

## **KJTF FM 2023 1st Quarter Issues**

**A number of issues relevant to our listeners were addressed including Marriage, 2023 Farm Bill, Cultural Divides, Nebraska Agland Values, Nebraska LEAD Program, Help for Single Moms, Credit Cards, Alzheimer's Disease, Sexual Addiction, Abortion.**

**DATE: 1/02/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Ready for FamilyLife Podcast Network's best of the best? Catch slices of our best episodes in this mashup hosted by Brian Goins, Ron Deal, & Shelby Abbott.**

**DATE: 01/02/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Uncovering the Secrets to a Happy Marriage I & II. If you've heard the term 'Don't go to bed angry' in your marriage, it's likely you've also found yourself wondering, 'How on earth is that possible?!' Shaunti Feldhahn provides key ingredients for a gratifying relationship that is truly Christ-like.**

**DATE: 1/03/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Curious about other top players on the FamilyLife podcast network? Brian Goins, Ron Deal, and Shelby Abbott dole out top-notch samples on how you're talking to your kids, and reading your wife's mind.**

**DATE: 01/03/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Uncovering the Secrets to a Happy Marriage I & II. If you've heard the term 'Don't go to bed angry' in your marriage, it's likely you've also found yourself wondering, 'How on earth is that possible?!' Shaunti Feldhahn provides key ingredients for a gratifying relationship that is truly Christ-like.**

**DATE: 1/04/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Ready to dip into more from the FamilyLife podcast network? Brian Goins, Shelby Abbott, and Ron Deal offer all-star samples touching on topics from same-sex attraction to nagging in marriage.**

**DATE: 01/04/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: The Joys and Challenges of Parenthood I & II. some commonsense tips for enjoying the journey of parenthood! How you can manage parental guilt, set boundaries for your family, find balance, and why you don't need to be a superhero mom or dad!**

**DATE: 1/05/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: When life is complicated, it's hard to see which way's up. Dave and Ann Wilson host author Lisa Whittle, who explains how arranging your central priority**

**shakes out all the rest.**

**DATE: 01/05/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: The Joys and Challenges of Parenthood I & II. some commonsense tips for enjoying the journey of parenthood! How you can manage parental guilt, set boundaries for your family, find balance, and why you don't need to be a superhero mom or dad!**

**DATE: 1/06/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: How do you find the good after the hard? Dave and Ann Wilson host author Lisa Whittle, who chats about the search for the 'hard good,'the freedom to be vulnerable, & your own comeback.**

**DATE: 01/09/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:54**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Farm Bill. With congress back in session, lawmakers in Washington D.C. are expected to take on many issues this year including the farm bill. Former US Secretary of Agriculture Mike Johanns talks about key players that will develop a new farm bill and how it will need to rely on bipartisanship in order to pass.**

**DATE: 1/09/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Dave and Ann Wilson host Kirsten Watson and NFL Super Bowl champ Benjamin Watson--who know well the scrabble for identity apart from connections, accomplishments, and best-laid plans.**

**DATE: 01/09/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Simple Tips for Growing Closer to Your Kids. Have you ever considered that problems with your children might originate with you? learn why asking your**

**kids for feedback, saying 'yes' more, and taking ownership of your mistakes can help improve your family relationships!**

**DATE: 01/10/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:52**

**ISSUES: Agriculture**

**DESCRIPTION: Soybean Seed Selection. Now is the time to think about how you can minimize soybean diseases next growing season. Nebraska Extension Plant Pathologist Dylan Mangel talks about choosing the right soybean variety to avoiding disease problems next season.**

**DATE: 1/10/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Dave and Ann Wilson host Kirsten Watson and NFL Super Bowl champ Benjamin Watson. God's story has spiraled them through 15 NFL seasons, seven kids, and plenty of plot twists.**

**DATE: 01/10/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Applying Love Languages in Families with Special Needs. Raising a child with special needs comes with many challenges, but Mom and Dad, you are making a difference! you'll discover how to use Love Languages to express love to your child with special needs. Jolene Philo speaks from her personal experience and as a teacher.**

**DATE: 01/11/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:09**

**ISSUES: Agriculture**

**DESCRIPTION: Preparing for the Calving Season. For some calving season is here, while for others, the start of the calving season is still a few months away. Nebraska Beef Extension Educator Aaron Berger talks about practices to consider in preparing for the upcoming calving season.**

**DATE: 1/11/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Dave and Ann Wilson host Kirsten Watson--mom of 7, wife of an NFL athlete, and podcaster. She's often asked, 'How do you do it?' But Kirsten believes to take a breath of God's Word is to exhale peace.**

**DATE: 01/11/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Being Wise with Your Money During a Crisis - I. finance columnist Michelle Singletary discusses wise money management during the economic downturn. She'll help you with the basics of getting out of debt, budgeting, and saving when money is tight.**

**DATE: 01/12/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:28**

**ISSUES: Agriculture**

**DESCRIPTION: Mole, Vole or Mouse. Moles, voles and mice can cause winter damage to your home and landscape. Nebraska Extension Wildlife Specialist Dennis Ferraro gives some tips to stopping mice from coming**

into your home and keeping voles and moles out of your garden and plant beds.

**DATE: 1/12/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: If you avoid what's beneath your marital conflict, it'll probably keep happening. Dave and Ann Wilson welcome former cohost Bob Lepine--who helps you get to what gets you.**

**DATE: 01/12/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Being Wise with Your Money During a Crisis - II. finance columnist Michelle Singletary offers wisdom on managing your money and biblical principles on helping friends and family members in need. She'll also talk about how to treat investments in times of uncertainty.**

**DATE: 01/13/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:37**

**ISSUES: Agriculture**

**DESCRIPTION: Winter Beef Nutrition. Ensuring better performance from your cows before calving season means examining their nutritional needs. Nebraska Extension Range Cow Production System Specialist Travis Mulliniks talks about what producers should be focusing on before calving season.**

**DATE: 1/13/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Fed up with your spouse? Author Bob Lepine helps you trade blame, dissatisfaction, & disappointment for a stronger, richer, and more rewarding marriage.**

**DATE: 01/13/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Letting Go of Offenses. Let's face it. It's easy to be offended by someone - on the road, at work, or**

at home. But there's a better way. Brant Hansen says you really don't have a right to be angry at others because of what Jesus did for you. He shares the importance of humbling yourself and forgiving, just as God has forgiven you.

**DATE: 01/16/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:45**

**ISSUES: Agriculture**

**DESCRIPTION: Winter Water. During warmer days of winter like we've had in the state recently, it's a good idea to get some water on your landscape plants. UNL Director of Landscape Services Jeff Culbertson talks about winter landscape watering..**

**DATE: 1/16/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: What's the difference between a boy and a man? host Dave Wilson draws a line between choices & actions that keep guys immature& what makes a real man.**

**DATE: 01/16/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Reaching Across Cultural Divides - I. In today's MULTI-cultural society, we can no longer live 'MONO-cultural' lives! Pastor David Ireland urges Christians to embrace people from different races and ethnic groups, learning to love the whole world as God does.**

**DATE: 01/17/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:08**

**ISSUES: Agriculture**

**DESCRIPTION: Winter Tree Inspection. It's a good time to get into your landscape to inspect your trees. Nebraska Extension Educator Elizabeth Exstrom talks about being on the lookout for broken branches and crossing limbs and doing some pruning to help your trees during the winter months..**

**DATE: 1/17/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Ever wonder if you've got what it takes to be a man? host Dave Wilson wrestled with his own weakness and searched out the makings of real men.**

**DATE: 01/17/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Reaching Across Cultural Divides - II. Would you rather tolerate someone's cultural and racial differences, or learn to accept them? Pastor David Ireland shares how Christians can learn to connect and communicate cross-culturally through friendship and forgiveness.**

**DATE: 01/18/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:32**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Nebraska Ag Land Values. Nebraska Extension Ag Economist Jim Jansen takes a look at recent reports for Nebraska ag land values. He says 2022 saw increased land values for most of the farm land in Nebraska and surrounding states..**

**DATE: 1/18/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Leaning into womanhood can feel like a jigsaw puzzle without the box top. host Ann Wilson discloses take on the pieces of a real woman and what gets in the way.**

**DATE: 01/18/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Being Completely Transparent with Your Spouse. Would you say that you are 100-percent honest with your spouse? marriage coaches Dave and Ashley Willis will explain why transparency, even about difficult subjects, is vital to a healthy and thriving marriage.**

**DATE: 01/19/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:12**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Beef Feedlot Roundtable Series. Nebraska Extension is again sponsoring the Beef Feedlot Roundtable series for upcoming dates and locations. Extension Specialist Jessica Sperber talks about what ranchers can expect by attending the seminars.**

**DATE: 1/19/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Feeling out the essence of femininity can be mystifying, even intimidating. host Ann Wilson shares her insights and acronym for real women& real womanhood.**

**DATE: 01/19/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Sharing Your Faith with Your Kids. As a parent, you want your children to follow Christ and live godly lives. Natalie Frisk shares insights to help equip you intentionally share your faith with your children at every age.**

**DATE: 01/20/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:57**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Pesticide Education. Handling and applying pesticides correctly is critical to protecting our environment and following the law. Nebraska Extension is offering certification and recertification training for all pesticide applicators and those training sessions are coming soon to an area near you..**

**DATE: 1/20/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: You want: A connected marriage. You have: Two very different people who want what they want. Dave & Ann Wilson host FamilyLife President David Robbins & his wife Meg, who chat about what helps them live unified.**

**DATE: 01/20/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Don't Give Up: Stay Engaged in the Pro-life Battle. Despite the overturn of Roe vs. Wade, the tragedy of abortion still haunts America! we'll examine new initiatives to give pregnant women hope and better options for the future - and some practical ways you can join the pro-life movement.**

**DATE: 01/23/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:57**

**ISSUES: Agriculture**

**DESCRIPTION: Windbreaks for Protection and Snow Diversion. A good windbreak will help protect your livestock during cold and blustery days. Brad Schick, Nebraska Beef Systems Extension Educator talks about several techniques to help your cattle survive bitter cold winds.**

**DATE: 1/23/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION:** Dave and Ann Wilson host counselor Dave Carder, author of *The Anatomy of An Affair*. He explains how attractions & addictions develop and how to guard your marriage against them.

**DATE:** 01/23/2023

**TIME:** 08:06PM

**PROGRAM:** Focus on the Family

**LENGTH:** 28:30

**ISSUES:** Family

**DESCRIPTION:** If You Want a Great Marriage, Do This - I & II. Great marriages don't happen by accident "" it's often the little things that matter most. you'll hear why honesty and vulnerability, keeping short accounts, spending time together, and a shared vision are essential!

**DATE:** 01/24/2023

**TIME:** 07:30AM

**PROGRAM:** Extension Almanac

**LENGTH:** 04:19

**ISSUES:** Agriculture

**DESCRIPTION:** Winter Mulch and Antitranspirants. Protecting your trees from cold temperatures this winter will help them thrive next spring. Nebraska Extension Educator Elizabeth Exstrom talks about mulching, applying Antitranspirants and wintertime watering.

**DATE: 1/24/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: 'My spouse is having an affair. What do I do now?' Affairs expert Dave Carder walks through searing betrayal, what you need to know, and what to do next.**

**DATE: 01/24/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: If You Want a Great Marriage, Do This - I & II. Great marriages don't happen by accident "" it's often the little things that matter most. you'll hear why honesty and vulnerability, keeping short accounts, spending time together, and a shared vision are essential!**

**DATE: 01/25/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:22**

**ISSUES: Agriculture**

**DESCRIPTION: The Importance of Colostrum For Newborn Calves. The first milk a calf receives from the mother after**

**birth might seem like a simple matter, but in fact it's one of the most important meals of the calf's life. Nebraska Beef Extension Educator Aaron Berger talks about the importance of colostrum.**

**DATE: 01/25/2023**

**TIME: 10:10AM**

**LENGTH: 05:30**

**ISSUES: Abused Children**

**SPEAKER: Scrappy & Dragon**

**REPRESENTS: Guardians of the Children**

**INTERVIEWER: Gary Hofer**

**DESCRIPTION: Guardians of the Children will have a Chile feed January 28th at the D&N event center. The Guardians is a 501C3 that helps children overcome child abuse.**

**DATE: 1/25/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: How do we protect our marriages in a world that tries to pull us apart? John and Debra Fileta break down three main areas of needed protection and share invaluable advice from their own marriage.**

**DATE: 01/25/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Taming Your Child's Tongue. What do you do when your child talks back or embarrasses you?**

**Raising your voice and threatening won't work. author and speaker Ginger Hubbard provides a better way to deal with negative conduct in a three-step plan.**

**DATE: 01/26/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:03**

**ISSUES: Agriculture**

**DESCRIPTION: Breaking the Stigma of Mental Health**

**Among Producers. Everyone struggles with mental health now and then, but for farmers and ranchers sometimes the stigma of asking for help prevents them from doing so. Nebraska Extension Educator Wayde Pickinpaugh talks about the importance of mental health in the farming community.**

**DATE: 1/26/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Dave and Ann Wilson host author & podcaster Rosie Makinney. From her own blistering story, Rosie offers biblically-based, proactive action to take back your marriage from porn.**

**DATE: 01/26/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: The Heart of a Warrior. Have you ever felt 'stuck' in Life? Afghanistan war veteran Chad Robichaux shares how he learned to get 'un-stuck' from dangerous situations and a dangerous state of mind.**

**DATE: 01/27/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:48**

**ISSUES: Agriculture**

**DESCRIPTION: Calving Tools. Making sure your tools and equipment are up to date and ready to go for calving season is one way to ensure your newborn calves get off to the right start. University of Nebraska - Lincoln Veterinarian Lyndsay Waechter-Mead talks about getting ready for calving season.**

**DATE: 01/27/2023**

**TIME: 10:39AM**

**LENGTH: 05:12**

**ISSUES: Christian Education**

**SPEAKER: Wende Carson, Linda Groves, and students**

**REPRESENTS: Our Redeemer Lutheran School**

**INTERVIEWER: Gary Hofer**

**DESCRIPTION: It is National Lutheran Schools Week. Our Redeemer Lutheran offers a Christian Education.**

**Enrollment is open for this next school year**

**DATE: 01/27/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Investing in Your Child for the Teen Years. Adolescence. The word strikes fear in many parents. But children can thrive in those often- turbulent years, with your support and guidance. a panel of parents will join Jim Daly to discuss preparing your children for the teen years and adulthood.**

**DATE: 01/30/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:15**

**ISSUES: Agriculture**

**DESCRIPTION: Raccoon Management. Raccoons can be a very damaging animal pest and they are known for carrying several diseases that can be passed on to humans. Nebraska Extension Specialist Dennis Ferraro talks about raccoon management and control.**

**DATE: 01/30/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Making Parenting Fun - I. Parenting. It's a challenge, isn't it? youth pastor Doug Fields encourages you to recognize the huge amount of influence you have on your children. He explains how to use that influence wisely to raise kids who exhibit confidence, compassion, and competence.**

**DATE: 01/31/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:45**

**ISSUES: Agriculture**

**DESCRIPTION: Planning for Spring Annual Forages. Having a good plan for your spring annual forages is critical to getting them planted when warmer weather**

**comes around. Nebraska Extension Specialist Jerry Volesky talks about what kinds of forage to plant and how to manage them during the early spring..**

**DATE: 01/31/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Making Parenting Fun - II. As a parent, it's easy to get stuck in a rut. youth pastor Doug Fields will help you improve your parenting style, explaining why your kids need genuine affection, delicate discipline, and serious fun!**

**DATE: 02/01/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:40**

**ISSUES: Agriculture**

**DESCRIPTION: Winter Calf Supplement Studies. Winter supplements for calves is a common practice, but does it actually payoff when spring comes around? Nebraska Extension Specialist Karla Wilke talks about recent studies that looked into that question..**

**DATE: 2/01/2023**

**TIME: 06:00PM**  
**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: Sons of Promise: Parenting Advice for Single Moms**

**DATE: 02/01/2023**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Overcoming the Betrayal of an Affair. Rick's world was turned upside down when he discovered evidence of his wife's affair. But then he heard God speak! Learn how recovery from infidelity is possible if you and your spouse have willing hearts!**

**DATE: 02/02/2023**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:09**  
**ISSUES: Agriculture**  
**DESCRIPTION: Fungus Gnats in the Home. If you have nuisance flies inside your home, they could be fruit flies or fungus gnats. Nebraska Extension Entomologist Jody Green says fungus gnats are often mistaken for fruit flies**

and getting rid of them is very different.

**DATE: 2/02/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: How to Forgive Your Dad**

**DATE: 02/03/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:03**

**ISSUES: Agriculture**

**DESCRIPTION: Safe Use of Home Landscape Chemicals. Using chemical pesticides around your home safely starts with thoroughly reading and following all label instructions. Nebraska Extension Turfgrass Specialist Roch Gaussoin talks about how different active ingredients can be contained in products with similar names..**

**DATE: 2/03/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: How Vulnerability and Grief Can Change Your Parenting**

**DATE: 02/06/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:27**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Manure Land Application Training. Nebraska Extension is offering training and recertification for livestock manure management in several locations throughout the state. Nebraska Extension Animal Manure Management Educator Leslie Johnson says the key element to the training is water quality.**

**DATE: 2/06/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Biological Moms, Stepmoms: Can we really get along?**

**DATE: 02/06/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Living a Life of Bold Faith I & II. In a culture that's hostile to biblical truth, it's tempting to hide your faith or put on camouflage to avoid confrontation with the world. Dr. Erwin Lutzer encourages you to stand for your Christian faith with confidence and compassion in a culture that desperately needs God.**

**DATE: 02/07/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:54**

**ISSUES: Agriculture**

**DESCRIPTION: Heifers on Feed Indicate Long-Term Liquidation Still Occurring. Lower beef production could be coming this year due to issues from last season's production including drought and herd culling. Nebraska Extension Livestock Marketing Economist Elliott Dennis talks about what producers should keep an eye on for the upcoming season.**

**DATE: 2/07/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Better Married Sex: Shaunti Feldhahn & Dr. Michael Sytsma What's normal in bed? Dave and Ann Wilson host researcher Shaunti Feldhahn & sex therapist Dr. Michael Systema offer tips for better, fulfilling, & connected married sex.**

**DATE: 02/07/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Living a Life of Bold Faith I & II. In a culture that's hostile to biblical truth, it's tempting to hide your faith or put on camouflage to avoid confrontation with the world. Dr. Erwin Lutzer encourages you to stand for your Christian faith with confidence and compassion in a culture that desperately needs God.**

**DATE: 02/08/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:48**

**ISSUES: Agriculture**

**DESCRIPTION: Hedging Your Average Crop Price Using Seasonals. Having a solid marketing plan pre-harvest can help producers avoid low prices in the future according to**

**Nebraska Extension Grain Marketing Specialist Cory Walters. He says the problem can be avoided by getting sound advice from reputable sources and sticking to the plan.**

**DATE: 2/08/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: My Spouse Doesn't Want Me: Differences in Sexual Desire Feeling undesired, unattractive? Dave and Ann Wilson host researcher Shaunti Feldhahn & sex therapist Michael Systma, who get real about differences in sexual desire and how to deal.**

**DATE: 02/08/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Hope and Encouragement for Moms. Motherhood is rewarding, but it can certainly have its challenges. Kirsten Watson offers encouragement for moms in the trenches. As a mom of seven and wife of NFL veteran Benjamin Watson, Kirsten reminds you to embrace your identity in Christ and trust God through the**

**everyday-ness of motherhood.**

**DATE: 02/09/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:07**

**ISSUES: Agriculture**

**DESCRIPTION: Cow Nutrition Considerations at Calving and Early Lactation. Stressed cows can perform poorly, especially during calving season. Nebraska Extension Educator Troy Walz says producers should have a solid nutrition plan in place that focuses on stressful situations to meet the cow's nutritional needs.**

**DATE: 02/09/2023**

**TIME: 10:47AM**

**LENGTH: 07:08**

**ISSUES: Women's Outreach**

**SPEAKER: Jill Vaughn**

**REPRESENTS: Deborah s Legacy**

**INTERVIEWER: Gary Hofer**

**DESCRIPTION: Deborah s Legacy is a home that gives women a second chance in life. Deborah s Legacy is celebrating 10 years of service to the community and will have an Open House on February 10th from 10:30AM-2:00PM**

**DATE: 02/10/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:36**

**ISSUES: Agriculture**

**DESCRIPTION: Starting Seeds. Home gardeners are always trying to get a head start on next season's vegetable crop, even when nothing can be grown outside. Nebraska Extension Educator John Porter offers a few tips on starting seeds indoors.**

**DATE: 02/13/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:18**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Cooperative Business Development Mini-Grants Program. A new grant program focusing on co-op business is looking for applicants. Cindy Houlden from the Nebraska Cooperative Development Center says the mini-grant program is now open to groups in rural areas that are pursuing co-op business models.**

**DATE: 2/13/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: How to Turn Your Spouse's Criticism Constructive**

**DATE: 02/13/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: How to Stay Crazy in Love with Your Spouse - I. Stronger marriages require a 'life-and-death' commitment! Greg and Erin Smalley describe how a foundation of faith, a relentless commitment to each other, and learning 'rules of engagement' in conflict saved their marriage!**

**DATE: 02/14/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:19**

**ISSUES: Agriculture**

**DESCRIPTION: Limit Feeding Cows Corn as an Alternative to Hay. The lack of forage due to drought and current hay prices have producers considering other options for feeding cows this winter. Nebraska Extension Beef Educator Erin Laborie says limit-feeding corn could be an alternative for cows in gestation and early lactation.**

**DATE: 2/14/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Love without an Exit Strategy**

**DATE: 02/14/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: How to Stay Crazy in Love with Your Spouse - II. Spending more time together can save your marriage! Greg and Erin Smalley describe how prioritizing your spouse, finding better ways to connect in the bedroom, and keeping open hearts are essential keys for a lifelong, loving marriage!**

**DATE: 02/15/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:15**

**ISSUES: Agriculture**

**DESCRIPTION: Nebraska LEAD Program Past and Present. The Nebraska LEAD Program began over 40 years ago to**

**develop agricultural leaders from Nebraska's future generations. Post pandemic the program is back on track and LEAD program Director Terry Hejny says they are now accepting applications for LEAD class 42.**

**DATE: 02/15/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Choosing the Right Attitude. The old saying goes, 'Attitude is everything!' And it's true! Deborah Pegues explains how positive thinking is biblical thinking. You'll learn ways to embrace God's promises and focus on His divine perspective. Making these positive choices will help you develop a stronger, more resilient attitude.**

**DATE: 02/16/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:46**

**ISSUES: Agriculture**

**DESCRIPTION: Spring Annual Forages. With spring not far off, it is time to start planning and thinking about spring annual forages that you might plant. Nebraska Extension Range and Forage Specialist Jerry Volesky, says there are plenty of options, including small grain cereals.**

**DATE: 02/16/2023**

**TIME: 09:30AM**

**LENGTH: 40:00**

**ISSUES: Teen Outreach**

**SPEAKER: Keith Becker & Interns**

**REPRESENTS: Todd Becker Foundation**

**INTERVIEWER: Glenn Littrell**

**DESCRIPTION: The Todd Becker Foundation does school assemblies about drinking and driving. Interns shared about the upcoming STINT Program in Kearney March 24, and 25th.**

**DATE: 02/16/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Helping Your Daughter to Become a Confident Woman - I & II. As a dad, you have a powerful influence on your daughter. Dr. Meg Meeker shares about the special bond with her own father and how it helped to shape her life. She addresses the negative influences in the culture from peer pressure and social media and the heroic impact of a loving father.**

**DATE: 02/17/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:09**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Women in Agriculture Conference. The annual Women in Agriculture Conference is set for February 23rd and 24th in Kearney. Nebraska Extension Educator Jessica Groskopf talks about the agenda for this year's conference and the importance of networking with other women in Nebraska agriculture.**

**DATE: 02/17/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Helping Your Daughter to Become a Confident Woman - I & II. As a dad, you have a powerful influence on your daughter. Dr. Meg Meeker shares about the special bond with her own father and how it helped to shape her life. She addresses the negative influences in the culture from peer pressure and social media and the heroic impact of a loving father.**

**DATE: 02/20/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:37**

**ISSUES: Agriculture**

**DESCRIPTION: Winter Tetany in Beef Cattle. Grass Tetany is a problem that usually occurs when cattle are eating lush green grass or cereal forage. Nebraska Extension Beef Systems Specialist Mary Drewnowski says it can also occur over the winter when cattle are being fed harvested forages.**

**DATE: 2/20/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: The High Cost of Controlling Behavior**

**DATE: 02/20/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Help for Single Moms Raising Sons I & II. Roland Warren, offers help and encouragement for single moms with boys. Raised by a single mom himself, he describes the importance of acknowledging loss and offers practical suggestions to help you cast a vision for your son's future.**

**DATE: 02/21/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:41**

**ISSUES: Agriculture**

**DESCRIPTION: Controlling Rabbits in Winter. In winter, rabbits gnaw through the tender bark of young trees and shrubs to eat the green, inner bark. University of Nebraska Lincoln Conservation Biologist Dennis Ferraro offers some tips to protect your trees and shrubs.**

**DATE: 2/21/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: How Do I Identify a Controlling Personality?**

**DATE: 02/21/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Help for Single Moms Raising Sons I & II. Roland Warren, offers help and encouragement for single moms with boys. Raised by a single mom himself, he**

**describes the importance of acknowledging loss and offers practical suggestions to help you cast a vision for your son's future.**

**DATE: 02/22/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:24**

**ISSUES: Agriculture**

**DESCRIPTION: Winter Ticks on Cattle. One pest that can cause problems during the winter months that you might not expect are ticks. Nebraska Extension Entomologist Dave Boxler talks about winter ticks and how to control them.**

**DATE: 2/22/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Why am I so controlling?**

**DATE: 02/22/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Centering Your Marriage on Christ. When newlyweds Ryan and Selena Frederick took a dream job in Switzerland, they never dreamed they'd be facing near tragedy. You'll hear their dramatic story, as Ryan faced open-heart surgery at age 22. You'll learn how to become more intentional in your marriage, by placing Christ at the center and pursuing each other in His love.**

**DATE: 02/23/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:16**

**ISSUES: Agriculture**

**DESCRIPTION: NACO Institute of Excellence. A series of leadership seminars is being offered by Nebraska Extension Rural Prosperity. Nebraska Extension Rural Prosperity Educator Jordan Grummert Rasmussen says the NACO Institute of Excellence is a good place for county leaders to network and develop leadership skills.**

**DATE: 2/23/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Help! I'm a Christian Parenting Teens**

**(Enough Said)**

**DATE: 02/23/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: My Passion for the Harvest - I. His mom was a 'party girl,' so he grew up a 'wild child' in the drug-laced 1960s. Greg Laurie shares how drug and alcohol use made him feel depressed and hopeless, and how a winsome girl led him into a relationship with Jesus Christ.**

**DATE: 02/24/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:48**

**ISSUES: Agriculture**

**DESCRIPTION: Preparing for Calving. For some ranchers, calving season is already here and others are still preparing for it. Nebraska Extension Veterinarian Brian Vander Ley talks about some key factors to make sure you're ready for calving.**

**DATE: 2/24/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: Turning Epic Parenting Failure to Mind-blowing Opportunity**

**DATE: 02/24/2023**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: My Passion for the Harvest - II. You can overcome ANY kind of childhood. Greg Laurie will share his story of growing up a neglected child, and how he tried to find solace by experimenting with drugs and alcohol. But once he discovered God's love, he became a pastor who has reached millions for Christ.**

**DATE: 02/27/2023**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 03:50**  
**ISSUES: Agriculture**  
**DESCRIPTION: Engler Entrepreneur Program. Students interested in starting a usinesses have some great opportunities at the University of Nebraska's Engler Entrepreneur Program. Hannah Klitz, Oak Barn Beef**

**Business Owner talks about how the Engler program helped get her business going.**

**DATE: 02/27/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Seeing God's Grace in a Broken World I & II. We all tend to think of miracles from God as parting the Red Sea or turning water into wine, but it's harder to see God's presence in our hurting culture today. Tim Muehlhoff offers hope and encouragement by expanding our idea of what 'acts of God' really are.**

**DATE: 02/28/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:16**

**ISSUES: Agriculture**

**DESCRIPTION: Recognizing Power and Control in Estate Planning. Handing the farm operation over to the next generation can be difficult for farmers and ranchers who never think about retirement. Nebraska Extension Farm Succession Educator.**

**DATE: 02/28/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Seeing God's Grace in a Broken World I & II. We all tend to think of miracles from God as parting the Red Sea or turning water into wine, but it's harder to see God's presence in our hurting culture today. Tim Muehlhoff offers hope and encouragement by expanding our idea of what 'acts of God' really are.**

**DATE: 03/01/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:54**

**ISSUES: Agriculture**

**DESCRIPTION: Carbon Credit Contracts. Contracts for Ag carbon credits could be a way for farmers to increase their profitability. Dave Aiken, Nebraska Extension Water and Ag Law Specialist says there are several factors to consider before entering into contract.**

**DATE: 3/01/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Kicking Shame to the Curb**

**DATE: 03/01/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Game Plan for Raising Well-Behaved Children - I. One of worst things you can do as a parent is let children manipulate you! Dr. Kevin Leman warns about kids who misbehave for attention to gain power, or even for revenge! But you can respond in healthy ways that teach your children godly character!**

**DATE: 03/02/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:19**

**ISSUES: Agriculture**

**DESCRIPTION: Lawn Mower Checkup. Spring is right around the corner, and now might be a great time to do a quick check-up on your lawn mower to make sure it's in good working order. Nebraska Extension Educator John Fech offers a few tips to get it running.**

**DATE: 03/02/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Game Plan for Raising Well-Behaved Children - II. When warnings, reminders or threats don't work with your children, they may need some "reality discipline!" Dr. Kevin Leman returns with classic parenting advice about how to match actions with your words, hold children accountable, and show them unconditional love!**

**DATE: 03/03/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:54**

**ISSUES: Agriculture**

**DESCRIPTION: Colostrum 101. The first milk or colostrum for a newborn calf is extremely important. Nebraska Extension Beef Educator Lyndsay Waechter-Mead talks about why that first feeding of colostrum is so important.**

**DATE: 3/03/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: How Shame is Killing Your Marriage**

**DATE: 03/03/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Love in the Midst of Alzheimer's. In your marriage vows, you pledged to cherish your spouse "in sickness and in health" -- but what if that sickness lasts for a decade? An inspiring story from a man who learned many "love lessons" from his wife – as she declined for several years from early-onset Alzheimer's.**

**DATE: 03/06/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:52**

**ISSUES: Agriculture**

**DESCRIPTION: TDN Translation - Understanding Energy of Forages. Managing cattle feed based on total digestible nutrients (TDN) is a very common way to measure energy is in different forages sources. Nebraska Beef Systems Extension Educator Hannah Smith talks about how to balance TDN of feedstuffs and use energy economically in your operation.**

**DATE: 3/06/2023**

**TIME: 06:00PM**  
**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: How Can God Forgive Me?**

**DATE: 03/06/2023**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Combating the Lies That Can Destroy Your Marriage - I & II. When it comes to marriage, our culture regularly promotes relationship myths and fairy-tale expectations. Dr. Greg Smalley and Bob Paul will unravel some of the “Love Lies” you may have bought into - and supply you with truth that will strengthen your marriage. You’ll learn to look past these lies to embrace your spouse.**

**DATE: 03/07/2023**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:46**  
**ISSUES: Agriculture**  
**DESCRIPTION: Nebraska Extension Master Garden Program. The Nebraska Extension Master Gardener**

**program is a horticulture related volunteer training program based in many counties throughout the state. Nebraska Extension Educator Terri James talks about becoming a Master Gardener.**

**DATE: 03/07/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Combating the Lies That Can Destroy Your Marriage - I & II. When it comes to marriage, our culture regularly promotes relationship myths and fairy-tale expectations. Dr. Greg Smalley and Bob Paul will unravel some of the “Love Lies” you may have bought into - and supply you with truth that will strengthen your marriage. You’ll learn to look past these lies to embrace your spouse.**

**DATE: 03/08/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:54**

**ISSUES: Agriculture**

**DESCRIPTION: Nebraska LEAD Program. The Nebraska LEAD program has been training leaders in the ag industry in Nebraska for over 40 years. Nebraska LEAD Program Director Terry Hejny talks about the importance of training**

**future leaders and decision makers.**

**DATE: 3/08/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: A Grace-filled Home: 5 Ideas**

**DATE: 03/09/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:33**

**ISSUES: Agriculture**

**DESCRIPTION: Early Herd Rebuilding. The USDA cattle Inventory report showed that feeder cattle supplies will be reduced nationally, and continued liquidation will depend on the profit margins. Nebraska Extension Livestock Marketing Economist Elliott Dennis says the bred cow market may be appealing for producers looking to rebuild their herd considering recent decreases in beef cattle numbers.**

**DATE: 3/09/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Wowing Your Blended Family with What They Need Most**

**DATE: 03/10/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:27**

**ISSUES: Agriculture**

**DESCRIPTION: Spring Garden Clean Up and Cutback. Warmer weather has spurred some home gardeners to start getting ready for spring planting. Not so fast says Nebraska Extension Landscape Horticulture Specialist Kim Todd, she says leaving some older plant material standing helps protect early emerging plants.**

**DATE: 3/10/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Showing Up with the Grace Your Marriage Craves**

**DATE: 03/10/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Seeing the Funny Side of Life. So, could you use a laugh? comedian Kenn Kington will share some observational humor about marriage and family. Tune in to hear stories about Kenn's wife Heather, the messy joy of having three kids, and the challenges of air travel.**

**DATE: 03/13/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:33**

**ISSUES: Agriculture**

**DESCRIPTION: Nebraska Cover Crops. Cover crops offer farmers many benefits including weed suppression, increasing soil health and reducing erosion. Nebraska Extension Soil Health Management Educator Katja Kohler-Cole talks about what kind of cover crops are utilized in Nebraska and future research projects.**

**DATE: 03/13/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Fun Ways to Instill Virtues in Your Children - I. Virtues are instilled in your children with laughter—not lectures. Courtney DeFeo will share how you can increase gratitude, generosity, and joy in your children.**

**DATE: 03/14/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 03:58**

**ISSUES: Agriculture**

**DESCRIPTION: Backyard Farmer New Season. For over 70 years the popular gardening program Backyard Farmer has been answering viewer questions. The new season starts April 6th, and the programs host and Nebraska Extension Landscape Horticulture Specialist Kim Todd Say they are excited to get going.**

**DATE: 3/14/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Walking with Someone through Deconstruction**

**DATE: 03/14/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Fun Ways to Instill Virtues in Your Children - II. As a parent, you can make virtues, love, and laughter a daily part of everyday life. We'll talk with Courtney DeFeo about how you can develop faith, patience, and responsibility in your child.**

**DATE: 03/15/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:53**

**ISSUES: Agriculture**

**DESCRIPTION: Translating and Applying Genomic EDPs. Ranchers have utilized expected progeny differences or EDPs to make genetic decisions focusing on breeding objectives. Nebraska Extension Beef Systems Educator Hannah Smith says including genomics to EDPs will help with accuracy in breeding.**

**DATE: 3/15/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Help! Someone I Love is Deconstructing their Faith**

**DATE: 03/15/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Trusting God that Hope is on the Way. Grammy award winning TobyMac shares about faith, family, and music, as he encourages you to trust Christ in all circumstances. Toby shares about the tragic loss of his oldest son and the dark valley his family has walked through while holding onto their hope in God.**

**DATE: 03/16/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:43**

**ISSUES: Agriculture**

**DESCRIPTION: Backyard Farmer Garden. The Backyard Farmer Garden on the University of Nebraska - Lincoln's east campus has been home to beautiful ornamentals and vegetables for almost 15 years. Nebraska Extension Educator Terri James talks about how the garden got started and what's in store for the upcoming growing season.**

**DATE: 3/16/2023**  
**TIME: 06:00PM**  
**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: Recipe for Disaster: De-conversion**

**DATE: 03/17/2023**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:44**  
**ISSUES: Agriculture**  
**DESCRIPTION: Depreciable vs Non-depreciable Assets. Keeping up with technology and the latest equipment can be convenient, but will it help with the bottom line? Nebraska Extension Ranch Management Specialist Jay Parsons talks about whether to buy and how those decisions can affect profitability.**

**DATE: 3/17/2023**  
**TIME: 06:00PM**  
**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: How to Instill Faith that Endures**

**DATE: 03/20/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:44**

**ISSUES: Agriculture**

**DESCRIPTION: Early Home Garden Prep. Nebraska weather in the late winter and early spring can be chaotic and we're still weeks away from the home gardening growing season. Nebraska Extension Educator John Porter says gardeners should pay close attention to the average last frost date in their area before they start planting, but there are some vegetables that can withstand cooler soil and weather..**

**DATE: 3/20/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Where do Babies Come From?**

**DATE: 03/21/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:42**

**ISSUES: Agriculture**

**DESCRIPTION: Ag Law Update 1 - Unwritten Lease Termination. Oral lease terminations could see some changes on termination dates. Nebraska Extension Specialist Dave Aiken says the legislature is considering a bill that would change termination notifications from six months to three..**

**DATE: 03/22/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:44**

**ISSUES: Agriculture**

**DESCRIPTION: Ag Law Update 2 - Right To Farm Amendments. Livestock operations can be quite irritating to the nose but the Nebraska Legislature is looking at a bill that might make it more difficult to sue offending operations. Nebraska Extension Ag Law Specialist Dave Aiken talks about what could become law when it comes to ag odor nuisances..**

**DATE: 3/22/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Secrets in Marriage**

**DATE: 03/22/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Creating a Marriage Full of Love and Laughter. There comes a point in time in every marriage when the husband and wife get busy, and it's easy to let the mundane duties of life weigh you down. Lisa Jacobson and Phylcia Masonheimer team up to help you bring the connection, romance, and spark back into your marriage!**

**DATE: 03/23/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:35**

**ISSUES: Agriculture**

**DESCRIPTION: Weak Calf Syndrome. Getting your calves off to the right start can be quite challenging. Nebraska Extension Beef Educator Lyndsay Waechter-Mead offers some conditions that producer should understand about weak calve syndrome..**

**DATE: 3/23/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**  
**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: Overcoming Sexual Addiction: Our Story**

**DATE: 03/23/2023**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: How to Be a Prayer Warrior for Your Children. Many parents are prone to worry or fear when it comes to the future of their children, especially when an older child goes wayward. Dr. Erwin Lutzer helps you abandon the dry, repetitive prayers and trade them in for scriptural prayers, immersed in God's promises.**

**DATE: 03/24/2023**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:56**  
**ISSUES: Agriculture**  
**DESCRIPTION: Strategic Planning for Farmers and Ranchers. Running a farm operation has plenty of challenges, but what's more important, sticking to a plan or being able to adapt and make quick decisions? Nebraska Extension Specialist Jay Parsons talks about**

**factors that make a good strategic plan for farmers..**

**DATE: 3/24/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Our Savage Marriage**

**DATE: 03/27/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:40**

**ISSUES: Agriculture**

**DESCRIPTION: Small Home Nuisance Flies. Small gnats or flies inside the home can really be annoying. Nebraska Extension Entomologist Jody Green says knowing what kind of flies are bothering you will help you eliminate the problem.**

**DATE: 3/27/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Staring Regret in the Face**

**DATE: 03/27/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Cherish Your Spouse, Change Your Marriage - I. Are you willing to play “second violin” in your marriage? Gary Thomas describes how serving, affirming, and committing to your spouse above all others will give you a greater marriage than you could ever imagine!**

**DATE: 03/28/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:44**

**ISSUES: Agriculture**

**DESCRIPTION: On-Farm Research. New data from the 2022 On-Farm Research program is now available online. Nebraska Extension Educator Laura Thompson talks about the program and how it benefits Nebraska producers.**

**DATE: 3/28/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**  
**ISSUES: Family**  
**SPEAKER: Dave and Ann Wilson**  
**DESCRIPTION: We're All in Recovery**

**DATE: 03/29/2023**  
**TIME: 07:30AM**  
**PROGRAM: Extension Almanac**  
**LENGTH: 04:41**  
**ISSUES: Agriculture**  
**DESCRIPTION: Mulch in the Home Garden. As winter gives way to spring, mulch may be a great way to suppress weeds and conserve water around your home landscape. Nebraska Extension Educator John Porter talks about how to properly mulch your garden this spring.**

**DATE: 03/29/2023**  
**TIME: 08:06PM**  
**PROGRAM: Focus on the Family**  
**LENGTH: 28:30**  
**ISSUES: Family**  
**DESCRIPTION: Restoring the Broken Pieces of Our Lives - I. Everyone has experienced failure, so why do we pretend that we're perfect? Elisa Morgan describes the brokenness that she experienced in her childhood, and while raising her own two children — and how God has brought beauty out of the ashes.**

**DATE: 03/30/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 04:26**

**ISSUES: Agriculture**

**DESCRIPTION: 2023 Ag Land Cash Rental Rates. A recent report shows ag land values are once again on the rise. Nebraska Extension Ag Economist Jim Jansen talks about how this increase can affect cash rents on farms across the state.**

**DATE: 03/30/2023**

**TIME: 10:14AM**

**LENGTH: 11:35**

**ISSUES: Abortion**

**SPEAKER: Linda Logsdon, Tracy Schaub**

**REPRESENTS: Women's Resource Center**

**INTERVIEWER: Gary Hofer**

**DESCRIPTION: The Women's Resource Center Walk For Life is May 6th, and 7th. The center provides an alternative to abortion. Medical services are available along with counseling, and supplies for those in need. Walkers are needed.**

**DATE: 03/30/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Restoring the Broken Pieces of Our Lives - II. God can turn your biggest failure into your greatest success! Elisa Morgan shares a vulnerable message about her imperfect and messy family. Hear how God can transform any mistake into a ministry, and how He's given Elisa and her family new hope for the future!**

**DATE: 03/31/2023**

**TIME: 07:30AM**

**PROGRAM: Extension Almanac**

**LENGTH: 03:58**

**ISSUES: Agriculture**

**DESCRIPTION: Spring Shrub Pruning. For some species of shrubs, spring may be the best time of year to do a little pruning. University of Nebraska - Lincoln Director for Landscape Operations Jeff Culbertson talks about some proper pruning techniques.**

**DATE: 3/31/2023**

**TIME: 06:00PM**

**PROGRAM: Family Life Today**

**LENGTH: 25:00**

**ISSUES: Family**

**SPEAKER: Dave and Ann Wilson**

**DESCRIPTION: Where'd the Passion in My Marriage Go?**

**DATE: 03/31/2023**

**TIME: 08:06PM**

**PROGRAM: Focus on the Family**

**LENGTH: 28:30**

**ISSUES: Family**

**DESCRIPTION: Inviting Your Child into the Easter Story. We'll explore how to teach young kids about the true meaning of Easter and the sacrifice Jesus made on our behalf. Helping children identify powerful emotions - like joy, sadness, anger, and grief - can make Christ's resurrection more relevant to their lives.**