

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 4th Quarter 2023

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, October 2, 2023	5am & 3pm	1	Parenting, Encouragement	Family Matters Minute	Dr. Tim Kimmel explains how we can give gifts that last instead of gifts that will simply collect dust. Giving our children gifts of encouragement, hugs, time, and support, will last them a lifetime. These gifts can't be broken or lost.
Tuesday, October 3, 2023	8am & 6pm	1	Parenting, life mapping	Focus on the Family Minute	Dr. John Trent explains the benefits of life mapping and helping your older children to find real purpose in their life.
Wednesday, October 4, 2023	9am, 2pm, & 10pm	1	Parenting, Communication, Unresolved Conflict	Parenting Today's Teens	Holding on to resentment impacts many more people than just you — harboring unresolved conflict and negativity can impact your whole family for years to come. Mark Gregston talks about practical ways you can make things right with your teen (or other family members), and why it's important to try to redeem the time you've lost being angry
Thursday, October 5, 2023	9am, 2pm, & 10pm	1	Parenting, Teens, Bullying, Kindness	Parenting Today's Teens	In a world defined by cruelty, centered around appearance and performance, bullying is inevitable. Mark Gregston and Wayne Shepherd discuss signs that your teen may be a victim and share strategies to counter the impact of bullying with positivity and kindness

Friday, October 6, 2023	5am & 3pm	1	Parenting Millennials	Family Matters Minute	Dr. Tim Kimmel helps us see that millennials are just like everyone else. Start with a text and then build a genuine interest in their life. They crave love, purpose, and hope just like each one of us.
Monday, October 9, 2023	8am & 6pm	1	Parenting, Finances	Focus on the Family Minute	Deborah Pegues describes how we can look at money as a tool. She wants to empower us and our children to control our finances.
Tuesday, October 10, 2023	1pm	1	Parenting, Communication, Teens	Parent Minute	Greg Yoder encourages parents to have their teens come out of their rooms. Create an environment where they can open up, and you can share your lives together. It might not be their first choice, but it is something they need.
Wednesday, October 11, 2023	12am, 9am, 8pm	1	Addiction & Recovery	Adult & Teen Challenge	Adult and Teen Challenge graduates share how they have moved from a world dominated by addiction to a world of freedom because of Teen Challenge. They invite anyone who is struggling with addiction to get help.
Thursday, October 12, 2023	9am, 2pm, & 10pm	1	Parenting, Communication, Pornography	Parenting Today's Teens	One of the most crucial conversations about modern parenting in the digital age is addressing the pervasive presence of pornography in our children's lives. Mark Gregston and Wayne Shepherd discuss how we can best protect them by building up internal boundaries in the absence of external ones
Friday, October 13, 2023	8am & 6pm	1	Marriage, Loss, Miscarriage	Focus on the Family Minute	Dr. Dave Deets offers some practical and compassionate ideas of how a husband can comfort his wife after she's had a miscarriage.

Monday, October 16, 2023	9am, 2pm, &10pm	1	Parenting, Nitpicking	Parenting Today's Teens	A key part of parenting well — for your child's sake AND yours — is knowing when to pick your battles. Mark Gregston and Wayne Shepherd discuss why it's important to know what issues are really important to you and what things you're able to let go of.
Tuesday, October 17, 2023	3pm	25	Facing Adversity	Living on the Edge	What's the biggest problem you're facing right now? We all know that adversity is a fact of life. Learning how to make adversity work for you, however, will transform the situation you're facing from a curse to a blessing. Chip Ingram shares how you can turn adversity from a foe to friend.
Tuesday, October 17, 2023	8am & 6pm	1	Parenting, Homework	Focus on the Family Minute	Cynthia Tobias provides tips for parents whose middle school children are struggling with homework.
Wednesday, October 18, 2023	Various	1	Poverty, Children	On-Air Announcement	Our on-air hosts informed our listeners on several occasions that there would be a Coats for Kids distribution on Friday, the 20th and Saturday, the 21st.
Thursday, October 19, 2023	9am, 2pm, &10pm	1	Parenting, Behavior	Parenting Today's Teens	Mark Gregston and Wayne Shepherd discuss behaviors ranging from disrespect and anger to poor grades and video game obsessions. They offer possible explanations for such behavior and stress how crucial it is to show love, even when it feels like your teen doesn't deserve it
Monday, October 23, 2023	8am & 6pm	1	Marriage, Communication	Focus on the Family Minute	Dave and Ann Wilson describe ways husband and wives communicate beyond their words. They discuss their book, "Improve Your Marriage through Healthy conflict."

Tuesday, October 24, 2023	8am & 6pm	1	Mental Health	Focus on the Family Minute	Dr. Matthew Stanford explains that hope and healing are possible for someone with mental illness through holistic treatment.
Wednesday, October 25, 2023	3pm	25	Personal Attacks	Living on the Edge	If you're in the middle of a tough situation and you have the distinct feeling that it's getting more "personal" by the day, join Chip Ingram as he explains the tactics others use to discourage you. He'll give you battle-ready tools to protect and defend yourself.
Thursday, October 26, 2023	9am, 2pm, & 10pm	1	Parenting, Mental Health, Suicide	Parenting Today's Teens	In today's culture, self-harm and suicidal ideation are more prevalent among teenagers than ever before. Mark Gregston and Wayne Shepherd discuss the telltale signs that your child may be struggling.
Friday, October 27, 2023	8am & 6pm	1	Parenting, Attention	Focus on the Family Minute	Brad Formsma reminds us to be generous with our attention, to put down our phones and be a family that models being generous with our face to face time.
Monday, October 30, 2023	3pm	25	Loss and grief	Living on the Edge	Whether it's the loss of a job, the loss of your health, the loss of a friendship, or the loss of a spouse or child, we all face circumstances that are hard, gut wrenching, and confusing. Chip Ingram gives you a step-by-step outline for confronting and disarming even the worst of times.
Tuesday, October 31, 2023	8am & 6pm	1	Marriage	Focus on the Family Minute	Dr. Ken Wilgus encourages people to prioritize their marriage, even when they have a struggling teen. He shares from the book "Feeding the Mouth that Bites you."
Wednesday, November 1, 2023	8am & 6pm	1	Marriage, Addiction	Focus on the Family Minute	Rosie Makinney shares what she learned after realizing her husband had a secret addiction.

Thursday, November 2, 2023	9am, 2pm, &10pm	1	Parenting, Discipline	Parenting Today's Teens	Punishing out of anger, frustration or hurt is easy to do, but it won't help your teen learn from their mistakes, and it certainly won't grow your relationship. Mark Gregston and Wayne Shepherd discuss the benefits of making the shift from punishment to discipline.
Friday, November 3, 2023	1pm	1	Parenting, Processing News	Parent Minute	EVERY journalist is biased. In times past, the goal was to present both sides. That's not the case anymore. Greg Yoder suggests finding a news channel you trust—then only believe half of it. Question everything. Then help your children understand how to research it for themself.
Monday, November 6, 2023	3pm	25	Marriage	Living on the Edge	When it comes to marriage we want it to be deep, open, affirming, and fulfilling. Chip Ingram explores the barriers to intimacy and what it takes to overcome those barriers to experience the love and intimacy you long for.
Tuesday, November 7, 2023	8am & 6pm	1	Healthy & Single	Focus on the Family Minute	Cheryl Martin encourages single women to pursue healthy relationships, and to build community. She discusses the book "1st Class Single."
Wednesday, November 8, 2023	9am, 2pm, &10pm	1	Parenting, Grandparenting, Communication	Parenting Today's Teens	If you're a grandparent, you might have times when you're tempted to try to step in and parent your grandchildren, but in most cases, you can leave that to YOUR kids! Mark Gregston shares some insightful pointers for grandparents who want to have a great relationship with their own adult children and their grandkids.

Thursday, November 9, 2023	9am, 2pm, &10pm	1	Parenting, Failure	Parenting Today's Teens	When you give teens the opportunity to make their own decisions, they WILL eventually fail, and that's okay! Mark Gregston and Wayne Shepherd discuss how taking risks and allowing your teen to stumble along the way can pave the road to their success and resilience.
Friday, November 10, 2023	1pm	1	Parenting, Adult Children, Communication	Parent Minute	Greg Yoder shares some ideas about our adult children. The last thing we would ever want to see is our kids homeless. The fact that we've taken our kids back proves that we love them. Before we do it, make sure there are ground rules. And, most importantly, have an exit strategy.
Monday, November 13, 2023	3pm	25	Marriage & Intimacy	Living on the Edge	Would you like more intimacy in your marriage? Chip Ingram lays out the four keys to unlocking greater intimacy in your marriage. Whether you've been married five months or fifty years - today's discussion is for you.
Tuesday, November 14, 2023	1pm	1	Parenting, Seasons of life, Growing Old	Parent Minute	Greg Yoder shares that he is in his 50s. But this new phase—it's just weird. My wife's parents are both gone. And while my brain feels young, my body is rebelling. Cherish your days, don't let a day go by without being with your family.
Wednesday, November 15, 2023	3pm	25	Conflict Resolution & Marriage	Living on the Edge	Conflict in marriage is inevitable and it is not necessarily a bad thing. However, left unresolved, conflict has the power to dissolve even the strongest marriages. So, how do we resolve conflict effectively? Chip Ingram explains that it's possible to fight fair in marriage.

Thursday, November 16, 2023	Various	1	Meal, Community, Thanksgiving, Poverty	On-Air Announcement	Our on-air hosts informed our listeners on several occasions that there were two community dinners for Thanksgiving. One in Sparta and one in Eau Claire, neither event had a charge for people to attend.
Friday, November 17, 2023	5am & 3pm	1	Parenting, Technology, Character	Family Matters Minute	Dr. Tim Kimmel discusses how to help your child build a positive digital online character. He suggests starting with the Golden Rule of treating others the way we would want to be treated.
Monday, November 20, 2023	9am, 2pm, & 10pm	1	Parenting, Teens, Communication	Parenting Today's Teens	Nurturing a strong relationship with your teen takes intentionality, but sometimes it's tough to know where to begin. Mark Gregston and Wayne Shepherd discuss the markers of a healthy relationship.
Tuesday, November 21, 2023	3pm	25	Contentment & Generosity	Living on the Edge	Research tells us that generous people are happier, have a stronger immune system, and have more positive, life-giving relationships. Which begs the question: How can we become more generous people? Chip Ingram answers that question, in this program.
Wednesday, November 22, 2023	1pm	1	Community, Neighbors, Friends	Parent Minute	Greg Yoder discusses the importance of having a community. He encourages us to be involved in the lives of our children's friends and the children in the neighborhood. We build relationships with our children by building relationships with their friends.

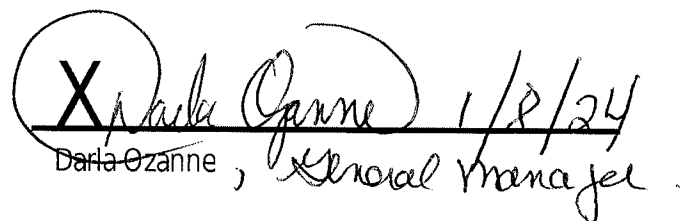
Thursday, November 23, 2023	9am, 2pm, &10pm	1	Parenting, Teens, Online Safety	Parenting Today's Teens	Mark Gregston and Wayne Shepherd discuss the relevance, impact, challenges and opportunities that come with social media. They provide five healthy, effective and practical ways to handle your teen's online life.
Friday, November 24, 2023	5am & 3pm	1	Parenting, Communication	Family Matters Minute	Dr. Tim Kimmel reminds us that words have power. We should choose to speak to our children with thoughtful, gentle words that will be a blessing to them even when we need to discipline our children. Correct, don't destroy.
Monday, November 27, 2023	5am & 3pm	1	Parenting, Holiday Memories,	Family Matters Minute	Dr. Tim Kimmel suggests that building Holiday Memories with extended family might not be the best thing for our children. He encourages us to limit the time we spend with family that is harmful and belittling; make these visits short and then spend time as an immediate family unit rewriting your narrative and creating your own family memories.
Tuesday, November 28, 2023	12am, 9am, 8pm	1	Addiction & Recovery	Adult & Teen Challenge	Adult and Teen Challenge graduates share how they have moved from a world dominated by addiction to a world of freedom because of Teen Challenge. They invite anyone who is struggling with addiction to get help.

Wednesday, November 29, 2023	1pm	1	Divorce, Step Families, Holiday Blues	Parent Minute	You've heard the song "It's the Most Wonderful Time of the Year" right? It's true for some, but not for others—especially for those divorced or for some foster parents. As a stepparent, it was the most difficult time of year for my wife and me. Make it as positive as you can. Cherish the time you DO have and make the every-other-year traditions ones they'll remember. If you're not a stepparent, pray for and support families who are. They need it.
Thursday, November 30, 2023	9am, 2pm, &10pm	1	Parenting, Teens, Anger	Parenting Today's Teens	Are you struggling to understand your teen's anger? Mark Gregston and Wayne Shepherd discuss how anger is often a symptom of deeper issues and share valuable insights on how parents can understand and address their teen's anger in a constructive and supportive way.
Friday, December 1, 2023	9am, 2pm, &10pm	1	Parenting, Boundaries, Screen Time	Parenting Today's Teens	Mark Gregston answers questions from parents about setting appropriate boundaries with your teen and the reason they might be so intent on being on their phones. Times are changing and we can no longer use the same tools that may have been effective during a child's pre-teen years. In order for your teen to have great relationships with others, they first need to have a great relationship with you.

Tuesday, December 5, 2023	9am, 2pm, &10pm	1	Parenting, Teens, Acceptance	Parenting Today's Teens	Many parents can probably look back on their own teen years and remember some crazy things they did in the name of fitting in or being liked. Mark sits down with Sam, who shares his journey of rebellion, cheating and substance abuse, which stemmed from feelings of depression and a need for acceptance.
Wednesday, December 6, 2023	1pm	1	Parenting, Traditions, Relationships	Parent Minute	Greg Yoder shares how he loves Christmas and also LOVES the family traditions that come with it. Mom and Dad, a lot can get in the way of a merry Christmas. Death, sickness, divorce—you name it. But, do everything possible to keep the joy alive. No, we're not always happy, but there's ALWAYS joy in family whether you're missing somebody or not. Our kids need to see it.
Thursday, December 7, 2023	9am, 2pm, &10pm	1	Parenting, Independence, Responsibility	Parenting Today's Teens	It goes against our parental instincts to "back off," but if we don't, we risk raising an adult who's not prepared to face the real world. Mark Gregston and Wayne Shepherd dive into the importance of maintaining a strong connection with your teen while letting them navigate their own path.
Monday, December 11, 2023	9am, 2pm, &10pm	1	Parenting, Relationships, Communication	Parenting Today's Teens	Mark Gregston and Wayne Shepherd help parents look at their own destructive patterns in their relationships. Asking us to focus on our own habits and how they impact our children.
Wednesday, December 13, 2023	1pm	1	Parenting, Language	Parent Minute	Greg Yoder encourages parents to curb their reaction to "potty language." Children are often looking for an excited reaction. It is better to respond calmly ignoring the behavior or saying something like "That was a poor choice of words, wasn't it buddy?"

Thursday, December 14, 2023	9am, 2pm, &10pm	1	Parenting, Sexuality, Teens	Parenting Today's Teens	Talking to our children about sex can be uncomfortable and challenging. Mark Gregston and Wayne Sherpherd discuss the importance of maintaining a positive parent-child relationship that respects and supports their growth.
Friday, December 15, 2023	1pm	1	Parenting, Failure, Character	Parent Minute	Greg Yoder suggest that parents don't try to fix thir children's failures. Help walk along side of them, help them see a way to move forward, but allow them to work through their hurt and the consequences of their choices.
Monday, December 18, 2023	9am, 2pm, &10pm	1	Single Unsupported Parenting, Community, Relationship	Parenting Today's Teens	Single parenting can be tough, but we can still have a deep relationship with our teens as we walk through life together. Mark Gregston and Wayne Shepherd offer encouragement, practical tips, and hope for parents navigating the difficulties of unsupported parenting.
Tuesday, December 19, 2023	Various	1	Community, Hunger,	On-Air Announcement	Our hosts reminded our listeners about the free Christmas meal at the American Legion on Christmas Day.
Wednesday, December 20, 2023	1pm	1	Parenting, Greif, Mental Health	Parent Minute	For families that are struggling with loss through death, divorce, or disfunction, the holidays can be stressful and sad. Greg Yoder helps us try and cherish the time we have and encourages struggling families to make new traditions to help everyone move forward.
Thursday, December 21, 2023	5am & 3pm	1	Parenting, Character, Growth	Focus on the Family Minute	Dr. Kathy Koch explains why it is good for our children to grow through challenges. She discusses her book Parent Differently, as she focuses on instilling character in the heart of your child.

Friday, December 22, 2023	5am & 3pm	1	Family, Relationships, Boundaries	Focus on the Family Minute	Dr. Mike Bechtle talks about why boundaries are necessary in family relationships. He shares from the book <i>People Can't Drive You Crazy If You Don't Give Them the Keys</i> .
Tuesday, December 26, 2023	1pm	1	Parenting, Thankfulness, Greed	Parent Minute	Christmas brings out the best and worst in our children. Greg Yoder shares that one way for us to help our children be more thankful for what they receive is to sponsor a needy child in your community. Have your child shop with you to provide gifts for a child that wouldn't normally receive one.
Wednesday, December 27, 2023	9am, 2pm, & 10pm	1	Parenting, Building Memories	Parenting Today's Teens	Life with busy teens is hectic, and it can be hard to slow down and enjoy the small moments. Mark Gregston urges us to invest time in creating lasting memories with our children and grandchildren; learn to value the present moment.
Thursday, December 28, 2023	3pm	25	Priorities, Balance, Mental Health	Living on the Edge	Would you like to make this the best year of your life - no matter what happens with the economy, on your job, or even your health? It is possible! Chip Ingram explores how to balance the demands of life and prioritize the activities and relationships that matter most to you.
Friday, December 29, 2023	5am & 3pm	1	Family, Marriage	Focus on the Family Minute	Jodie Berndt provides encouragement to couples facing hard times.
*Times indicate either program/feature was aired on the top of the hour OR within the specified music hour					



 Darla Ozanne, General Manager