

## The Prayz Network

WTPN 103.9 FM Westby, WI, WEQL 104.9 FM La Crosse, WI,  
WEQS 89.3 Sparta, WI, WWJC 101.5 Augusta, WI

### Issues & Programs 1st Quarter 2024

The Prayz Network stations-WTPS 103.9, WEQS 89.3, WWJC 101.5 and WEQL 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, January 1, 2024	1pm	1	Parenting, Quality Time	Parent Minute	Mark Hall & Greg Yoder share the importance of spending time with your children, and spending time with their individual interests.
Tuesday, January 2, 2024	3pm	25	Balance, Mental Health	Living on the Edge	Chip Ingram discusses how we can liberate our lives from the tyranny of the urgent and regain control of our lives, by reducing stress and increasing joy.
Wednesday, January 3, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens	Parenting Today's Teens	All behavior is goal-oriented, but sometimes, it can be really hard to see what your teen's goal was when they make a bad decision or act out of character. Mark Gregston helps parents know what to look for.
Thursday, January 4, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Independence	Parenting Today's Teens	Mark Gregston and Wayne Shepherd share some challenges and benefits of raising independent teens.
Monday, January 8, 2024	8AM & 6PM	1	Screen Time, Parenting, Dopamine	Focus on the Family Minute	Molly DeFrank uses brain science to explain why it's hard to get our children off of their screens. Does your family need a digital detox?
Tuesday, January 9, 2024	8AM & 6PM	1	Parenting, Special Needs	Focus on the Family Minute	Laura Wifler describes some of the questions she's struggled with while raising a daughter with special needs.
Wednesday, January 10, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Empowerment	Parenting Today's Teens	Mark Gregston shares insights on how to empower our teens with truth, love and intentional conversations.

Friday, January 12, 2024	1PM	1	Parenting, Quality Time	Parent Minute	Josh Havens shares insight into the importance of "staying in the moment" with our children and limiting distractions when we are focused on them.
Tuesday, January 16, 2024	3PM	25	Rejection, Mental Health	Living on the Edge	Chip Ingram walks through rejection and helps uncover four lies we believe about rejection, and how we can leverage it for good in our lives.
Wednesday, January 17, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens	Parenting Today's Teens	Mark Gregstion encourages parents to let go of the "perfect" parenting cycle, chasing perfection can do more harm than good.
Thursday, January 18, 2024	8AM & 6PM	1	Marriage	Focus on the Family Minute	Dr. Greg Smalley encourages couples to watch out for little signs that cause marriage relationships to drift apart.
Friday, January 19, 2024	9AM	20	Service, Poverty	On-Air Interview & On-Demand	Darla speaks with Dennis Siler about the upcoming trip to Mexico. He shares how the group travels to Mexico to help with the children and poverty in the area. He invites everyone to join this year's trip coming up in March.
Monday, January 22, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Entitlement	Parenting Today's Teens	Mark Gregston and Wayne Shepherd tackle the nightmare of the demanding, entitled teen, with practical parenting strategies.
Tuesday, January 23, 2024	3PM	25	Families	Living on the Edge	Aaron Pierce from Steiger International helps us understand how to engage and navigate difficult conversations and how we can start to break through a dysfunctional relationship.
Wednesday, January 24, 2024	8AM & 6PM	1	Marriage, Finances	Focus on the Family Minute	Taylor Kovar discusses how he and his wife made financial adjustments to benefit their marriage.

Thursday, January 25, 2024	8AM & 6PM	1	Kindness, Encouragement, Family	Focus on the Family Minute	Karen Ehman shares a story about a time her family blessed a mailman and encourages us all to engage others with love and kindness.
Tuesday, January 30, 2024	3pm	25	Prejudice and Persecution	Living on the Edge	Andrew Accardy and Ronald Raj discuss and encourage those of us that are being singled out, ridiculed, and even persecuted for who we are or what we believe.
Wednesday, January 31, 2024	8AM & 6PM	1	Depression, Teens, Mental Health	Focus on the Family Minute	Dr. Gregory Jantz offers practical advice for those struggling with depression from the book "Healing Depression for Life."
Thursday, February 1, 2024	3pm	25	Overcoming Pain, Mental Health, Family	Living on the Edge	Chip helps us take a look at the broken relationships in our lives. He speaks encouragement and practical steps to help us heal and overcome the pain they have caused.
Friday, February 2, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Boundaries	Parenting Today's Teens	Mark Gregston shares insights on how to understand teen behavior and set appropriate boundaries that benefit us all.
Monday, February 5, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Marriage	Parenting Today's Teens	Mark focuses on helping couples protect their marriage when your teen is struggling and creating chaos in your home.
Tuesday, February 6, 2024	3pm	25	Marriage, Relationships, Intimacy	Living on the Edge	If you or someone you know is searching for that special person, suffering the consequences of divorce and not sure what to do next? Chip discusses the secret to building a lasting relationship.
Wednesday, February 7, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Culture	Parenting Today's Teens	Our teens are growing up surrounded by a performance-driven, selfish culture. It can leave them overwhelmed and looking for real guidance. Mark Gregston shares insights into understanding them.

Thursday, February 8, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens	Parenting Today's Teens	Mark Gregston shares that feelings that aren't spoken out will be acted out. So, when our teen is acting out, it is our cue to dig a little deeper into their hurt.
Friday, February 9, 2024	8AM & 6PM	1	Marriage, Family	Focus on the Family Minute	Ashley Willis talks about how marriages face many demands and struggles when raising children. Keeping focus on your marriage is key to keeping it strong.
Monday, February 12, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens	Parenting Today's Teens	As parents, we want to protect our kids. But if you spend too much time trying to control your teen's world, you'll never have the chance to teach them how to live in the real one. Mark Gregston shares helpful tips for parents.
Wednesday, February 14, 2024	3pm	25	Sex, Intimacy, Relationships, Marriage	Living on the Edge	Chip shares a practical message about how to overcome living in lust, and moving to a deep, rich, intimate relationship that last a lifetime.
Thursday, February 15, 2024	8AM & 6PM	1	Parenting, Communication, Relationships	Focus on the Family Minute	Dr. Danny Huerta talks about encouraging his son to ask honest questions before reacting. Building understanding instead of knee-jerk reactions.
Friday, February 16, 2024	8AM & 6PM	1	Parenting, Mental Health, Reconciliation	Focus on the Family Minute	Lisa Harper relives a powerful moment of reconciliation with her parents. She shares insight from the book Finding Hope for Lasting Relief from Depression.
Monday, February 19, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Peer Pressure	Parenting Today's Teens	Peer pressure has been around for generations, but it manifests differently to today's teens. Mark and Wayne shed light on preparing our children to withstand peer pressure.
Tuesday, February 20, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Self-Medicating, Mental Health	Parenting Today's Teens	Mark Gregston explains how as drug use is increasingly normalized, many teens are turning to self-medicating when they are hurting or lonely.

Friday, February 23, 2024	8AM & 6PM	1	Parenting, Siblings	Focus on the Family Minute	Cynthia Tobias shares what's going on inside the mind of a strong-willed child, and how to manage their control demands.
Tuesday, February 27, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Expectations	Parenting Today's Teens	Mark Gregston discusses the incredible weight of expectations facing our teens and how they face pressures both big and small.
Wednesday, February 28, 2024	3pm	25	Marriage	Living on the Edge	Chip and Theresa Ingram share some helpful "how tos" for our marriages. How they worked through challenges and remain close after 45 years of marriage.
Thursday, February 29, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens,	Parenting Today's Teens	As parents, it can be tough to watch our teens struggle. But if we want our children to grow in character and perseverance, we've got to resist the temptation to rescue them from every situation.
Friday, March 1, 2024	3pm	25	Marriage	Living on the Edge	What does it take for a marriage to remain strong? Communication? Trust? Respect? Love? Chip Ingram shares what is foundational and essence for a strong, lasting marriage.
Monday, March 4, 2024	8AM & 6PM	1	Parenting, Stepfamilies	Focus on the Family Minute	Sabrina McDonald addresses some of the tensions stepfamilies go through. She discusses the book A Home Built from Love and Loss.
Tuesday, March 5, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Social Media, Technology	Parenting Today's Teens	Social media and technology can be used in a lot of positive ways- but for teens, there are also a lot of ways it can hurt. Mark Gregston helps parents navigate when technology turns harmful.
Thursday, March 7, 2024	9am	15	Family, Children, Community	On-Air Interview & On-Demand	Darla speaks with Ray Howell about the upcoming community camp. Offering fun activities, crafts, dancing, and snacks for the whole family.

Friday, March 8, 2024	9am	12	Women	On-Air Interview & On-Demand	Darla speaks with Janet Brandli about the upcoming Women's retreat coming to Cadott. This event is open to all of the women in the community.
Monday, March 11, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Social Media	Parenting Today's Teens	Parenting teens in the digital age comes with challenges no generation has seen before. We're all learning as we go! Wayne Shepherd dives into this complex issue.
Tuesday, March 12, 2024	3pm	25	Marriage, Relationships, Woman	Living on the Edge	Ladies, do you feel pulled in a million directions? Family, career, marriage, relationships- all competing for your time? Chip shares insight for those longing to bring some sanity to their world.
Monday, March 18, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens	Parenting Today's Teens	As parents, we often get absorbed in our own activities and miss crucial moments with our teens. Mark Gregston discusses why it's vital to recognize these meaningful moments.
Wednesday, March 20, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens,	Parenting Today's Teens	It's always good to remember that our role as parents is not just to protect teens from pain, but to equip them with the resilience and understanding to navigate through it. Mark Gregston steps in with great advice.
Thursday, March 21, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Self-Harm	Parenting Today's Teens	Self-harm, particularly cutting, has become increasingly prevalent among teens, often serving as a coping mechanism. Mark Gregston shares how to help teens deal with anxiety, frustration and depression.
Friday, March 22, 2024	8AM & 6PM	1	Medical Crisis, Family,	Focus on the Family Minute	Dr. Kathryn Butler shares how you can see goodness during a medical crisis.

Tuesday, March 26, 2024	8AM & 6PM	1	Marriage, Vision	Focus on the Family Minute	Sean Reed shares from the book Marriage in Transition and discusses the value of having a shared vision in your marriage, especially during the hard times
Wednesday, March 27, 2024	9AM, 2PM, & 10PM	1	Parenting, Teens, Communication	Parenting Today's Teens	Mark Gregston explains how every conversation with our teens can build trust and lay the foundation for deeper, more meaningful discussions. Even simple everyday interactions are valuable.
Friday, March 29, 2024	1pm	1	Parenting, Grandkids, Relationships	Parent Minute	Greg Yoder shares how parents and grandparents can look past political and cultural views to keep the grandchildren involved in their grandparent's lives

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

**X** Darla Ozanne 4/13/24  
 Darla Ozanne  
 General Manager