected by their peers, coping with the pain can be extremely difficult. Mark Gregston gives parents tips for guiding their teens through the sting of rejection.
Wednesday, October 12, 2022	Various	1	Poverty/ Volunteering/ Children	On-air Announcements	Darla and Todd both spoke numerous times over the past week encouraging listeners to donate coats for the "Coats for Kids" campaign. We informed listeners that we are a drop-off location and they can bring their items to our studio as well as several other locations.
Thursday, October 13, 2022	8am & 6pm	1	Greif/ Widower/ Mental Health	Focus On The Family Minute	Jonathan Pitts shares a powerful lesson about still having joy even after his wife Wynter died unexpectedly.
Friday, October 14, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Anxiety/ Mental Health	Parenting Today's Teens	Mark Gregston offers his top tips for teens that are dealing with anxiety. He wants all teens to be able to successfully navigate their anxious moments.
Monday, October 17, 2022	8am & 6pm	1	Mental Health/ Parenting	Focus On The Family Minute	Danny Ray Thompson describes how life doesn't have to be perfect for us to find happiness.
Tuesday, October 18, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Trauma	Parenting Today's Teens	Some teens from Heartlight chat with Mark Gregston about the traumatic events they experienced early in life and how it is okay not to be okay when working through the trauma in your life.

Wednesday, October 19, 2022	1pm	1	Parenting/ Balance	Parent Minute	So many of us say we're too busy, but are we? Greg Yoder talks about remembering times when his children would ask to play ball or a board game and his response was most often, "I would love to, but I'm too busy." Greg encourages us to take a close look at what really needs to be done immediately and what can wait until after a short game of catch.
Thursday, October 20, 2022	8am & 6pm	1	Parenting/ Children/ Abilities	Focus On The Family Minute	Brandon Miller inspires us to discover our children's gifts and talents. Help them to see that they are important, valued, and have an important role in our family.
Friday, October 21, 2022	10am & 5pm	1	Family finances	Thrive with Purpose	Calli Briese discusses how our financial plans can be like preparing for a team sport. It is important for us to practice using our money wisely, to prepare for the tough times, to use the resources around us, to make goals, and to execute a plan. She shares that by following this plan you will have greater financial security.
Monday, October 24, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Mental Health	Parenting Today's Teens	Wayne Shepherd and Mark Gregston share warning signs of narcissism. All teens can be pretty self-centered, but when does normal teen vanity turn into narcissism?
Tuesday, October 25, 2022	Various	1	Veterans/ Mental Health/ Hunger	On-air Announcements	Both Todd and Darla announced several times in the past weeks about this wonderful event for Veterans. Veterans receive a free pancake breakfast, along with fellowship and support from other Veterans and the Acres of Hope staff.
Wednesday, October 26, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Waithood	Parenting Today's Teens	Mark Gregston emphasizes the need for parents to switch to a training model instead of a teaching model when their children become teens, or they may enter waithood. "Waithood" is the new term for teens that hit the brakes on entering adulthood and are stuck in their teen life at home.

Thursday, October 27, 2022	Various	1	Addiction/ Adults/ Teens	Adult & Teen Challenge	Adult and Teen Challenge is a place for people to fight drug and alcohol addiction. They have a rotational spot that reminds people several times a day where they can get the help they need to become clean.
Friday, October 28, 2022	1pm	1	Parenting/Overparenting	Parent Minute	Greg Yoder is asking us if we are overparenting? Overparenting is when a parent is excessively involved in the day-to-day life of one's child, usually to shield them from difficult situations or help them succeed. He encourages us to equip our children, but allow them to make their own mistakes and have their own victories.
Monday, October 31, 2022	3pm	25	Communication/ Mental Health/ Relationships	Living on the Edge	Chip Ingram is asking us why we fight with those we love? Why are some of our worst fights with the people we love the most? Chip is uncovering the root cause of our fights and quarrels.
Tuesday, November 1, 2022	10am & 5pm	1	Gratitude/ Finances/ Generosity	Thrive with Purpose	This warning about always wanting more comes from Calli Bries. It is common knowledge that the more you make the more you spend. Most people will never have enough. However, if you adopt an attitude of gratitude, you will have enough. You will feel blessed and even want to live a life of generosity to bless others.
Tuesday, November 1, 2022	8am & 6pm	1	Parenting/ Adoption/ Relationships	Focus On The Family Minute	Ryan Bomberger describes how his parents treated him after he was adopted. He provides tips for all families in an adoption situation.
Thursday, November 3, 2022	9am, 2pm & 10pm	1	Parenting/ Discipline	Parenting Today's Teens	Disciplining your child once they become a teen looks different than when they were little. Mark Gregston encourages both rules and relationships to help guide your teen through these challenging years.

Friday, November 4, 2022	1pm	1	Poverty/ Children/ Brain Trauma	Parent Minute	Greg Yoder discusses a recent study by researchers at Washington University School of Medicine of St. Louis which suggest that children from poor families are more likely to suffer from depression and not do well in school. What can we do as parents, to help our children not experience the stress and trauma that poverty can bring into our home?
Monday, November 7, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Conflict	Parenting Today's Teens	When a teen is spiraling out of control, it impacts everyone else in the house- including their siblings. Mark Gregston helps parents make sure that the struggling child doesn't get all of the attention. Remember that the other children are negatively impacted by this situation also and they may need some extra love and attention.
Tuesday, November 8, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Addiction	Parenting Today's Teens	These days, teens have easier access to drugs than ever before, and many are taking advantage of opportunities to experiment. Unfortunately, this is often a fast road to addiction. Mark Gregston helps us all see the warning signs.
Wednesday, November 9, 2022	3pm	25	Finances/ Relationships/ Mental Health	Living on the Edge	Chip Ingram explores financial success, spending and saving. He asks us how we really feel about money, wealth, and possessions. Money has both positives and negatives. He asks everyone to consider "Why better things don't always make things better?"
Thursday, November 10, 2022	1pm	1	Single Parenting/ Encouragement	Parent Minute	If you are a single mom, you've got it pretty tough. Greg Yoder talks about how single moms are special people that might not always feel so special. He offers encouragement for walking through each difficult day.
Friday, November 11, 2022	8am & 6pm	1	Veterans/ Parenting	Focus On The Family Minute	Today's program was filled with veterans sharing their stories. Parents are encouraged to help their children understand how our freedom is not free, and that veterans played a huge part in that freedom.

Monday, November 14, 2022	8am & 6pm	1	Parenting/ Adversity/ Mental Health	Focus On The Family Minute	Dr. Randy Schroeder explains how when your child faces adversity, it's an opportunity for him or her to grow strong. He helps parents see how they can help their children manage their adversities.
Tuesday, November 15, 2022	10am & 5pm	1	Children/ Finances/ Teens/ Transitioning to adulthood	Thrive with Purpose	Calli Briese shares a plan to help children prepare for adulthood. We often give our children tasks to help them prepare for adulthood, Calli warns us not to forget about helping them prepare to handle finances. She suggests helping them set up a savings account, a budget, and walk along side them as they practice money management.
Friday, November 18, 2022	8am & 6pm	1	Marriage/ Family	Focus On The Family Minute	Levi Lusko explains why you need to invest in your marriage like you invest in your bank account. Both need valuable attention in order to be the rewarding relationship we seek.
Monday, November 21, 2022	8am & 6pm	1	Family/ Communication/ Relationships	Focus On The Family Minute	Dr. Mike Bechtle gives an amazing perspective about adding value when we communicate with others.
Tuesday, November 22, 2022	1pm	1	Parenting/ Teens/ Mental Health	Parent Minute	Greg Yoder is asking if we are allowing our children to grow? Are we allowing your children and teens to make mistakes? Are we rescuing them at every turn? Greg reminds us that we learn from our mistakes, and so do our children. Allowing them to make mistakes is allowing them to grow up.
Wednesday, November 23, 2022	9am, 2pm & 10pm	1	Parenting/Teens/ Decision Making	Parenting Today's Teens	Today's teens are desperate for someone to listen to them, but parents and grandparents often shut them down with harsh or judgmental comments. Mark Gregston encourages us all to practice participatory listening.
Thursday, November 24, 2022	8am & 6pm	1	Marriage/ Family	Focus On The Family Minute	Becky Kopitzke, the author of the book Love Because, shares with listeners the importance of thanking husbands for their hardwork and not just taking everything they are doing for granted.

Friday, November 25, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Divorce	Parenting Today's Teens	Mark Gregston shares his thoughts on how to support a teen through the process of a high-conflict divorce. When parents split up it can be really hard on a teen, especially if they feel like they are losing critical relationships.
Monday, November 28, 2022	1pm	1	Parenting/ Mental Health/ Positive Mindset	Parent Minute	Are we building up or tearing down? It seems like every family has at least one child that's a challenge. Greg Yoder is wondering how we are handling it. He reminds us that experts tell us to encourage and stay positive but we all know that isn't easy when we are mad. He challenges us to keep calm and remember the power of our words.
Wednesday, November 30, 2022	8am & 6pm	1	Family/ Communication/ Relationships/ Forgiveness	Focus On The Family Minute	Dr. Tim Keller discusses the importance of forgiveness. He suggests that having a conversation partner could help each of us process the hurt and how to best move into a state of forgiveness and communication.
Thursday, December 1, 2022	9am, 2pm & 10pm	1	Single Parenting/ Teens	Parenting Today's Teens	Being a single mom or dad is one of the toughest roles out there, and if your teen is acting out it is easy to feel totally overwhelmed. Mark Gregston stresses the importance of holding tight to the standards we set in our homes and encourages us all to find a support system.
Friday, December 2, 2022	3pm	25	Mental Health/ Depression	Living on the Edge	Chip Ingram wants to speak to those of us that feel blue, down, or depressed? We all get that way from time to time, but when it threatens to pull you under what do we do? Where do we go for help? Chip has many suggestions to help us navigate these difficult times.

Monday, December 5, 2022	9am	51	Children/ Poverty/ Education	On-Air Interview and On-Demand	Darla and Pastor Henry discuss the orphanage that Henry established in his hometown. Henry and his team have built several classrooms and are now caring for over 300 students. It only costs around \$1000 to feed them all for one month. The school is doing amazing things to change the future for so many by feeding them, loving them, and giving them a broad educational experience.
Tuesday, December 6, 2022	3pm	25	Mental Health/ Anxiety/ Fear	Living on the Edge	Fear, it's a powerful emotion. What are we afraid of? More importantly how do we deal with fear? Chip Ingram helps us understand what we can do when we are paralyzed by fear.
Wednesday, December 7, 2022	3pm	25	Mental Health/ Anxiety/ Fear	Living on the Edge	Have you ever experienced fear so intense that you couldn't move? You couldn't breathe? We all experience fear, but not all of us have been gripped by fear. Chip Ingram shares his thoughts on the antidote for fear.
Thursday, December 8, 2022	9am, 2pm & 10pm	1	Teens/ Drug Use/ Parenting/ Mental Health	Parenting Today's Teens	Mark Gregston discusses the side effect of more states legalizing the use of recreational marijuana as more teens are smoking more pot than ever before. It is becoming increasingly accessible to teens. Many teens smoking pot are not just experimenting, but are using it to self-medicate their anxiety and mental health concerns.
Friday, December 9, 2022	5am & 3pm	1	Family/ Communication/ Differences	Family Matters Minute	Dr. Tim Kimmel shares how we can work through the annoying differences that seem to pop up each holiday season when we meet with family. He offers pointers and tips to communicating lovingly and having a peaceful visit.
Monday, December 12, 2022	8am & 6pm	1	Marriage/ Family	Focus On The Family Minute	Dr. Bob Paul and his wife Jeni share how sometimes couples think they're hurting each other, when they're actually revealing pain that's already there. They help us understand how to work through the pain.

Tuesday, December 13, 2022	5am & 3pm	1	Parenting/ Mental Health/ Positive Mindset	Family Matters Minute	Dr. Tim Kimmel discussed the wonderful opportunity that we have to take the ordinary, boring life we have and turn it into something extraordinary, just by changing the way we are looking at things. Our everyday adventures are extraordinary when we fill them with joy, laughter, and love for those around us.
Tuesday, December 13, 2022	9am	12	Marriage/ Family	On-Air Interview and On-Demand	Darla spoke with author Jenny Blaisdell about her latest book, "Power of Discovering Your Husband is a Genius." Jenny discussed how her book contains seven experiments that will strengthen and enrich your marriage.
Wednesday, December 14, 2022	8am & 6pm	1	Family/ Parenting/ Quality Time	Focus On The Family Minute	Dr. Gary Chapman takes a few moments to help us understand what quality time is and is not. His helpful suggestions are meant to strengthen everyone's time with family this holiday.
Thursday, December 15, 2022	9am, 2pm & 10pm	1	Parenting/ Family/ Teens	Parenting Today's Teens	Mark Gregston shares that part of raising a teen is accepting that they will hurt us at times. It might be poor decisions or choosing a different path, but he encourages us to keep fighting for the relationship even when we disagree.
Monday, December 19, 2022	9am, 2pm & 10pm	1	Parenting/ Teens	Parenting Today's Teens	Wayne Shepherd and Mark Gregston encourage parents to continue to fight the good fight. They focus on not growing weary of doing good for your teen and your family.
Tuesday, December 20, 2022	9am	11	Hunger/ Fellowship/ Community/ Volunteer	On-Air Interview	Darla spoke with Tim Hyma, organizer of the Sparta Community Christmas Dinner. They invited everyone to come to this free community dinner or to help by volunteering at the dinner. The dinner is held Christmas Day 11am to 2pm, with dine-in, carry-out, and delivery options. Donations are accepted.

Tuesday, December 20, 2022	9am, 2pm & 10pm	1	Parenting/ Teens/ Depression	Parenting Today's Teens	Mark Gregston emphasizes how important it is to be vigilant when looking for signs of teens struggling with depression and other mental health concerns. Many who are struggling are the ones who seem happiest on the outside.
Wednesday, December 21, 2022	8am & 6pm	1	Family/ Marriage	Focus On The Family Minute	Dr. Juli Slattery shares how a simple conversation can make a huge difference in our marriages. She encourages each of us to have a clear and honest conversation about how you can protect the heart of your spouse. See what a difference protection makes in your marriage.
Thursday, December 22, 2022	various times throughout the week	1	Hunger/ Fellowship/ Community/ Volunteer	On-air Announcements	Todd and Darla announced several times today and throughout the week about the weekend's community Christmas dinner. This is a free dinner open to anyone.
Friday, December 23, 2022	1pm	1	Family/ Communication	Parent Minute	Greg Yoder helps parents prepare for the arguments and temper tantrums that may be coming this weekend as the family is spending additional time together to celebrate the holidays. He reminds us to all take deep breathes and help our children to talk through their feelings.
Monday, December 26, 2022	5am & 3pm	1	Family/ Single Parenting	Family Matters Minute	Dr. Tim Kimmel gives encouragement to single parents and helps them see the importance of building a strong team around them. He also encourages all of us to help and walk along side a single parent we know.
Tuesday, December 27, 2022	9am, 2pm & 10pm	1	Parenting/ Teens	Parenting Today's Teens	When teens are dealing with internal turmoil, they often try and hide it. Mark Gregston reminds us that they can only bury hurt for so long. Hiding the problem never solves the problem, be encouraged to speak with your teens and help them walk through their struggles instead of bury them.

Wednesday, December 28, 2022	1pm	1	Parenting/ Planning/ Emotions	Parent Minute	Greg Yoder reminds us how the holiday break is filled with emotional highs and lows for our children. He gives pointers for schedules and planning that help our children manage the vacation roller coaster and how we can have a proactive school break.
Thursday, December 29, 2022	1pm	1	Parenting/ Marriage/ Family	Parent Minute	Greg Yoder shares research that shows the best way to make a lasting impact on our children is to love our spouse. Invest in your marriage, not only will it strengthen your relationship, but it will strengthen your children.
Friday, December 30, 2022	5am & 3pm	1	Family/ Marriage/ Relationships	Family Matters Minute	Kara Kimmel reminds us that busyness is addictive and expected in our society. She points out how easy it is to go overboard and neglect the people we love most. She encourages us all to take a busyness detox and take time to build lasting relationships.

\*Times indicate either program/feature was aired  
on the top of the hour OR within the specified music hour

**X** 

---

Darla Ozanne  
General Manager