

The Prayz Network

WTPN 103.9 FM Westby, WI, WGS� 104.9 FM La Crosse, WI,

WEOs 89.3 Sparta, WI, WWJc 101.5 Augusta, WI

Issues & Programs 2nd Quarter 2023

The Prayz Network stations-WTPS 103.9, WEOs 89.3, WWJc 101.5 and WGS� 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, April 3, 2023	8am & 6pm	1	Parenting/ Autism	Focus on the Family Minute	Emily Colson explains how she learned an amazing lesson through her son and how his autism could be a gift. She encourages other parents with autistic children to see the gift.
Tuesday, April 4, 2023	12am & 12pm	25	Parenting/ Rebellion	A New Beginning	Greg Laurie helps parents understand some reasons why children rebel and gives some helpful pointers to help families when their kids rebel.
Wednesday, April 5, 2023	12am & 12pm	25	Divorce/ Marriage	A New Beginning	Greg Laurie gives some practice steps to help divorce proof your marriage
Thursday, April 6, 2023	10am & 5pm	1	Finances/ financial decisions	Thrive with Purpose	Callee Briese reminds us to live a contented life. Playing the comparison game with friends and neighbors often leads to poor financial decisions. Trust your financial plan and live a contented generous life.
Monday, April 10, 2023	12am & 12pm	25	Marriage	A New Beginning	Greg Laurie shares tips and guidance to build and continue growing a strong marriage.
Tuesday, April 11, 2023	8am & 6pm	1	Mental Health	Focus on the Family Minute	Debra Fileta describes how taking a few minutes to pause can change our entire life. She shares how we can break the bad habits in our lives.
Monday, April 17, 2023	9am, 2pm & 10pm	1	Parenting/ Relationships/Conflict	Parenting Today's Teens	Mark Gregston shares seven ways to argue effectively. Everyone knows that teens love to argue, but there are ways to have positive discussions even when dealing with difficult decisions.
Tuesday, April 18, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Drugs	Parenting Today's Teens	Today Mark Gregston talks with teens who regret doing drugs. They share some helpful information on how substance abuse impacted their lives

Wednesday, April 19, 2023	1pm	1	Parenting/ Tragedy/ Media/ Negativity	Parent Minute	School shootings, suicide bombings, and crimes against humanity- the world is a mess. It seems like violence is everywhere. Greg Yoder helps parents balance too much negative news in their lives.
Monday, April 24, 2023	3pm	25	Relationships/ Courage	Living On the Edge	What do you do when you get attacked? Chip Ingram gives four simple steps for us to bolster our confidence and build our courage, when we are criticized and torn down.
Tuesday, April 25, 2023	3pm	25	Relationships/ Conflict at Work	Living On the Edge	Once bitten, twice shy is how the saying goes. That's never truer than when you are torn down at work. Chip Ingram explains a simple method to rebuilding confidence and relationships after taking a "beating" from your co-worker.
Wednesday, April 26, 2023	3am & 4pm	25	Healthy Relationships	Connect With Skip Heitzig	Skip Heitzig helps us to understand that we are designed to thrive most when we are in community and relationships with others. He shows the signs to look for as you build healthy relationships.
Thursday, April 27, 2023	3am & 4pm	25	Healthy Relationships/ Friendships	Connect With Skip Heitzig	Having friends is great. But having the right kinds of friends is more than that—it's essential Skip shares about the kinds of friends everyone should seek to have.
Friday, April 28, 2023	3pm	25	Relationships/ Bring out the Best in Others	Living On the Edge	Have you ever known someone with the ability to bring out the very best in others? Chip Ingram shares how you can be that person and bring out the very best in people.
Monday, May 1, 2023	3am & 4pm	25	Friendship/ Relationships	Connect With Skip Heitzig	Real friends can be hard to come by. Skip shares some important marks of a true friend, revealing how the right friendships can lift you up and give you strength in life's journey.
Tuesday, May 2, 2023	9am, 2pm & 10pm	1	Parenting/ Emotions/ Mental Health	Parenting Today's Teens	It is not uncommon for hurting teens to develop methods of masking their pain and emotions. This means that even the happiest and bubbliest kids may be hiding how they really feel. Mark Gregstons talks about getting to know your teen behind the happy face.
Thursday, May 4, 2023	3pm	25	Fulfillment/ Joyfilled living	Living On The Edge	Want to be more fulfilled? Experience more joy? Live with less guilt and more freedom? Chip shares how you can become the person you've always longed to become by following a few life changing steps.
Friday, May 5, 2023	3pm	25	Relationships/ Encouragement	Living On The Edge	Chip Ingram shares how to become a great encourager and bring out the best in those around you.

Monday, May 8, 2023	3am & 4pm	25	Marriage	Connect With Skip Heitzig	Marriage is treated by many as a temporary thing, easy to dissolve and walk away from. Skip explains how to form a marriage that is a permanent bond.
Tuesday, May 9, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Addiction/ Mental Health	Parenting Today's Teens	Whether it is due to the impact of trauma or a battle with mental health, plenty of teens turn to drugs thinking they'll find a temporary escape from the pain in their lives. But soon, they find that they can not get through life sober.
Wednesday, May 10, 2023	1pm	1	Parenting/ Mental Health/ Positive Thinking	Parent Minute	Greg Yoder discussing how their family has been dealing with serious health issues and how to keep yourself from focusing on the worst. There are ways to turn the bad around and put it in a positive light.
Thursday, May 11, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Character	Parenting Today's Teens	Teens don't just wake up one morning full of maturity, good character, and strong values. It is our job as parents to sow and cultivate those seeds in our children. Mark Gregston and Wayne Shepherd discuss five practical ways you can build solid character in your home.
Friday, May 12, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Communication	Parenting Today's Teens	Mark Gregston offers practical tips on how to have meaningful conversations with your teenager and foster a stronger relationship built on effective communication and trust.
Monday, May 15, 2023	Various	1	Community Hunger	On-Air Announcement	Darla informed listeners about the Hunger Nyre you walk. This program provides financial support for the weekend food bags for students in 4K-8 grade, high school food pantry and the Care Closet through the Altoona School District.
Tuesday, May 16, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Self-Harming/ Mental Health	Parenting Today's Teens	If a teen gets to a point where they feel like their life doesn't have a clear purpose, they can quite quickly arrive at a very dark place. Mark Gregston speaks with two young ladies who have struggled with hopelessness and self harm.
Wednesday, May 17, 2023	10am & 5pm	1	Finances/ Emergency Fund	Thrive with Purpose	Callie Briese discusses the importance of having an emergency fund. She encourages us all to be diligent in cutting expenses and saving for the unexpected.
Thursday, May 18, 2023	10am & 5pm	1	Finances/ Retirement Planning	Thrive with Purpose	Callie Briese gives some easy steps to prepare for retirement. Have a plan, a direction, an advisor you trust, and some realistic goals. Simple steps to start you preparing for your retirement today.

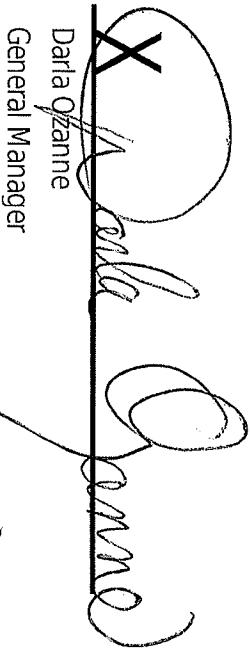
Friday, May 19, 2023	3pm	25	Identity/ Social Media/ Parenting	Living On the Edge	Chip sits with Kitty Allen to help parents navigate the world of social media and their children. Helping parents know how they can help their children avoid the negative aspects of social media.
Friday, May 19, 2023	9am, 2pm & 10pm	1	Parenting/ Adult Children/ Boundaries	Parenting Today's Teens	Mark Gregston advises parents how to set boundaries with adult children that are still in the home. Which rules can become flexible and which rules must remain rigid.
Monday, May 22, 2023	3pm	25	Suffering/ Mental Health	Living On the Edge	Suffering is unavoidable. However, the way we choose to view our suffering changes us forever. Chip Ingram reveals how we can turn suffering around and how it can shape us into the people we long to become.
Wednesday, May 24, 2023	9am, 2pm & 10pm	1	Parenting/ Teens	Parenting Today's Teens	How do parents find the balance between knowing when to be hands-off with their teen and when to help them through a challenge? Mark Gregston discusses how to help prepare your teen to be a responsible young adult.
Thursday, May 25, 2023	8am & 6pm	1	Marriage/ Infidelity	Focus on the Family Minute	Jill Savage discusses how she and her husband worked through a difficult time in their marriage. She shares that there can be hope after infidelity.
Friday, May 26, 2023	3pm	25	Parenting/ Teens/ Finances	Living On the Edge	How do you manage money well? Chip Ingram helps parents understand the importance of talking with teens and preteens about money, finances, and managing wealth.
Monday, May 29, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Boundaries	Parenting Today's Teens	Many teens are crazy about video games, and that's not always a bad thing, but it is important for parents to uphold some rules and expectations around gaming time. Mark Gregston and Wayne Shepherd discuss why kids love this technology and how to set video game boundaries.
Tuesday, May 30, 2023	8am & 6pm	1	marriage	Focus on the Family Minute	Jodie Berndt provides a helpful perspective on why you and your spouse change over the course of your marriage. She helps us understand how we can care for the stranger we married.
Wednesday, May 31, 2023	3pm	25	Parenting/ Choices	Living On the Edge	What's the process for good decision making? Chip Ingram lays out four ways to evaluate circumstances and help your children navigate their tough decisions.

Thursday, June 1, 2023	9am, 2pm & 10pm	1	Parenting/ Anger/ Adolescents	Parenting Today's Teens	The adolescent years are characterized by rapid changes, emotional upheavals, and a quest for independence. Mark Gregston helps parents grapple with the challenging task of effectively addressing teen emotions, especially teen anger.
Friday, June 2, 2023	8am & 6pm	1	Parenting	Focus on the Family Minute	Julie Lower shares how we can encourage our children to walk in obedience. Helping us raise children that listen and turn away from disobedience.
Tuesday, June 6, 2023	8am & 6pm	1	Marriage/ Communication	Focus on the Family Minute	Lisa Jacobson gives helpful pointers for working through marriage arguments so that you and your marriage are stronger on the other side.
Wednesday, June 7, 2023	8am & 6pm	1	Parenting/ Teens/ Addiction	Focus on the Family Minute	Jonathan McKee addresses the fact that many of us are addicted to screens. He shares helpful ideas on how we can put the screens away sometimes.
Thursday, June 8, 2023	Various	1	Drug Awareness and Prevention	On-Air Announcement	Darla informed listeners about the community meeting for drug/fentanyl awareness and prevention presented by the Amara Rose Foundation. The evening included presentations by the county sheriff's office and the Viroqua Police department.
Thursday, June 8, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Suicide	Parenting Today's Teens	Teens today live in an increasingly fragile social ecosystem where one word from their peers can make or break them. Mark Gregston shines light on teen hopelessness and the reality of suicide.
Monday, June 12, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Independence/ Decision Making	Parenting Today's Teens	Mark Gregston and Wayne Shepherd share six ways to raise independent Adolescents, and how parents can help encourage children to flex their decision making muscles.
Wednesday, June 14, 2023	12am & 12pm	25	Mental Health / Relationships	A New Beginning	Greg Laurie talks about effective ways for handling hardships and difficult people. He gives suggestions for giving us relief from our burdens
Thursday, June 15, 2023	10am & 5pm	1	Finances/ Financial struggles	Thrive with Purpose	Callie Briese shares that we can navigate financial storms with written budgets, trusted advisors and sound financial advice. Storms will come, but if we are prepared, we will have no problem weathering them.
Thursday, June 15, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Mental Health	Parenting Today's Teens	The unfortunate reality of self-harm is that it is becoming increasingly prevalent. Mark Gregston and Wayne Shepherd help parents understand how to help their self-harming teens.

Friday, June 16, 2023	3pm	25	Relationships/ Mental Health/ Community	Living On the Edge	How do you take a group of imperfect, basically selfish human beings and forge lifelong "others centered" relationships? Chip Ingram encourages us to work and build authentic community relationships today.
Monday, June 19, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Relationship	Parenting Today's Teens	Life can be full of obligations and packed schedules — we've all been there! But in our busyness, parents can often miss the best opportunities to connect with their kids and make a lasting positive impact. Mark Gregston and Wayne Shepherd chat about how to find a balance.
Tuesday, June 20, 2023	8am & 6pm	1	Mental Health/ Occupational Health	Focus on the Family Minute	Dr. Paul White compares a toxic work environment with a bad physical environment. He helps us know what to do when your job is killing you.
Wednesday, June 21, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Mental Health	Parenting Today's Teens	Many parents spend their child's younger years telling them everything they are doing right, but spend their teen years telling them everything they are doing wrong. This can leave many teens feelings like parents are looking for perfection. Mark Gregston helps us all navigate this journey.
Thursday, June 22, 2023	8am & 6pm	1	Marriage/ Stress	Focus on the Family Minute	Milan Yerkovich provides support to help us continue growing our marriage in times of great stress.
Friday, June 23, 2023	10am & 5pm	1	Finances/ Debt/ Financial Wisdom	Thrive with Purpose	Callie Briese discusses the negative effects of debt and reminds people the value in not spending money before we have it. She encourages us to remember the total cost of debt, including interest; and to ask if we really need the purchase.
Monday, June 26, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Dating	Parenting Today's Teens	Teenage dating relationships are filled with ups and downs. But, Mark Gregston shows parents that it is important to step in when a daughter is dating a guy who wants to control her every move. Helping us help our children to find healthy relationships.
Tuesday, June 27, 2023	8am & 6pm	1	Single living/ Mental Health	Focus on the Family Minute	Dr. Tony Evans offers single men and women tips in cultivating a healthy life as a single.

Thursday, June 29, 2023	9am, 2pm & 10pm	1	Parenting/ Teens/ Character	Parenting Today's Teens	<p>It's not IF your teen makes a mistake, but rather a matter of WHEN. How we, as parents, choose to respond in those moments significantly impacts our relationship with our kids. Mark Gregston and Wayne Shepherd explore practical ways to enforce consequences while nurturing your child's character and maintaining their trust and respect.</p>

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


 Darla Ozanne
 General Manager

