

QUARTERLY ISSUES / PROGRAM LIST WGNW  
THE FAMILY RADIO NETWORK FOR WISCONSIN  
July 1 – September 30, 2023

ISSUES:

1. TEENS AND DEPRESSION
2. DIGITAL AND CULTURE
3. ADULT CHILDREN
4. POSTPARTUM PAIN
5. DOWNSIZING
6. ANGER
7. GRANDPARENTING
8. TEENS TO ADULTS
9. ADDICTIONS
10. AUTISM

## ISSUE 1: TEENS AND DEPRESSION

PROGRAM TITLE: Family Life Today

PROGRAM SOURCE: Family Life Today, Orlando, Florida

PROGRAM DATE, TIME, AND DURATION: July 3, 2023. 9:00 AM/PM, 30 minutes

PROGRAM HOST: Dave and Ann Wilson

PROGRAM GUEST: SPEAKER: Psychologist Ed Welch

PROGRAM DESCRIPTION: With the skyrocketing number of teens dealing with anxiety, depression and self-harm, parents are concerned about the issue and want to know what to do for their son or daughter. Dr. Welch provided you-can-do-this guidance that would help shape one's home environment into one that welcomes, supports, heals and helps kids navigate their way to hope, when they are dealing with despair.

## ISSUE 2: DIGITAL AND CULTURE

PROGRAM TITLE: Family Life Today

PROGRAM SOURCE: Family Life Today, Orlando, Florida

PROGRAM DATE, TIME, AND DURATION: July 13, 2023. 9:00 AM/PM, 30 minutes

PROGRAM HOST: Dave and Ann Wilson

PROGRAM GUEST: SPEAKER: Ron Deal and Dr. Meg Meeker-author and podcaster

PROGRAM DESCRIPTION: Ron and Dr. Meeker discussed research that found kids can't regulate the amount of time that they're on social media, and that there is absolutely no way a 10- or even 13-year-old boy or girl should have a cell phone where they can connect to the internet, even if they're good kids. The reason is that parents forget to think about the fact that their kid is not only in charge, but by equipping them with a phone that connects to the internet, you're opening a world to your child, you allow all of these people to come on and approach your child. They noted the importance of putting limits on technology and making it a family rule. That means that mom and dad shut off their phone and stop checking their email. They noted that if you find your child really has a hard time when you tell them to get off video games or social media, and they have a fit, that's a big red flag that they're addicted to it. And that's all the more reason to dial it down and ween your child off the internet.

## ISSUE 3: ADULT CHILDREN

PROGRAM TITLE: Family Life Today and Focus on The Family

PROGRAM SOURCE: Family Life Today, Orlando, Florida

PROGRAM DATE, TIME, AND DURATION: July 24, 25 and 26, 2023. 9:00 AM/PM, 30 minutes

PROGRAM HOST: Dave and Ann Wilson

PROGRAM GUEST: SPEAKER: Mary DeMuth, author of Love, Pray, Listen: Parenting Your Wayward Adult Kids with Joy

PROGRAM DESCRIPTION: Mary shared what it's like to emerge from a painful childhood—and to have kids leave the faith. She offered insights on how to wisely navigate relationships with adult kids, starting with our own healing. She reminded listeners that adult children can be downright painful—especially when their choices don't match your values. She noted her experience in parenting wayward adult children, offering insights and guidance for navigating challenging relationships. She tackled the pain, shame, and questions faced by parents whose children have left the faith, and helped listeners know when to speak or listen, without meddling.

#### ISSUE 4: POSTPARTUM PAIN

PROGRAM TITLE: Family Life Today

PROGRAM SOURCE: Family Life Today, Orlando, Florida

PROGRAM DATE, TIME, AND DURATION: August 11, 2023 9:00 AM/PM, 30 minutes

PROGRAM HOST: Dave and Ann Wilson

PROGRAM GUEST: SPEAKER: Authors Kathryn and Elisha Voetberg

PROGRAM DESCRIPTION: The Voetberg's reminded listeners that whether this you're a first-time mom or a seasoned veteran, your struggles postpartum might be the same: Sleep deprivation. Healing. Body insecurity. Lack of sex. Expectations. Caring for yourself. Keeping a tiny human alive. Hormones. The two also noted the importance of keeping one's mental health in a good place. Eating well and going to bed at a decent time.

#### ISSUE 5: DOWNSIZING

PROGRAM TITLE: Focus on the Family

PROGRAM SOURCE: Focus on The Family, Colorado Springs, Colorado

PROGRAM DATE, TIME, AND DURATION: August 9 & 10, 2023 9:30 AM/PM, 30 minutes

PROGRAM HOST: Jim Daly and John Fuller

PROGRAM GUEST: SPEAKER: Courtney Ellis, Uncluttered: Free Your Space, Free Your Schedule, Free Your Soul.

PROGRAM DESCRIPTION: Courtney described why too many screens & too much technology is a form of clutter, and how her kids would often see the back of her hand holding a phone instead of seeing her face. She noted that decluttering isn't an easy task because it's not just about possessions. Every possession has memories that are attached to it, feelings that are attached to it, nostalgia that's attached to it. As a result, her family developed tools that took that fight out of their hands. One is a lockbox that they put their phones in during dinner and bedtime and can't access them. She recommended a digital sabbath. One week a year when you are off your phones. Also, one month a year, signing off of social media.

#### ISSUE 6: ANGER

PROGRAM TITLE: Family Life Today

PROGRAM SOURCE: Family Life Today, Orlando, Florida

PROGRAM DATE, TIME, AND DURATION: August 17 & 18, 2023 9:00 AM/PM, 30 minutes

PROGRAM HOST: Dave and Ann Wilson

PROGRAM GUEST: SPEAKER: David Thomas, author of the book Raising Emotionally Healthy Boys

PROGRAM DESCRIPTION: Drawing from 25 years of counseling, David Thomas explains what's behind the anger issues, anxiety, and depression, and shares how to foster emotional intelligence within your sons by teaching them healthy, constructive ways to express their emotions. Thomas offered time-tested strategies to help boys deal with powerful emotions. He noted that the two biggest mistakes we make in discipline as parents are too much talk and too much emotion.

## ISSUE 7: GRANDPARENTING

PROGRAM TITLE: Family Life Today

PROGRAM SOURCE: Family Life Today, Orlando, Florida

PROGRAM DATE, TIME, AND DURATION: September 21 & 22, 2023 9:00 AM/PM, 30 minutes

PROGRAM HOST: Dave and Ann Wilson

PROGRAM GUEST: SPEAKER: Authors Mark Gregston and Larry Fowler

PROGRAM DESCRIPTION: Authors Gregston and Fowler helped listeners engage in ways that matter and make an impact that keeps echoing when dealing with grandchildren. Fowler noted one thing and that was you have to stop parenting. You have to realize your role as a grandparent is different. You're not the parent. You're still the parent of your adult kids, but you don't parent anymore unless you're invited. Meanwhile, Gregston reminded listeners that you don't share your opinion unless asked. They don't want your opinion. What they want is perspective. They want to know, "How do you see this and see it differently in light of what they've been taught, applying it to a world that is out of control in one sense?"

## ISSUE 8: TEENS TO ADULTS

PROGRAM TITLE: Focus on the Family

PROGRAM SOURCE: Focus on The Family, Colorado Springs, Colorado

PROGRAM DATE, TIME, AND DURATION: July 5 & 6, 2023 9:30 AM/PM, 30 minutes

PROGRAM HOST: Jim Daly and John Fuller

PROGRAM GUEST: SPEAKER: Psychologist Dr. Kenneth Wilgus, author of Feeding the Mouth That Bites You: A Complete Guide to Parenting Adolescents and Launching Them into the World.

PROGRAM DESCRIPTION: Dr. Wilgus offered parents a strategy of "planned emancipation" whereby they can help prepare their teens for adulthood by carefully and progressively withdrawing their control over key areas of their teen's life. His approach to parenting adolescents is practical, and empowering. He shared about adolescent needs and behavior, and that once parents understand this, they are better able to judge for themselves what is best for their teenager without always having to consult an "expert."

## ISSUE 9: ADDICTIONS

PROGRAM TITLE: Focus on the Family

PROGRAM SOURCE: Focus on The Family, Colorado Springs, Colorado

PROGRAM DATE, TIME, AND DURATION: August 18, 2023 9:30 AM/PM, 30 minutes

PROGRAM HOST: Jim Daly and John Fuller

PROGRAM GUEST: SPEAKER: Pastor and author Victor Torres founding pastor of New Life Outreach Church in Richmond, Virginia., and author of Reaching Your Addicted Loved One.

PROGRAM DESCRIPTION: Victor Torres shared his dramatic story of growing up on the streets of New York City as a gang member and a heroin addict and how God intervened to change his life. He identified some signs of substance abuse and offer some first steps toward hope and healing for your addicted loved one. One thought that stood out was that when a family member becomes addicted, the entire family becomes addicted. Torres reminded parents not to get mad at their child, their loved one, as it's not their fault. Yes, they made the decision, but the one that they need to get mad at, it's the drug, it's the environment. Parents begin asking themselves, "Where did I go wrong? What could I have done that would have been different?" And then parents get frustrated.

## ISSUE 10: AUTISM

PROGRAM TITLE: Focus on the Family

PROGRAM SOURCE: Focus on The Family, Colorado Springs, Colorado

PROGRAM DATE, TIME, AND DURATION: July 27 & 28, 2023, 9:30 AM/PM, 30 minutes

PROGRAM HOST: Jim Daly and John Fuller

PROGRAM GUEST: SPEAKER: Author and public speaker Emily Colson

PROGRAM DESCRIPTION: Colson explained how her view of God has changed through years of struggling to raise an autistic son as a single parent. She described painful situations she's encountered in public, where people have been rude or hostile to Max because he is not acting normally. She noted that there isn't a manual with steps to follow that helps you walk through dealing with a son or daughter with autism. She brought hope to parents, grandparents and siblings of those dealing with autism.