

## **KJLT FM 2022 4th Quarter Issues**

A number of issues relevant to our listeners were addressed including marriage, leasing land, parenting, Operation Christmas Child, foster care, America's Veterans, Men In The Gap Outreach, Deborah's Legacy Outreach, diets, navigating worry, Salvation Army

**DATE: 10/03/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:55**

**ISSUES: Agriculture**

**DESCRIPTION: The Challenges of Being Rural.** Rural communities are facing big challenges when it comes to keeping their towns vibrant and growing. Nebraska Extension Specialist Cheryl Burkhart-Kriesel talks about how small town Nebraskans are creatively navigating multiple issues to help them grow in the years to come..

**DATE: 10/03/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Abortion Pill Reversal.** Medical abortions are promoted as 'safe and easy,' but few women understand the long-term consequences of terminating a child. we'll examine how the abortion pill works and how prolife doctors may be able to reverse the process.

**DATE: 10/04/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:47**

**ISSUES: Agriculture**

**DESCRIPTION: Flexible Stocking Rate Options for Drought Management.** Much of Nebraska is experiencing drought conditions this year. Nebraska Extension Beef Systems Educator Ryan Benjamin stresses moderation and flexibility when it comes to stocking strategies during drought..

**DATE: 10/04/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION:** Fortifying Your Marriage for the Storms of Life - I. Storms are inevitable in marriage. Are you prepared? Gary Thomas reviews common difficulties couples can face -- everything from chronic illness to infidelity -- and describes how clinging to your faith and to your spouse can help you survive and thrive.

**DATE:** 10/05/2022

**TIME:** 07:30AM

**PROGRAM:** Extension Almanac

**LENGTH:** 04:26

**ISSUES:** Agriculture

**DESCRIPTION:** Tar Spot on Corn. Keeping an eye on your crops is a good practice for producers. Nebraska Extension Plant Pathologist Tamra Jackson-Ziems cautions corn producers to be on the lookout for tar spot, a relatively new corn disease.

**DATE:** 10/05/2022

**TIME:** 08:06PM

**PROGRAM:** Focus on the Family

**LENGTH:** 28:30

**ISSUES:** Family

**DESCRIPTION:** Fortifying Your Marriage for the Storms of Life - II.

**DATE:** 10/06/2022

**TIME:** 07:30AM

**PROGRAM:** Extension Almanac

**LENGTH:** 04:27

**ISSUES:** Agriculture

**DESCRIPTION:** Experience the Power of Red Day. The College of Agriculture and Natural Resources on UNL's East campus will be hosting a 'Power of Red' visit day for students and parents. CASNR College Relations Director Sue Ellen Pegg says the visit day is an excellent opportunity for prospective students to see what their college experience could be like..

**DATE:** 10/06/2022

**TIME:** 08:06PM

**PROGRAM:** Focus on the Family

**LENGTH:** 28:30

**ISSUES:** Family

**DESCRIPTION:** Leaving a Legacy of Faith - I. As our kids grow up, we track their progress by measuring their height and weight on a regular basis. But how do we measure their spiritual growth? Dan Seaborn shares a fun, practical guide to teaching spiritual principles to our children, and grandchildren.

**DATE: 10/07/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:20**

**ISSUES: Agriculture**

**DESCRIPTION: Garden Notes.** Keeping records or a diary about your home garden can be an extremely valuable resource for future garden planning. Nebraska Extension Educator John Porter talks about keeping good notes from this year's gardening season..

**DATE: 10/07/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Leaving a Legacy of Faith - II.** Have you heard the phrase, 'Try to catch your kids doing something RIGHT'? That can be a challenge sometimes. Pastor Dan Seaborn encourages you to SLOW DOWN and engage with your kids, celebrating the times when they do the right thing.

**DATE: 10/10/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:22**

**ISSUES: Agriculture**

**DESCRIPTION: Waterwise Landscapes Initiative.** A new program from the Nebraska Forest Service is emphasizing conserving water in your home landscape. Justin Evertson talks about how you can still have a beautiful landscape by planting trees, shrubs and ornamentals that thrive in dry weather.

**DATE: 10/10/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Pouring into the Lives of Your Grandkids.** Grandparents are an integral part of the family, passing along wisdom, faith, and love. Chrys Howard and Shellie Rushing Tomlinson encourage grandparents in today's digital age. You'll better understand the unique role you have in supporting your adult children and influencing your grandchildren.

**DATE: 10/11/2022**  
**TIME: 09:10AM**  
**LENGTH: 05:00**  
**ISSUES: Christian Education**  
**SPEAKER: Wendi Carstons**  
**REPRESENTS: Our Redeemer Lutheran School**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: Our Redeemer Lutheran offers a Christian education for K-8th.**

**DATE: 10/11/2022**  
**TIME: 10:15AM**  
**LENGTH: 06:00**  
**ISSUES: Teen & Young Adult**  
**SPEAKER: Joe Sukraw**  
**REPRESENTS: Hope Embraced**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: Hope Embraced is a ministry that includes high school and young adults**

**DATE: 10/11/2022**  
**TIME: 02:05PM**  
**LENGTH: 44:00**  
**ISSUES: Community Outreach**  
**SPEAKER: Kris Cheek**  
**REPRESENTS: Maranatha Bible Camp**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: No one is turned away from Maranatha due to affordability. There are a number of camps throughout the year. There will be a marriage conference November 4th-6th.**

**DATE: 10/11/2022**  
**TIME: 04:35PM**  
**LENGTH: 26:00**  
**ISSUES: Children Ministry**  
**SPEAKER: Brian Baxter**  
**REPRESENTS: AWANA**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: Awana is a children ministry that includes bible story time, games, and bible memory time.**

**DATE: 10/11/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Sharing Christ in a Cancel Culture - I & II. As a young man, Joe Dallas identified as a homosexual and tried to integrate his sexuality with his Christian faith. But then God gently changed his heart. Joe shares about his repentance and restoration while addressing major controversies in today's cancel culture.**

**DATE: 10/12/2022**

**TIME: 08:07AM**

**LENGTH: 23:00**

**ISSUES: Men s**

**SPEAKER: Vernon Sharp**

**REPRESENTS: Men In The Gap**

**INTERVIEWER: Gary Hofer**

**DESCRIPTION: Men In The Gap meets the second Saturday of the month for breakfast, praise, and worship. It is a free event**

**DATE: 10/12/2022**

**TIME: 10:08AM**

**LENGTH: 20:00**

**ISSUES: Abortion**

**SPEAKER: Linda Logsdon**

**REPRESENTS: Women s Resource Center**

**INTERVIEWER: Gary Hofer**

**DESCRIPTION: The Women s Resource Center provides an alternative to abortion. Medical services along with counseling and baby supplies are provided.**

**DATE: 10/12/2022**

**TIME: 11:05AM**

**LENGTH: 27:00**

**ISSUES: Women s Ministry**

**SPEAKER: Jill Vaughn, Sara Trumbley**

**REPRESENTS: Deborah s Legacy**

**INTERVIEWER: Gary Hofer**

**DESCRIPTION: Deborah s Legacy is an outreach to women needing a second chance to back on their feet in life. The Legacy can house 4.**

**DATE: 10/12/2022**  
**TIME: 02:06PM**  
**LENGTH: 40:00**  
**ISSUES: College age issues**  
**SPEAKER: Emma Wareham**  
**REPRESENTS: Teen and young adult**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: Teen and college age issues discussed.**

**DATE: 10/12/2022**  
**TIME: 02:07PM**  
**LENGTH: 47:00**  
**ISSUES: Community Outreach**  
**SPEAKER: Jodi Hinds**  
**REPRESENTS: Livin Out Loud**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: Livin Out Loud is a Christian music ministry outreach. Livin Out Loud will present a line up of Christian artists in concert and is a free event.**

**DATE: 10/12/2022**  
**TIME: 03:12PM**  
**LENGTH: 15:00**  
**ISSUES: Trucker Ministry**  
**SPEAKER: Doug Lee**  
**REPRESENTS: Trucker s Church**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: Trucker s Church is an outreach to truckers that meets every Sunday morning at the Flying J truck stop.**

**DATE: 10/12/2022**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Sharing Christ in a Cancel Culture - I & II. As a young man, Joe Dallas identified as a homosexual and tried to integrate his sexuality with his Christian faith. But then God gently changed his heart. Joe shares about his repentance and restoration while addressing major controversies in today's cancel culture.**

**DATE: 10/13/2022**  
**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: God's Light Amidst Grief's Shadow.** One of the hardest things about life on this side of eternity is the unexpected. Jonathan Pitts reflects on life with his wife Wynter and the events that led up to her sudden passing at a young age. Through that loss and the trials surrounding it, Jonathan found hope and healing. He'll encourage you to press into God and cling to your faith.

**DATE: 10/14/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:01**

**ISSUES: Agriculture**

**DESCRIPTION: Yellow Jacket Control.** Nebraska Extension Entomologist Jody Green warns homeowners that yellow jackets are becoming active this fall. She offers some tips to avoid getting stung.

**DATE: 10/14/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Getting Along with Strong-Willed People.** We've all heard of strong-willed children -- maybe you have one or two -- but do you live or work with some strong-willed adults? Author Cynthia Tobias explains how to identify these challenging personalities and how to turn conflict into cooperation.

**DATE: 10/17/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 03:58**

**ISSUES: Agriculture**

**DESCRIPTION: Know Your Numbers, Know Your Options 2022.** Nebraska Extension is offering a series of programs designed to help farmers make sound financial decisions. Nebraska Extension Educator Jessica Groskopf talks about the upcoming Know Your Numbers, Know Your Options online course.

**DATE: 10/17/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Putting the Magic Back into Your Marriage.**

**DATE: 10/18/2022**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:36**  
**ISSUES: Agriculture**  
**DESCRIPTION: More Tips for Fall Tree Planting. Justin Evertson from the Nebraska Forest Service offers more tips for planting trees and why fall is the best time of the year to plant them..**

**DATE: 10/18/2022**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Every Single Vote Matters. As an American citizen and a Christian, you can't afford to ignore the November midterm elections! Dr. Al Mohler urges all Christians to 'vote rightly' about critical moral issues on the 2022 ballot.**

**DATE: 10/19/2022**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:52**  
**ISSUES: Agriculture**  
**DESCRIPTION: Entrepreneurial Success on a Ranch. Tom Field, Director for the UNL Engler Entrepreneurship program, says entrepreneur opportunities often come from outside the business world that people are familiar with and have been working in for years.**

**DATE: 10/19/2022**  
**TIME: 10:17AM**  
**LENGTH: 07:24**  
**ISSUES: Local Community**  
**SPEAKER: Lynetta Poff**  
**REPRESENTS: Salvation Army**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: Volunteers are needed. The Salvation Army provides a wide variety of services year around.**



**DATE: 10/19/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Living Joyously - I. Imagine being born with cerebral palsy, suffering with daily pain and the ridicule of your peers, then losing both parents to cancer. David Ring shares how those terrible circumstances led him to the brink of despair, and how the Lord intervened on his behalf.**

**DATE: 10/20/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:59**

**ISSUES: Agriculture**

**DESCRIPTION: Beef Quality Assurance During the Fall Run. Being loaded on a truck for transport can be very stressful for cattle. Jesse Fulton, Director of the UNL Beef Quality Assurance program says there are many issues for ranchers to consider before getting cattle ready for the fall run..**

**DATE: 10/20/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Living Joyously - II. We all have troubles in life, but the real question is, how do you choose to respond to those troubles? Pastor David Ring shares how he overcame the challenges of cerebral palsy, to become a messenger of God's grace to audiences around the world.**

**DATE: 10/21/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:57**

**ISSUES: Agriculture**

**DESCRIPTION: 2022 Heifer Price Discounts. Nebraska Extension Livestock Marketing Economist Elliot Dennis says there are larger price discounts for heifers this season and talks about what those discounts mean..**

**DATE: 10/21/2022**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Helping Your Kids Identify Their Strengths. Every child has strengths and weaknesses.**

**DATE: 10/24/2022**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:03**  
**ISSUES: Agriculture**  
**DESCRIPTION: 2022 Nebraska Extension Weed Science School. Farmers having difficulty managing crop weeds should plan to attend the 2022 Weed Science School coming up November 9.**

**DATE: 10/24/2022**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Finding True Healing from Trauma. Dr. Elizabeth Stevens was a high-achieving psychiatrist in the U.S. Air Force. But her work came to an abrupt halt after a debilitating brain injury and a series of other traumatic events which caused PTSD.**

**DATE: 10/25/2022**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:12**  
**ISSUES: Agriculture**  
**DESCRIPTION: Drought Tolerant Trees. Next time you purchase a tree for your home landscape buy one that thrives in drought conditions. Bob Hendrickson from the Nebraska Statewide Arboretum talks about three species that are extremely drought tolerant.**

**DATE: 10/25/2022**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Being the Man Your Family Needs - I & II. A lot of guys need direction, meaning, and purpose for their lives but are struggling to find it. Author and radio host Brant Hansen makes some insightful observations about all that men can be - and six key decisions you can make to set yourself apart from the rest.**

**DATE: 10/26/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:44**

**ISSUES: Agriculture**

**DESCRIPTION: Is Solar Energy Right For Your Farm Operation? Solar energy isn't anything new, but it might be able to help some farmers save money on their operations. Nebraska Extension Educator John Hay talks about some of the benefits of having a solar powered operation.**

**DATE: 10/26/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Being the Man Your Family Needs - I & II. A lot of guys need direction, meaning, and purpose for their lives but are struggling to find it. Author and radio host Brant Hansen makes some insightful observations about all that men can be - and six key decisions you can make to set yourself apart from the rest.**

**DATE: 10/27/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:52**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Farm Bill Issues. The upcoming election might have a big effect on the 2023 farm bill. Nebraska Extension Ag Policy Specialist Brad Lubben talks about some of the key issues that will need to be addressed.**

**DATE: 10/27/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Becoming a Whole-Hearted Wife - I.**

**DATE: 10/28/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 08:34**

**ISSUES: Agriculture**

**DESCRIPTION: Drones and Precision Agriculture. Having a drone can significantly help farmers understand the growing conditions of their crops. Other precision ag issues can have a big impact on how our producers grow our food. Nebraska Extension Educator Nate Dorsey talks about some of the current issues in precision ag.**

**DATE: 10/28/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Becoming a Wholehearted Wife - II. Find out how damaging anger can be in your marriage. Husbands and wives need a better response in the face of conflict, and we'll provide you with a biblical model on how to keep communication lines open and forgive your spouse.**

**DATE: 10/31/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Laughing, Loving, and Lasting with Your Spouse. You can have a happy marriage, if you're intentional about maintaining a healthy, godly relationship. Kevin Thompson identifies eight commitments you need to make in order to find happiness in your marriage -- like humbling yourself, viewing your marriage as bigger than you.**

**DATE: 11/01/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:46**

**ISSUES: Agriculture**

**DESCRIPTION: Adjusting Rental Payments When Tenants Own the Center Pivot. Traditionally on leased cropland, the landowner owns the pump and pivot. Nebraska Extension Ag Economist Jessica Groskopf says when tenants own the pivot, the rental rate charged should be discounted, to compensate for higher ownership and repair expenses.**

**DATE: 11/01/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: How do we get the fruit of the Spirit in the first place? Dave and Ann Wilson host author Jessica Thompson, who beckons us back to our true source of love, joy, peace , and change.**

**DATE: 11/01/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Unleashing the Possibilities for Children in Foster Care. He was adopted out of difficult circumstances into a large, loving family, and he later adopted two children of his own. Ryan Bomberger boldly promotes the adoption option instead of abortion, which the culture too readily encourages.**

**DATE: 11/02/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:42**

**ISSUES: Agriculture**

**DESCRIPTION: Test Your Hay. If you know the quality of your hay, you can make the right decision in terms of supplementation level and not spend more money than you need to. Nebraska Extension Beef Systems Specialist Mary Drewnoski talks about the best methods to testing your hay.**

**DATE: 11/02/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Need tips on parenting with a former spouse? Dave and Ann Wilson host Dr. Mary Jeppsen--who literally wrote the book on constructive, cooperative coparenting. She'll help you navigate.**

**DATE: 11/02/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Practical Advice for Parenting Powerful Kids I & II. As a parent, you can't help but wonder if the bundle of joy you bring home from the hospital will grow to be a bundle of opinions instead. Dr. Kevin Leman shares tips on mindfully caring for a powerful child without losing your own mind!**

**DATE: 11/03/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:49**

**ISSUES: Agriculture**

**DESCRIPTION: Farm Estate Transition and Leasing Meetings. Nebraska Extension will be hosting several meetings in the panhandle that deal with estate transition as well as leasing issues. Nebraska Extension Farm Succession Specialist Alan Vyhnalek talks about the workshops and when and where they will be held.**

**DATE: 11/03/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Is your marriage moving towards oneness or isolation? Dave and Ann Wilson discuss habits for a great marriage, and what to do when you're holding a grudge.**

**DATE: 11/03/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Practical Advice for Parenting Powerful Kids I & II. As a parent, you can't help but wonder if the bundle of joy you bring home from the hospital will grow to be a bundle of opinions instead. Dr. Kevin Leman shares tips on mindfully caring for a powerful child without losing your own mind!**

**DATE: 11/04/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:52**

**ISSUES: Agriculture**

**DESCRIPTION: Household Spiders.** As the weather cools down, spiders tend to move into our home. Nebraska Extension Entomologist Jody Green says try not to be worried, most of them are harmless.

**DATE: 11/04/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Is resentment killing your marriage?** Today hosts Dave and Ann Wilson discuss the corrosive cycle of bitterness and paybacks and how to deal.

**DATE: 11/07/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:32**

**ISSUES: Agriculture**

**DESCRIPTION: iGENDEC Beef Cattle Selection Tool.** Online software developed by Nebraska Extension can help cattle producers maximize their bull selections. Nebraska Extension Beef Genetics Specialist Matt Spangler talks about iGENDEC and how it helps producers customize bull genetics to fit their operation.

**DATE: 11/07/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: In a hard spot with money?** Dave and Ann Wilson host Bob and Linda Lotich, who know the realities of financial shame. But they also know how to go from 'I'm broke' to smart money management.

**DATE: 11/07/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION:** Defending Your Faith in a Secular Culture. With a shrinking biblical worldview in the culture, there's an increasing need to engage others with grace and truth. Natasha Crain outlines the four pillars of secularism pervasive in today's culture and challenges the church to recommit to a biblical foundation to effectively reach hearts and minds for Christ.

**DATE: 11/08/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:05**

**ISSUES: Agriculture**

**DESCRIPTION:** Drought Risk Management & PRF Insurance. The signup date for pasture rangeland insurance coverage is coming up soon. Nebraska Extension Farm and Ranch Management Specialist Jay Parsons talks about how crop producers can minimize drought risk for the next growing season.

**DATE: 11/08/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION:** Ready to think outside the box as you spend, save, and give? Dave and Ann Wilson host author Bob Lotich, who paid off \$400K in debt and gave \$1 million by age 40. Start here with your money.

**DATE: 11/08/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION:** Setting Boundaries in Your Most Difficult Relationships I & II. Relationships can be rewarding, but sometimes challenges pop up. Lysa TerKeurst reflects on how she placed boundaries in her marriage and with friends. She offers insight, biblical wisdom, and encouragement for establishing boundaries with others to improve the quality and health of your relationships.

**DATE: 11/09/2022**

**TIME: 07:30AM**



**PROGRAM:** Extension Almanac

**LENGTH:** 04:40

**ISSUES:** Agriculture

**DESCRIPTION:** Cover Crop Biomass Calculator. Maximizing cover crop growth between fall harvest and spring planting remains a challenge for corn and soybean producers. Nebraska Extension Statewide Soil Health Educator Katja Koehler-Cole says the University has developed new software to help farmers predict the biomass produced by their cover crops..

**DATE:** 11/09/2022

**TIME:** 02:41PM

**LENGTH:** 10:47

**ISSUES:** International

**SPEAKER:** Val Hiser

**REPRESENTS:** Operation Christmas Child

**INTERVIEWER:** Glenn Littrell

**DESCRIPTION:** Operation Christmas Child is about donating shoebox gifts to children in foreign countries. Bethel Church in North Platte is a drop off point.

**DATE:** 11/09/2022

**TIME:** 06:00PM

**PROGRAM:** Family Life Today

**LENGTH:** 25:00

**ISSUES:** Family

**SPEAKER:** Dave and Ann Wilson

**DESCRIPTION:** If you invited God into your finances, what could happen? Dave and Ann Wilson talk with author Bob Lotich and his wife Linda about money, marriage, and making financial decisions.

**DATE:** 11/09/2022

**TIME:** 08:06PM

**PROGRAM:** Focus on the Family

**LENGTH:** 28:30

**ISSUES:** Family

**DESCRIPTION:** Setting Boundaries in Your Most Difficult Relationships I & II. Relationships can be rewarding, but sometimes challenges pop up. Lysa TerKeurst reflects on how she placed boundaries in her marriage and with friends. She offers insight, biblical wisdom, and encouragement for establishing boundaries with others to improve the quality and health of your relationships.

**DATE:** 11/10/2022

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:55**

**ISSUES: Agriculture**

**DESCRIPTION: The Benefits of Prairie Strips.** Farmers and ranchers have a portfolio of conservation practices they can integrate into their production systems. University of Nebraska - Lincoln Ag Economics Professor John Westra talks about prairie strips and how producers can benefit from diversity while still being an economically beneficial practice.

**DATE: 11/10/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Workaholism** makes a good attempt to fulfill your needs but what's the real cost. Dave and Ann Wilson host authors Tim Kimmel and Michael Tooker, who share their own stories and look beneath the luster of overwork.

**DATE: 11/10/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Identifying Your Strengths as a Parent.** Every parent has strengths and weaknesses how can you use your strength for your child's best advantage? We'll remind moms and dads about the great influence you have and how you can work together instead of getting stuck in conflict.

**DATE: 11/11/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:44**

**ISSUES: Agriculture**

**DESCRIPTION: Winterizing Your Center Pivot.** Is your center pivot system ready for winter? Nebraska Extension Irrigated Cropping Systems Educator Steve Melvin gives some tips on winterizing irrigation equipment.

**DATE: 11/11/2022**

**TIME: 10:11AM**

**LENGTH: 08:08**  
**ISSUES: Veteran s Day**  
**SPEAKER: Dave Logsdon**  
**REPRESENTS: Veterans**  
**INTERVIEWER: Gary Hofer**  
**DESCRIPTION: Dave served in the Navy during the Vietnam war. Dave shared his experience on his tour of duty**

**DATE: 11/11/2022**  
**TIME: 02:41PM**  
**LENGTH: 10:47**  
**ISSUES: International**  
**SPEAKER: Val Hiser**  
**REPRESENTS: Operation Christmas Child**  
**INTERVIEWER: Glenn Littrell**  
**DESCRIPTION: Operation Christmas Child is about donating shoebox gifts to children in foreign countries. Bethel Church in North Platte is a drop off point.**

**DATE: 11/11/2022**  
**TIME: 06:00PM**  
**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: Feeling so over your job? Dave and Ann Wilson host authors Tim Kimmel and Michael Tooker, who talk about ways to bring grace to workand radically change how your look at your job.**

**DATE: 11/11/2022**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Honoring America's Veterans. On Veteran's Day, we honor and remember our nation's heroes. With Jim Daly, military heroes will share memories and personal stories from past wars. Hear Colonel Oliver North's portrait of today's American soldier and a powerful speech from former President Ronald Reagan.**

**DATE: 11/14/2022**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**

**LENGTH: 04:16**

**ISSUES: Agriculture**

**DESCRIPTION: Solar Energy Workshops.** If you've been pondering whether solar energy is right for you, there is a workshop you can attend to have your questions answered. Nebraska Extension Energy Educator John Hay talks about the upcoming solar energy workshops.

**DATE: 11/14/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: If God exists, where in the world is He?** Dave and Ann Wilson host author Tim Muehlhoff, who discusses how to find eyes to see that recognize how God's moving constantly around us.

**DATE: 11/14/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: More Effective Habits to Embrace in Parenting I & II.** As a parent, it's easy to feel like you have a lot on your plate, and not enough time to scarf it down! Dr. Randy Schroeder describes simple, bite-sized tips for being a successful parent, and how you can achieve them as a couple!

**DATE: 11/15/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:52**

**ISSUES: Agriculture**

**DESCRIPTION: Feeding Ionophores in Mineral.** Ionophores have been safely utilized in the beef industry for a long time. Nebraska Extension Vet and Beef Educator Lindsay Waechter-Mead talks about adding ionophores to your supplements to help with calf energy and weight gain.

**DATE: 11/15/2022**

**TIME: 10:11AM**

**LENGTH: 05:29**

**ISSUES: International**

**SPEAKER:** Pastor Matt Waitley, Bo Wood

**REPRESENTS:** Todd Becker Event

**INTERVIEWER:** Gary Hofer

**DESCRIPTION:** Community Churches in the Ogallala area are sponsoring the Todd Becker Foundation event at the Ogallala Prairie View Gymnasium on Wednesday November 16th. Doors open at 6:40PM

**DATE:** 11/15/2022

**TIME:** 06:00PM

**PROGRAM:** Family Life Today

**LENGTH:** 25:00

**ISSUES:** Family

**SPEAKER:** Dave and Ann Wilson

**DESCRIPTION:** Could God be working in ways we don't recognize? Dave and Ann Wilson host author Tim Muehlhoff--who pries open our eyes to pick up on how God's present and acting powerfully around us.

**DATE:** 11/15/2022

**TIME:** 08:06PM

**PROGRAM:** Focus on the Family

**LENGTH:** 28:30

**ISSUES:** Family

**DESCRIPTION:** More Effective Habits to Embrace in Parenting I & II. As a parent, it's easy to feel like you have a lot on your plate, and not enough time to scarf it down! Dr. Randy Schroeder describes simple, bite-sized tips for being a successful parent, and how you can achieve them as a couple!

**DATE:** 11/16/2022

**TIME:** 07:30AM

**PROGRAM:** Extension Almanac

**LENGTH:** 04:38

**ISSUES:** Agriculture

**DESCRIPTION:** Fall Home Insect Invaders. With seasonal changes, outdoor insects will start to look for places to hide, including your house. Nebraska Extension Urban Entomologist Jody Green talk about what you can do to stop these fall invaders.

**DATE:** 11/16/2022

**TIME:** 06:00PM

**PROGRAM:** Family Life Today

**LENGTH:** 25:00

**ISSUES:** Family

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: God's working around people. So how can you convey, 'You gotta see this!'**? Dave and Ann Wilson host author Tim Muehlhoff, who helps you talk about an unmissable God.

**DATE: 11/16/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: How a Dysfunctional Street Kid Became a Radical Disciple of Jesus I & II. Greg Stier describes the crazy, violent family of his childhood and the inner turmoil he felt while trying to discover who God created him to be.**

**DATE: 11/17/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:14**

**ISSUES: Agriculture**

**DESCRIPTION: Indoor Vegetables. Gardening doesn't have to be done just because it's cold outside. Nebraska Extension Educator John Porter says you with a little equipment you can grow vegetables year round.**

**DATE: 11/17/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: After a childhood of abuse, Peter Mutabazi ran away from home to survive by theft on the streets of Kampala, Uganda. Then one day, someone asked his name. Today Dave and Ann Wilson hear his story.**

**DATE: 11/17/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: How a Dysfunctional Street Kid Became a Radical Disciple of Jesus I & II. Greg Stier describes the crazy, violent family of his childhood and the inner turmoil he felt while trying to discover who God created him to be.**

**DATE: 11/18/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:14**

**ISSUES: Agriculture**

**DESCRIPTION: Prairie Grass Value.** The economic importance of grazing land and grass in Nebraska is something all ranchers and cattle producers should understand. Nebraska Extension Range Management Specialist Mitch Stephenson talks about the importance of managing our grasslands.

**DATE: 11/18/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Filling Your Marriage with God's Best.** Do you have a 'barely enough,' or 'full to the brim' approach to your marriage? Jim and Jean Daly share the stage with Pastor Levi Lusko and his wife, Jennie, discussing how grace, submission, regular date nights, and intimacy are all key ingredients to a healthy and thriving marriage!

**DATE: 11/21/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:57**

**ISSUES: Agriculture**

**DESCRIPTION: Thanksgiving Meal Prep Safety.** Preparing a Thanksgiving meal takes a lot of time and attention to detail. Nebraska Extension Food, Nutrition & Health Educator Cindy Brison offers some food safety tips for this holiday season.

**DATE: 11/21/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Culture competes for our time, attention, identity.** Dave and Ann Wilson host Dr. Josh & Christy Straub, authors of Famous at Home. They'll show how to avoid family getting the leftovers.

**DATE: 11/21/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Making Helpful Changes in Your Communication I & II. In today's fast-paced, media-driven world, it seems like everyone is talking but no one is listening! Dr. Mike Bechtle offers practical tips for bringing more value to your conversations, the power of silence, and why you should ask more questions!**

**DATE: 11/22/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:21**

**ISSUES: Agriculture**

**DESCRIPTION: Tips for Perennial Forages. Planning out perennial forage will help with the management of your pastures and feeding efficiency. Nebraska Extension Beef Systems Educator Brad Schick talks about starting with a good plan while keeping your final forage goals in mind.**

**DATE: 11/22/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: No one decides, 'I'm planning to ruin my marriage & neglect my kids.' Dave and Ann Wilson host Dr. Josh & Christi Straub--who show how core decisions keep what's important center stage.**

**DATE: 11/22/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Making Helpful Changes in Your Communication I & II. In today's fast-paced, media-driven world, it seems like everyone is talking but no one is listening! Dr. Mike Bechtle offers practical tips for bringing more value to your conversations, the power of silence, and why you should ask more questions!**

**DATE: 11/23/2022**



**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:29**

**ISSUES: Agriculture**

**DESCRIPTION:** Feedlot Innovation Center. The University of Nebraska recently broke ground on a new feedlot at the Eastern Nebraska Research, Extension and Education Center near Mead. IANR Vice Chancellor Mike Boehm says the state-of-the-art feedlot will be for innovation, research, and teaching.

**DATE: 11/23/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION:** Ever known a season where your life hangs in the balance? Dave and Ann Wilson tell how Ann's recent cancer scare exposed her soul and who God is in the dark.

**DATE: 11/23/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION:** Removing the Barriers Between You and Your Prodigal Child. If you're the parent of a prodigal child, you might be asking these two questions: 'What did I do wrong?' And 'What can I do now?' Pastor Phil Waldrep shares practical steps that can help bring your prodigal back to the Lord, and to your family.

**DATE: 11/24/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:25**

**ISSUES: Agriculture**

**DESCRIPTION:** Turkey Fryer Safety Tips. Deep fried turkey is simply delicious, but it can be hazardous if done improperly. Nebraska Extension Food, Nutrition & Health Educator Cindy Brison gives some important safety tips when frying a bird.

**DATE: 11/24/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Dave and Ann Wilson host Kevin Valentine--whose nightmare began when he was hit along a highway, changing a tire. Kevin found God's goodness in the hard and determined he's not a victim.**

**DATE: 11/24/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Reflecting on Our Blessings at Thanksgiving. Thanksgiving is a time to reflect on the blessings God has given us and express thanks for His grace and mercy. Becky Kopitzke offers some fun ways to celebrate the season, bless others, and cultivate a spirit of gratitude in your family.**

**DATE: 11/25/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:41**

**ISSUES: Agriculture**

**DESCRIPTION: Rotational Grazing Benefits. Cattle can sometimes be picky or hungry eaters which can lead to issues when grazing pastures. Nebraska Extension Forage Systems Educator Ben Beckman says rotational, or strip grazing can be beneficial to both your cattle and pastures.**

**DATE: 11/25/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Where is God in my pain--when dreams evaporate? Dave and Ann Wilson host Kevin and Melissa Valentine--who catapulted to a vicious reality after Kevin's accident. But they weren't alone.**

**DATE: 11/25/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Caring for the Forgotten Generation. Did you know that elderly residents in nursing homes rarely if ever have an outside visitor? Chaplain Bill Goodrich shares his heart for this forgotten generation who deserve our love and attention.**

**DATE: 11/28/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Are joy and peace a far cry from your holiday? What if you're even, angry, or sad? Dave and Ann Wilson host author Bob Lepine, who talks about handling all the feels at Christmas.**

**DATE: 11/28/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Celebrating Advent as a Family. Every December, it's all too easy for children to lose sight of the importance of Christ's birth! Josh and Christi Straub explain how to integrate important faith lessons into the Christmas season and avoid unrealistic expectations.**

**DATE: 11/29/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Sadness during the holidays: It's real. Dave and Ann Wilson host author and former FamilyLife Today host Bob Lepine. He proposes there's also real hope and answers when we're stressed & depressed at Christmas.**

**DATE: 11/29/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Forgiving Others, Freeing the Soul I & II. Forgiving others in a**

meaningful way is a very difficult thing to do, but without it, resentment and vengeance will poison the soul. Dr. Tim Keller unpacks stories and shares Scripture to help you forgive those who've wronged you, as you gain a better understanding of all that Christ has forgiven you.

**DATE: 11/30/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:36**

**ISSUES: Agriculture**

**DESCRIPTION: Factoring in Drought for Tax Preparation.** It's been a few years since we've had to deal with the drought related tax laws, but now is a good time to review them. Tina Barrett, Director of the Nebraska Farm Business Inc. has a few tips to share when it comes to getting your paperwork ready for taxes.

**DATE: 11/30/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Forgiving Others, Freeing the Soul I & II.** Forgiving others in a meaningful way is a very difficult thing to do, but without it, resentment and vengeance will poison the soul. Dr. Tim Keller unpacks stories and shares Scripture to help you forgive those who've wronged you, as you gain a better understanding of all that Christ has forgiven you.

**DATE: 12/01/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:33**

**ISSUES: Agriculture**

**DESCRIPTION: Features of the Upcoming Feedlot Innovation Center.** A futuristic feedlot is coming to the Eastern Nebraska Research, Extension and Education Center near Mead. University of Nebraska Animal Science Department Head Clint Kriebel talks about what the feedlot center will feature including new and emerging technologies in feeding and handling of livestock.

**DATE: 12/01/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Dave and Ann Wilson host Ron & Nan Deal, who began their marriage with issues that spiraled after the loss of their 12-year-old. Hear their story of grief, addiction, & the road to hope.**

**DATE: 12/01/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Improving Your Sex Life to Improve Your Marriage – I & II. You may care passionately about intimacy in your marriage, but do you ever talk about it? Gary Thomas and Debra Fileta offer godly encouragement to married couples about improving their sexual relationship.**

**DATE: 12/02/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:16**

**ISSUES: Agriculture**

**DESCRIPTION: Holiday Plant Care. Christmas cactus, amaryllis and poinsettias are popular gift plants during the holidays. Nebraska Extension Educator Terri James talks about holiday plant selection and how to care for them.**

**DATE: 12/02/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Dave and Ann Wilson host Ron & Nan Deal, who continue their marriage's raw story through addiction recovery and its pain and anger. The good news? Hope gets the last word.**

**DATE: 12/02/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Improving Your Sex Life to Improve Your Marriage – I & II. You may care**

passionately about intimacy in your marriage, but do you ever talk about it? Gary Thomas and Debra Fileta offer godly encouragement to married couples about improving their sexual relationship.

**DATE: 12/05/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:37**

**ISSUES: Agriculture**

**DESCRIPTION: Leasing Your Land for Hunting.** Farmers and landowners looking for additional revenue might consider a hunting lease for their land. Nebraska Extension Educator Randy Saner says written hunting leases are the key to how your enterprise will be ran and how profitable it may be.

**DATE: 12/05/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: When's a boy become a man?** Author & radio host Brant Hansen weighs in on toxic masculinity, lies about manhood, and the kind of men we need.

**DATE: 12/05/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Embracing God's Truth in a Hostile Culture - I & II.** As our culture grows more hostile to Christianity, we can stand on the shoulders of believers who've walked before us. Rod Dreher shares powerful lessons from 20th century Christians who stood for their faith amid persecution.

**DATE: 12/06/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:56**

**ISSUES: Agriculture**

**DESCRIPTION: Cattle Lice.** As the above average fall temperatures give way to winter conditions cattle lice numbers will increase. Nebraska Extension Entomologist Dave Boxler talks about cattle lice management strategies for producers.

**DATE: 12/06/2022**  
**TIME: 06:00PM**  
**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: As a guy, what's it look like to show up? Author and radio host Brant Hansen calls men to be ambitious about the right stuff & gives ideas to do just that.**

**DATE: 12/06/2022**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Embracing God's Truth in a Hostile Culture - I & II. As our culture grows more hostile to Christianity, we can stand on the shoulders of believers who've walked before us. Rod Dreher shares powerful lessons from 20th century Christians who stood for their faith amid persecution.**

**DATE: 12/07/2022**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:25**  
**ISSUES: Agriculture**  
**DESCRIPTION: Stored Product Insects. Finding insect-infested dry food products in the kitchen and pantry is relatively common. Nebraska Extension Urban Entomologist Jody Green gives us some good tips to keep pest insects from infesting your home food items.**

**DATE: 12/07/2022**  
**TIME: 06:00PM**  
**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: Author & radio host Brant Hansen knows the taste of dirt in your teeth when you've tried to do what's right as a man. He also knows how to keep showing up.**

**DATE: 12/07/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Simple Habits to Embrace in Marriage.** The wear and tear of everyday life can really take a toll on your marriage. Dr. Randy Schroeder will offer simple tips for a marriage tune-up.

**DATE: 12/08/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:51**

**ISSUES: Agriculture**

**DESCRIPTION: Small Grain Silage.** Developing cattle rations without distillers' products to provide moisture and protein is an issue on many producers' minds. Nebraska Extension Beef Systems Specialist Mary Drewnoski talks about key moisture elements when it comes to small grain silage.

**DATE: 12/08/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Author Abbey Wedgeworth** recalls the gut-wrenching reality of having miscarried & feeling for God in the dark. Hear the comfort of being held in loss.

**DATE: 12/09/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:37**

**ISSUES: Agriculture**

**DESCRIPTION: Storing Home Horticultural Chemicals.** Home gardeners need to think about where to store their pesticides over the winter months. Nebraska Extension Educator John Fech talks about safe winter storage for your home chemicals.

**DATE: 12/09/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**



**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: What's it look like to grieve miscarriage together? Author Abbey Wedgeworth gets real about the distress of loss and the initial gulf in her marriage.**

**DATE: 12/09/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Encouraging Moms to Laugh. So often these days, parents seem to be really stressed out. We'll present one of our top programs of the year, featuring Ted Cunningham. He'll share a refreshing perspective on the things that stress you out and explain the benefits of joyful laughter.**

**DATE: 12/12/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:34**

**ISSUES: Agriculture**

**DESCRIPTION: Ag Land Management and Leasing Workshops. Workshops to help landowners and tenants work out lease agreements is being offered by Nebraska Extension and the Center for Ag Profitability. Nebraska Extension Ag Economist Jim Jansen talks about what participants can learn at the workshops..**

**DATE: 12/12/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Gotten used to unhealthy habits? Could you be settling for too little? Author Karl Clauson's got ideas to help you create new systems & seize God's power.**

**DATE: 12/12/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Understanding the Hot Buttons in Your Marriage. An argument with your spouse is never fun, but it's even worse when your insecurities get triggered. On a Best of 2022 edition of "Focus on the Family," Dr. Bob Paul and his wife Jenni will explain**

how to recognize those “hot buttons” and how to control them.

**DATE: 12/13/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:09**

**ISSUES: Agriculture**

**DESCRIPTION: Choosing and Caring for Christmas Tree. Nebraska Extension Educator John Fech gives us tips for picking out a healthy Christmas tree and ideas on keeping it fresh for the holiday season..**

**DATE: 12/13/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Rather be alone than gamble with friendships? Author & radio host Karl Clauson insists relationships are worth the risk. Here's whyand how.**

**DATE: 12/13/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: How to Speak Your Child's Love Language – I & II. Your child's primary “love language” is either physical touch, words of affirmation, quality time, gifts, or acts of service. Dr. Gary Chapman helps you better understand how to keep your son's or daughter's “love tank” filled, to strengthen your relationship with them.**

**DATE: 12/14/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:44**

**ISSUES: Agriculture**

**DESCRIPTION: Traditional Holiday Plant Origins. Ever wonder why plants like mistletoe and poinsettia are used to decorate our homes during the holidays? Nebraska Extension Educator John Porter takes a look at how these plants evolved into decorations for the holidays..**

**DATE: 12/14/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION:** How to Speak Your Child's Love Language – I & II. Your child's primary "love language" is either physical touch, words of affirmation, quality time, gifts, or acts of service. Dr. Gary Chapman helps you better understand how to keep your son's or daughter's "love tank" filled, to strengthen your relationship with them.

**DATE: 12/15/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:26**

**ISSUES: Agriculture**

**DESCRIPTION:** Sunscald. A common problem especially with younger trees with thin bark is that they'll split during the winter months. This kind of damage is called sunscald and can permanently harm your tree for the rest of its life in your landscape. Nebraska Extension Associate Educator Scott Evans shares some simple tips that will help you avoid sunscald.

**DATE: 12/15/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION:** Isolated? Wishing for connections that matter? Author Heather Holleman proposes six conversations to combat loneliness and plunge relationships deeper.

**DATE: 12/16/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:27**

**ISSUES: Agriculture**

**DESCRIPTION:** Managing Mice in Your Home. .

**DATE: 12/16/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: In a world thrashed by incivility, professor Heather Holleman describes researched-based techniques for rediscovering conversations that connect us.**

**DATE: 12/19/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:15**

**ISSUES: Agriculture**

**DESCRIPTION: Corn Stalk Forage Considerations. Grazing corn residue can be an economical winter feed source. Nebraska Extension Ag Economist Jim Jansen says farmers can rent out their corn fields for forage but there are several factors involved when it comes to the cash rental rates.**

**DATE: 12/19/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: A Patient is a Person No Matter How Small. If a baby in the womb can have surgery, doesn't that mean it's a human being? On a Best of 2022 edition of "Focus on the Family," Dr. Bill Lile shares a medical perspective on pre-born LIFE -- from the moment of conception, to innovations in fetal surgery, and the benefits of ultrasound technology.**

**DATE: 12/20/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:38**

**ISSUES: Agriculture**

**DESCRIPTION: Keeping Your Diet and Eating Goals During the Holidays. Sticking to your diet during the holidays can be a challenge. Nebraska Extension Educator Cindy Brison encourages making attainable goals and taking small steps, which can help you keep the weight off and your goals in sight.**

**DATE: 12/20/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: When it's the worst of times, what's it take to keep going? David & Meg Robbins play some of the best answers we received in 2022.**

**DATE: 12/20/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Encouraging Your Husband to be a Hero - I & II. It's normal for feelings of bliss to fade over time— in fact, that's when your marriage can truly blossom! Dr. Juli Slattery shares a concept that's helped countless marriages and describes how wives can use their influence to cultivate intimacy.**

**DATE: 12/21/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:42**

**ISSUES: Agriculture**

**DESCRIPTION: Rotational Strip Grazing. A lack of precipitation has some producers taking a closer look at rotational grazing practices. Nebraska Extension Forage Educator Ben Beckman talks about the benefits of rotational strip grazing.**

**DATE: 12/21/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: When isolation's the new normal, how do you find your people? President David Robbins & his wife Meg tune into FamilyLife Today's best thoughts from 2022.**

**DATE: 12/21/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Encouraging Your Husband to be a Hero - I & II. It's normal for feelings of bliss to fade over time— in fact, that's when your marriage can truly blossom! Dr. Juli**

Slattery shares a concept that's helped countless marriages and describes how wives can use their influence to cultivate intimacy.

**DATE: 12/22/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:51**

**ISSUES: Agriculture**

**DESCRIPTION: Holiday Plant Selections.** There are many traditions associated with the holidays and many involve plants like poinsettias, holly, and mistletoe. Nebraska Extension Associate Educator Scott Evans talks about how to care for your indoor plants, so they thrive this holiday season.

**DATE: 12/22/2022**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Where do you look for the good life?** FamilyLife President David Robbins and his wife Meg play the best answers of 2022 for the life your soul craves.

**DATE: 12/22/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Helping Kids Navigate Worry in Healthy Ways.** Most kids deal with worry from time to time ... and when your child asks about tough topics, it can be difficult to know what to say, or how much to say. Dr. Josh and Christi Straub will offer you tools to help your kids manage worry.

**DATE: 12/23/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:38**

**ISSUES: Agriculture**

**DESCRIPTION: Drought Impacts on Calving Season.** Drought across the Great Plains has greatly reduced the supply of grass available this grazing season. Nebraska Cow/Calf Systems and Stocker Management Specialist Karla Wilke says this could have impacts on the subsequent calving season.

**DATE: 12/23/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Celebrating Christmas as a Family. join us for a special holiday treat with the Robertson Clan, as they reminisce Christmases in the past, share their best and worst Christmases of all time, and encourage others to have joy in a true relationship with Christ during the Holidays.**

**DATE: 12/26/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:44**

**ISSUES: Agriculture**

**DESCRIPTION: Farmers Are Reluctant to Make an Estate Plan. Retirement and estate planning is not a top priority for many farmers. Nebraska Extension Farm Succession Specialist Allan Vyhnaek talks about why farmers are reluctant to plan for the future of their operation.**

**DATE: 12/26/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Fueling Great Relationships with Others. We need people. And others need us, too. But finding balance in our relationships requires careful thought. Dr. John Townsend offers practical ideas on how to tank up on relational nutrients and contribute to the lives of others for emotional and spiritual health.**

**DATE: 12/27/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:56**

**ISSUES: Agriculture**

**DESCRIPTION: Innovative Fertigation. New technology developed at the University of Nebraska's Innovation campus looks to help farmers apply nitrogen more efficiently. University of Nebraska - Lincoln Masters Student and CEO of Sentinel Fertigation Jackson Stansell talks about how the software will help farmers save money and apply fertilizer to precise areas in the field.**

**DATE: 12/27/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Parenting Teens Toward Adulthood - I. Let me read you a quote: "Teens are not big children, they are young adults and should be treated as such." Do you agree? On a Best of 2022 edition of "Focus on the Family," Dr. Ken Wilgus will explain how a technique called "progressive emancipation" can make the teen years MUCH more pleasant.**

**DATE: 12/28/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:11**

**ISSUES: Agriculture**

**DESCRIPTION: Women in Ag: The Power of Negotiation and Communication. The Power of Negotiation and Communication: Land Leasing Strategies for Midwestern Ag Women is a four-part extension workshop offered in January. Nebraska Extension Ag Economist Jessica Groskopf says the workshops will cover the basics of land management, leasing and conservations for landlords and tenants.**

**DATE: 12/28/2022**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Parenting Teens Toward Adulthood - II. Have you ever felt it was IMPOSSIBLE to communicate with your teenager? I know I have! psychologist Dr. Ken Wilgus explains key strategies to improve those conversations, from giving advice to your teen, to conveying expectations and consequences.**

**DATE: 12/29/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:59**

**ISSUES: Agriculture**

**DESCRIPTION: Testing Hay. Testing the nutrient and protein content in your hay can mean the difference in cattle gaining or losing weight this winter. Nebraska Extension Beef Systems Specialist Mary Drewnoski talks about the importance of testing your hay.**



**DATE: 12/30/2022**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:42**

**ISSUES: Agriculture**

**DESCRIPTION: January Ag Land Management and Leasing Workshops. Nebraska Extension and the Center for Ag Profitability will host a series of in-person workshops covering agricultural land management and leasing considerations for 2023. Nebraska Extension Ag Economist Jim Jansen says the workshops will offer updated leasing information relevant to landlords and tenants, including tips for communication and negotiating.**