

The Prayz Network

WTPN 103.9 FM Westby, WI, WGSJ 104.9 FM La Crosse, WI,

WEQS 89.3 Sparta, WI, WWJC 101.5 Augusta, WI

Issues & Programs 1st Quarter 2023

The Prayz Network stations-WTPS 103.9, WEQS 89.3, WWJC 101.5 and WGSJ 104.9-exist to serve our community by offering music and programs that are positive, encouraging, and designed to strengthen individuals, families and the community.

Date	Time*	Duration in Minutes	Issue	Program	Description
Monday, January 2, 2023	8am & 6pm	1	Marriage/ Conflict/ Communication	Focus on the Family Minute	Shaunti Felhahn reminds us that a good night's sleep can be one of the best gifts for you and your marriage if you are upset with each other. Taking a step away to return to the situation with a more clear perspective can be invaluable.
Tuesday, January 3, 2023	12am & 12pm	25	Marriage/ Media/ Family	A New Beginning	Greg Laurie takes a look at TV listings today and the agenda they are pushing when it comes to marriage and family. He suggests that the influence of media in our homes is at an all-time high. Greg asks us all to make an intentional plan on how we are going to let media influence our homes.
Wednesday, January 4, 2023	3pm	25	Generosity/ Mental Health	Living on the Edge	Chip Ingram shares how we can have a generous "Christmas" like spirit 365 days a year, and how this can help with your mental health because giving actually fills us up.
Thursday, January 5, 2023	3pm	25	Pressure/ Mental Health/ Family	Living on the Edge	Chip is talking about bigger, better, faster, and more. We need to do it all! He takes time to explain how doing less and simplifying our lives can help us to love more. Love ourselves, love our families, and love our community more by cutting back on the need to do it all.

Friday, January 6, 2023	9am, 2pm, & 10pm	1	Video game balance/ Parenting	Parenting Today's Teens	Mark Gregston gives practical advice on how to enforce screen time limits. It is a delicate balance, because many children use this time to relax and communicate with friends.
Monday, January 9, 2023	1pm	1	Self-Control/ Parenting	Parent Minute	John Piper calls self-control the "fierce fruit." It is a battle within ourselves between what we selfishly want and for what is best for us and our family. He encourages us to stay under control so that we can pass along self-control to our children.
Tuesday, January 10, 2023	9am, 2pm, & 10pm	1	Teens/ Parenting/ Mental Health	Parenting Today's Teens	Some of the teens who smile and laugh all the time are also the ones who are struggling the most on the inside. Behind the happy, bubbly exterior, these teens desperately hope someone will see what's going on inside. Mark Gregston give ideas to help us move past the smiles.
Wednesday, January 11, 2023	9am, 2pm, & 10pm	1	Overcoming Trauma/ Parenting	Parenting Today's Teens	Cruel words, abuse and trauma can impact our entire lives. Sometimes we are not even aware of it. Mark Gregston shares why it's important to really understand your child's heart and how hurt may be directing their behavior.
Thursday, January 12, 2023	9am, 2pm, & 10pm	1	Coping with hurt and challenges/ Parenting	Parenting Today's Teens	When teens are confronted with hurts or challenges in life that they're not prepared for, they typically react in one of three ways: Fight, flight or freeze. Mark Gregston and Wayne Shepherd discuss what these coping mechanisms look like and how you can help your teen manage hurt.
Friday, January 13, 2023	Various times	1	Father Son Retreat/ Parenting/ Relationship	On-Air Announcement	Throughout the week both Todd and Darla announced the details and wonderful opportunity that Living Waters Camp was offering. It is a great weekend of fun and building relationships with your son. It is a time to step away, put down the electronics, and focus on the time you have together.

Monday, January 16, 2023	8am & 6pm	1	Conquer Fear & Ignorance about Cultures	Focus on the Family Minute	Dr. David Ireland encourages you to conquer your fear and ignorance by asking questions about other cultures. Don't look for what divides, but for what we have in common.
Tuesday, January 17, 2023	8am & 6pm	1	Prejudice/ Culture	Focus on the Family Minute	Dr. David Ireland points out that a prejudice is everyone's problem. He grew up in a racially tense culture. He has great suggestions on how to move away from the past and start a whole new future.
Wednesday, January 18, 2023	8am & 6pm	1	Marriage/ Safe-place	Focus on the Family Minute	Ashley Willis describes how marriage is designed to be a place where we practice being vulnerable with each other. How can you take steps to make your marriage a safe place?
Thursday, January 19, 2023	9am	1	Addiction and Recovery	Adult and Teen Challenge	Adult and Teen Challenge of LaCrosse is an organization that helps women to become free from addiction. They help these women discover their gifts and even help them take classes at local universities.
Friday, January 20, 2023	10am & 5pm	1	Finances/ Contentment/ Budgeting	Thrive With Purpose	Callie Briese give pointers on how we can tell the difference between wants and needs, and how focusing on being content can radically impact our lives. When you are content, there is no impulse buying and your budget looks much healthier.
Monday, January 23, 2023	Various times	1	Pregnancy Center	On-Air Announcement	Door of Hope is a pregnancy center in our local listening area. Both Darla and Todd announced the Door of Hope vision event several times over several days. This is a great resource for women and families in our local listening area.
Tuesday, January 24, 2023	9am, 2pm, & 10pm	1	Rebuilding Relationships/ Parenting	Parenting Today's Teens	Mark Gregston discusses how totally broken relationships often need to be rebuilt from the ground up. It takes effort from the whole family to rebuild trust, communication and affection.
Wednesday, January 25, 2023	8am & 6pm	1	Self-Control/ Parenting	Focus on the Family Minute	Ginger Hubbard discusses how parents can help to combat whining in their children by helping them focus on self-control. Empowering children to have self-control and use their words will help stop whining.

Thursday, January 26, 2023	1pm	1	Internet Usage/ Social Media/ Parenting	Parent Minute	We all seem to love our mobile devices, but what are we doing to protect our children from predators, bullying, pornography, and more? Greg Yoder helps parents understand that we need to teach our children discernment and good choices. We also need to have rules about our ability to check their history and chat rooms. Be ready to protect your children.
Friday, January 27, 2023	Various times	1	Mother Daughter Retreat	On-Air Announcement	Throughout the week both Todd and Darla announced the details and wonderful opportunity that Living Waters Camp was offering. It is a great weekend of fun and building relationships with your daughter. It is a time to step away, put down the electronics, and focus on the time you have together.
Monday, January 30, 2023	9am, 2pm, & 10pm	1	Pull of Culture/ Parenting/ Choices	Parenting Today's Teens	As parents, we do our best to instill morals and the ability to make wise choices into our teens, but there's no denying that today's adolescent culture is constantly pulling them in other directions. Mark Gregston and Wayne Shepherd discuss why it's important not to underestimate the time you invest in your child.
Tuesday, January 31, 2023	8am & 6pm	1	Parenting Fun	Focus on the Family Minute	Doug Fields encourages parents to help their children have fun. Much of our children's time is spent performing and striving; in school, in sports, in life. Doug suggest we remember that our children are children and help them have fun times.
Wednesday, February 1, 2023	10am & 5pm	1	Finances/ Goals	Thrive With Purpose	Callie Briese discusses how helpful it is to have a financial list that is like your grocery list. This list should include both short and long term goals the four major financial categories: Saving, Spending, Investing, and Giving. Having this list will help you to be well prepared for the future.

Thursday, February 2, 2023	3pm	25	Marriage/ Relationships/ Encouragement	Living on the Edge	Guest teacher Doug Fields discusses the need to have support and encouragement in your marriage. He gives three specific ways to honor, enjoy, and prioritize your marriage.
Friday, February 3, 2023	9am, 2pm, & 10pm	1	Living a double life/ Parenting/ Addiction	Parenting Today's Teens	Mark Gregston gives practical advice on how to manage a child who seems to be living a double life. A child who is perfect in your presence but then is smoking and using drugs when they are out of your presence. It starts with the right questions.
Monday, February 6, 2023	1pm	1	Whiny Children/ Parenting	Parent Minute	Greg Yoder has helpful hints to get your children to stop whining and use their words. No matter what we try, we should remember that a loving response will foster a loving reaction.
Tuesday, February 7, 2023	9am, 2pm, & 10pm	1	Walking after trauma/ Parenting/ Mental Health	Parenting Today's Teens	Teens who've walked through trauma at a young age respond in a variety of ways but often, they create a tough outer persona to keep themselves from ever being hurt again. Mark Gregston talks about how it takes patience to find it, but there's still a soft heart in there somewhere.
Wednesday, February 8, 2023	8am & 7pm	25	Communication/ Arguments/ Relationships	Truth for Life	Many times when we argue we are trying to push our opinion or jockey for a position of honor. This can come across very childish and insensitive. Alistair Beggs shares how to communicate truth within your relationships in a more effective way.
Thursday, February 9, 2023	3pm	25	Healthy Relationships/ Marriage/ Identity	Living on the Edge	Where do you find security and identity? Chip Ingram explains that we are in trouble if we rely on our partner for this. He helps us discover how to develop a healthy view of ourselves and how it can impact our marriages/ relationships.
Friday, February 10, 2023	8am & 6pm	1	Dating & Marriage	Focus on the Family Minute	Debra Fileta reminds us that the most important thing in dating is to find someone who's character is strong. Looks and employment will change, but a person's character usually stays the same.

Monday, February 13, 2023	9am, 2pm, & 10pm	1	Guiding through grief/ Parenting	Parenting Today's Teens	Whether it's the loss of a grandparent, a broken relationship or the tragic death of a friend, loss hits children really hard. Mark Gregston and Wayne Shepherd share several ideas on how to help your child process their grief.
Tuesday, February 14, 2023	8am & 6pm	1	Communication/ Marriage	Focus on the Family Minute	Dr. Greg Smalley reminds us that marriage communication shouldn't always be serious. He encourages us to remember to enjoy our spouse and have fun with our spouse, even during challenging times.
Wednesday, February 15, 2023	3pm	25	Personal Attacks and Injustice/ Relationships/ Communication/ Marriage	Living on the Edge	When you feel dismissed, neglected or insulted by your spouse/ significant other, do you retaliate? Chip Ingram helps us to respond to hurt and pain. He shows us how our relationships can survive, heal and move forward when we wound one another.
Thursday, February 16, 2023	8am & 6pm	1	Father Daughter Relationship/ Parenting	Focus on the Family Minute	Dr. Meg Meeker encourages dads to find different ways to build up their daughters, especially as they grow and develop into teenagers. Girls need their dads.
Monday, February 20, 2023	8am & 6pm	1	Single Parenting/ Family	Focus on the Family Minute	Dr Roland Warren shares how we can lift up single moms even when they feel discouraged.
Tuesday, February 21, 2023	8am & 6pm	1	Parenting/ Single Parents/ Family	Focus on the Family Minute	Dr. Roland Warren shares how he and some friends helped to raise a young man who had lost his father. He encourages us to help support single parent families and children that have lost their parents.
Wednesday, February 22, 2023	8am & 6pm	1	Medical crises/ Relationships/ Marriage	Focus on the Family Minute	Ryan Frederick describes what he learned as he walked through a medical crisis. He shares how it strengthened his relationship and impacts is marriage.

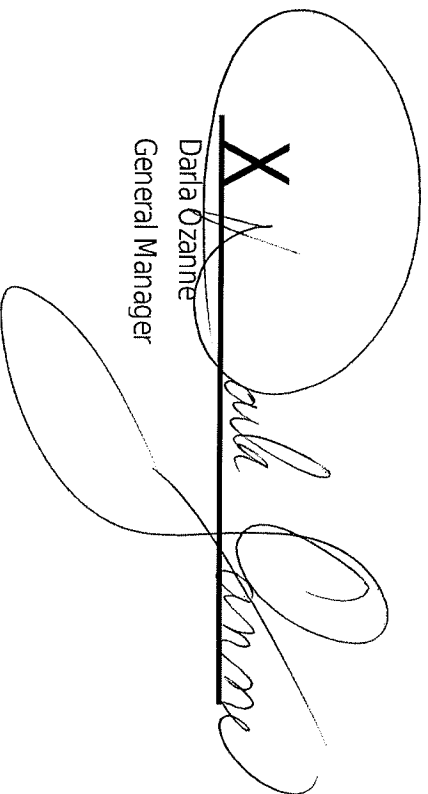
Thursday, February 23, 2023	1pm	1	Bullies/ Parenting/ Schools	Parent Minute	According to CBN.com, 160,000 children stay home from school each day because of a bully. Greg Yoder encourages parents to talk to their children about bullying. Train them to be more assertive. "Practice responses that project confidence and calm," not emotional outbursts; give them verbal responses that can end the attack rather than perpetuate it. Bottom line, though, get the school involved.
Friday, February 24, 2023	9am, 2pm, & 10pm	1	Dating model/ Parenting/ Relationships	Parenting Today's Teens	How should parents approach their teen's inevitable interest in the opposite sex, and ultimately in a romantic relationship? Mark Gregston gives support and guidance for having a mature and developing conversation in implementing a dating model.
Tuesday, February 28, 2023	9am, 2pm, & 10pm	1	Teens and Depression/ Parenting/ Mental Health	Parenting Today's Teens	Depression in teens can often be caused by traumatic events or circumstances that they couldn't fully process at the time. Mark Gregston speaks to how when teens begin to struggle with mental health, they often don't know where to turn. He helps parents understand where they can step in and help their child.
Tuesday, February 28, 2023	8M & 6pm	1	Overcoming Grief	Focus on the Family Minute	Dr. Tim Muehlhoff shares some practical insights for how to overcome grief and walk the next steps in this difficult journey.
Wednesday, March 1, 2023	9am, 2pm, & 10pm	1	Encouragement/ Parenting/ Growing through Brokenness	Parenting Today's Teens	Life is hard and none of us can avoid the pain and suffering of the hurtful experiences. Mark Gregston and Wayne Shepherd discuss the importance of facing brokenness head on.
Thursday, March 2, 2023	8am & 6pm	1	Parent as Shepherd	Focus on the Family Minute	Using the analogy of a shepherd, Dr Kevin Leman describes how our role as a parent is critical. We need to guide and direct our children, but also to remember that they like sheep are not stupid.

Friday, March 3, 2023	3pm	25	Relational Conflict/ Communication/ Relationships	Living on the Edge	Chip Ingram is speaking to people that are struggling with a difficult relationship. Are there people in your world that drive you absolutely nuts? Chip shares some practical ways to find peace even in the most challenging relationships.
Monday, March 6, 2023	3pm	25	Anxiety/ Worry/ Fear	Living on the Edge	Do you allow fear and worry to overwhelm your day? Chip Ingram explains how we can turn our upsetting circumstances and experiences into moments of peace.
Tuesday, March 7, 2023	9am, 2pm, & 10pm	1	Adoption/ Parenting/ Teens	Parenting Today's Teens	Mark Gregston is talking about the messy side of adoption. It is not always a smooth transition and it is a massive adjustment for the entire family.
Wednesday, March 8, 2023	1pm	1	Intentional Readers/ Parenting/ Oral Learning	Parent Minute	Greg Yoder talks about the importance of reading. "While I don't mind reading today, I'd rather listen and follow along. I retain more when I do that." If your son or daughter doesn't like reading remember that 80 percent of the world are oral learners. It's not that we can't read, it's that we learn better another way. But don't let that stop you from making your kids read.
Thursday, March 9, 2023	9am, 2pm, & 10pm	1	Drug Use/ Parenting/ Teens	Parenting Today's Teens	In a culture where anxiety is high and teens crave connection, marijuana can seem like the perfect solution. "Everyone is doing it!" Mark Gregston and Wayne Shepherd discuss the harmful effects of pot being normalized.
Friday, March 10, 2023	9am and on- demand	28	Prison Parenting	On-Air interview and On-Demand	Carol Kent spoke about how to be a parent when your child is serving a life sentence in a maximum security prison. She stresses the importance of unconditional love and in keeping a relationship with your child even through the most difficult times.
Monday, March 13, 2023	10am & 5pm	1	Gratitude/ Finances/ Greed	Thrive with Purpose	Callie Briese shares the importance of an attitude of gratitude. Living a life of generosity and gratitude will fill your days with happiness and keep you from becoming a greedy person.

Tuesday, March 14, 2023	8am & 6pm	1	Serving in the Community/ Parenting	Focus on the Family Minute	Courtney DeFeo suggest an easy way your family can serve your community. Serving is an important value to instill in our homes and helps our children to grow up to be generous, empathetic adults.
Wednesday, March 15, 2023	3pm	25	Financial Uncertainty/ Greed/ Financial Plans	Living on the Edge	Greed is a nasty habit that can consume us before we even know it. Chip Ingram discusses the antidote for greed and explains how having a scouting report on our finances can help us turn a given circumstance into a success.
Thursday, March 16, 2023	8am & 6pm	1	Marriage & Happiness	Focus on the Family Minute	Dr. Michael Sytsma reminds us that it isn't our spouses' job to always make us happy. Our strength and Identity should not come solely from our spouse.
Monday, March 20, 2023	Various times	1	Education/ Conference	On-Air Announcement	Dr. Ben Carson and several other speakers will be at the education conference in our listening area. We played several announcements throughout the month of March making parents aware of the conference. It is a great way to learn how to become more involved in your child's education.
Tuesday, March 21, 2023	9am, 2pm, & 10pm	1	Teens/ Grief/ Relationships	Parenting Today's Teens	When a parent passes away, everyone in the family is left to learn how to cope the best they can. Unfortunately, sometimes differing coping mechanisms can cause even more friction. Mark Gregston has some practical tips on how to pick up the pieces and help your teen process grief.
Wednesday, March 22, 2023	12am & 12pm	25	Singleness/ Divorce/ Relationships	A New Beginning	It's a smooth, carpeted aisle that leads to the wedding altar, but it's a rough, rocky road that leads to divorce court. Greg Laurie give insight on how to walk the path of singleness with grace.
Thursday, March 23, 2023	1pm	1	Loosing your temper/ Parenting/ Impulsive Behavior	Parent Minute	Greg Yoder encourages parents to have tough conversation with their children about losing their temper. This is much harder when the parent also loses their temper. Remind children to think and not have impulsive behavior; focus on patience and forgiveness as you work to resolution with friends.

Monday, March 27, 2023	12am & 12pm	25	Marriage	A New Beginning	Every so often, we hear stories of married couples who've been together 50, 60, or even 70 years. Remarkable. And then we hear about Hollywood marriages, one which lasted only 56 hours. Greg Laurie gives insight on how to build a marriage that lasts.
Tuesday, March 28, 2023	9am, 2pm, & 10pm	1	experimentation and addiction	Parenting Today's Teens	Drugs are more accessible for teens than ever before. When there is strife at home and children are looking for relief, it can be easy for them to start down a dark path of addiction. Mark Gregston shares some perspectives from the other side of addiction.
Wednesday, March 29, 2023	8am & 6pm	1	Family/ Restoration	Focus on the Family Minute	Elisa Morgan reminds us that there are no perfect families. She helps us see how we can redeem our broken family and make the most out of our tomorrows.
Friday, March 31, 2023	Various times	1	Election/ Voting	On-Air Announcement	Several times throughout the day Darla reminded our listening family about the upcoming election. She pointed them to the MYVOTE.WI.GOV website so that people can find what is on their area ballot.

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


 Darla Ozanne
 General Manager