

	A	B	C	D	E	F
1	Date	Aired	Issue	Host	Guest	Details
2	10/2/2023	7:05am	Anxiety	Phil Kvamme	Matt Chandler, author, speaker	how the good news of the Gospel is underestimated
3	10/5/2023	6:35am	Anxiety	Phil Kvamme	Tristan Borland director of Smile Again Ministries	Dealing with a death in the family and resulting trauma.
4	10/6/2023	6:35am	Anxiety	Phil Kvamme	Bill Corcoran, area director CBMC	Breakfast event for businessmen under pressure in today's world, at River Center in St. Cloud
5	10/9/2023	6:35am	Anxiety	Phil Kvamme	Jerry Delcano	author, college prof, media expert on anger in society
6	10/10/2023	7:05am	Anxiety	Phil Kvamme	Bill Corcoran, area director CBMC	Breakfast event for businessmen under pressure in today's world, at River Center in St. Cloud
7	10/12/2023	6:35am	Anxiety	Phil Kvamme	Tristan Borland director of Smile Again Ministries	How community can help center caring for families who have experienced the death of a child
8	10/13/2023	6:35am	Anxiety	Phil Kvamme	Bill Corcoran, area director CBMC	Breakfast event for businessmen under pressure in today's world, at River Center in St. Cloud
9	10/18/2023	7:05am	Anxiety	Phil Kvamme	Jackie Hill Perry	Jackie believes that God can transform lives and empower to fight anxiety.
10	10/23/2023	6:35am	Anxiety	Phil Kvamme	Jerry Delcano	author, college prof, media expert on making friends for positive mental health
11	10/24/2023	8:05am	Anxiety	Phil Kvamme	Francis Chan, author and speaker	Do we suffer from "influenza"?
12	10/25/2023	7:05am	Anxiety	Phil Kvamme	author and speaker Alan Hirsch	Are we obsessed with "safety"?
13	11/6/2023	7:05am	Anxiety	Phil Kvamme	Katie Davis Majors	American missionary in Africa on finding peace from surrendering to God's will.
14	11/8/2023	7:05am	Anxiety	Phil Kvamme	Barry Gibb and Ricky Skaggs	Recording from the stage of the Grand Ole Opry as Ricky helps Barry with guilt over being the only surviving Gibb brother.
15	11/8/2023	6:35am	Anxiety	Phil Kvamme	Jerry Delcano	author, college prof, media expert on expectations of others for positive mental health

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16	11/14/2023	6:50am	Anxiety	Phil Kvamme	John Mark Comer, speaker and author	4 practices to unhurry
17	11/22/2023	7:05am	Anxiety	Phil Kvamme	Dallas Willard, philosopher, and anthor	Speaking on grace being provided
18	11/27/2023	8:05am	Anxiety	Phil Kvamme	Dr Dan the Truth Barrista	State of the world, war in Israel and anti-semitism
19	11/29/2023	6:35am	Anxiety	Phil Kvamme	Palestinian Pastor	The only hope for middle east peace is Jesus. Story of palestinian pastor who needed to end his hatred for the Jews
20	11/30/2023	6:35am	Anxiety	Phil Kvamme	Singer Matthew West	Matthew West on his song forgiveness and a story of how the mother of a drunk driver victem forgives the criminal
21	12/4/2023	6:34am	Anxiety	Phil Kvamme	Dr Dan the Truth Barrista	The Truth Barrista on rising anti-semetism
22	12/5/2023	8:05am	Anxiety	Phil Kvamme	Dr Martin Luther King Jr	speech from 1957 on loving your enemies
23	12/7/2023	7:05am	Anxiety	Phil Kvamme	Amy Stone	Fear Not, the most repeated command in the Bible
24	12/12/2023	7:35am	Anxiety	Phil Kvamme	Jerry Delcano	author, college professor, on unfair criticizm
25	12/13/2023	7:05am	Anxiety	Phil Kvamme	Dr Tim Keller	How Christianity helps deal with evil and suffering in the world.
26	12/20/2023	7:05am	Anxiety	Phil Kvamme	Christine Caine, speaker, author and founder of anti-trafficing group	the effects of shame
27	12/20/2023	8:05am	Anxiety	Phil Kvamme	Tim Tebow	living a life of significance
28	12/26/2023	7:05am	Anxiety	Phil Kvamme	Jackie Hill Perry	the power of God's transformation
29	11/2/2023	2:00pm	Anxiety	Chris Fabry	Elizabeth Laing Thompson	When a Friendship Falls Apart
30	10/26/2023	2:00pm	Anxiety	Chris Fabry	Lina AbuJamra	Sexual Temptatoin and Shame
31	11/24/2023	2:00pm	Anxiety	Chris Fabry	Beth Moore	All My Knotted Up Life
32	10/24/2023	4:00pm	Anxiety	Janet Parshall	Nate Pyle	Mental Well Being
33	11/1/2023	4:00pm	Anxiety	Janet Parshall	Mike Fabarez	Emotional well being
34	11/6/2023	4:00pm	Anxiety	Janet Parshall	Matthew Stanford	Mental Well Being
35	11/9/2023	5:00pm	Anxiety	Janet Parshall	Dr. Michelle Bengtson	Emotional well being
36	10/8/2023	9:35am	Drugs	Phil Kvamme	Restorative Justice rep.	Restorative Justice offered by drug users in Crow Wing County

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37	10/15/2023	7:35am	Drugs	Phil Kvamme	Rep. of BLADE, Brainerd Lakes Area Drug Education	Outreach into community to educate and prevent drug abuse.
38	10/15/2023	9:35am	Drugs	Phil Kvamme	Rep of Light house Ministry	Halfway house between Jail, program like Teen Challenge and independent living.
39	10/27/2023	8:05am	Drugs	Phil Kvamme	Jana Shogren, director of Bridges of Hope	Helping people addicted to drugs in BLA.
40	11/11/2023	6:35am	Drugs	Phil Kvamme	Sam Anderson and Camille from Teen Challenge	New women's program for Brainerd Teen Challenge
41	11/13/2023	7:05am	Drugs	Phil Kvamme	Sam Anderson and Camille from Teen Challenge	New women's program for Brainerd Teen Challenge
42	11/20/2023	8:05am	Drugs	Phil Kvamme	Sam Anderson and Camille from Teen Challenge	Opening new drug and alcohol treatments center in Alexandria and women's center in Brainerd.
43	11/23/2023	8:05am	Drugs	Phil Kvamme	Sam Anderson and Camille from Teen Challenge	Needs for new drug treatment facility
44	11/27/2023	7:05am	Drugs	Phil Kvamme	Sam Anderson and Camille from Teen Challenge	How effective is the long term residential drug treatment program at Teen Challenge
45	12/14/2023	8:05am	Drugs	Phil Kvamme	Pastor Greg Laurie and rocker, drug user Alice Cooper	talking about Jesus and victory of drugs
46	10/2/2023	6:50am	Economic Development	Phil Kvamme	Jana Shogren, director of Bridges of Hope	Assisting those needing financial help in BLA
47	10/3/2023	7:35am	Economic Development	Phil Kvamme	Bill Corcoran, area director CBMC	Vocational ministry training event
48	10/5/2023	6:50am	Economic Development	Phil Kvamme	Jana Shogren, director of Bridges of Hope	Continuing interview about financial assistance from Bridges of Hope
49	10/11/2023	7:05am	Economic Development	Amy Stone	Cynthia Simmons	series comparing civil war economy to today.
50	10/13/2023	7:05am	Economic Development	Amy Stone	Cynthia Simmons	Award winning author Cynthia Simmon's Southern Gold series comparing civil war economy to today.
51	10/19/2023	8:20am	Economic Development	Phil Kvamme		7 ways to use A.I.
52	10/22/2023	8:35am	Economic Development	Amy Stone	Cynthia Simmons	Award winning author Cynthia Simmon's Southern Gold series comparing civil war economy to today.

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53	10/23/2023	7:05am	Economic Development	Phil Kvamme	MN craftsman	Minnesota man helping to rebuild Notre Dame Cathedral in Paris using old school woodworking
54	11/14/2023	6:35am	Economic Development	Phil Kvamme	Captain of St. Cloud Salvation Army	Community needs being met by St. Cloud Salvation Army
55	11/29/2023	7:05am	Economic Development	Phil Kvamme	Craig Groeschel, author, pastor, creative	3 questions for preparing content that touches people in the way necessary to move them to action.
56	12/3/2023	7:35am	Economic Development	Phil Kvamme	Francis Chan, author and speaker	Chan calls out Christians who would rather talk about spiritual things instead of money.
57	12/21/2023	8:05am	Economic Development	Phil Kvamme	Byron Chapell	Author Byron Chapell on work as a calling.
58	10/2/2023	6:35am	Preserving the Family	Phil Kvamme	Kathy Laurie	article on happy marriages
59	10/2/2023	7:35am	Preserving the Family	Phil Kvamme	Amy Stone	article on music program in schools supporting family
60	10/3/2023	8:05am	Preserving the Family	Phil Kvamme	Tristan Borland director of Smile Again Ministries	Helping grieving families at retreat in Cross Lake
61	10/3/2023	7:05am	Preserving the Family	Phil Kvamme	Dale Kuglin, director Brainerd Youth for Christ	Next Brainerd Area Youth rally for the school year, BAY 84.
62	10/4/2023	7:05am	Preserving the Family	Phil Kvamme	Missionary Katie Davis Majors	Story of young child being cared for named Josephine
63	10/5/2023	8:05am	Preserving the Family	Phil Kvamme	Dale Kuglin, director Brainerd Youth for Christ	Next Brainerd Area Youth rally for the school year, BAY 84.
64	10/10/2023	8:05am	Preserving the Family	Phil Kvamme	Dale Kuglin, director Brainerd Youth for Christ	Next Brainerd Area Youth rally for the school year, BAY 84.
65	10/15/2023	6:35am	Preserving the Family	Phil Kvamme	Dr. Sharon Ford	Focus on the famiy expert on foster care and adoption
66	10/27/2023	7:05am	Preserving the Family	Phil Kvamme	Pastor John Piper and rapp artist Tripp Lee	How do we find peace when loved ones die?
67	11/20/2023	6:35am	Preserving the Family	Phil Kvamme	Dr Tony Evans	Where are the kingdom men today?
68	12/8/2023	7:05am	Preserving the Family	Phil Kvamme	Jackie Hill Perry	How Christians can better understand the LGBTQ community.
69	12/12/2023	7:05am	Preserving the Family	Phil Kvamme	Dr Jacqueline Rivers	How marriage was stolen from black families during slavery.

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70	11/6/2023	2:00pm	Preserving the Family	Chris Fabry	Granger Smith	Grieving the Loss of a Child
71	11/28/2023	2:00pm	Preserving the Family	Chris Fabry	Ed Shaw	Caring for Loved Ones with Alzheimer's and Dementia
72	10/5/2023	5:00pm	Preserving the Family	Janet Parshall	Meg Meeker	Fathers
73	10/26/2023	4:00pm	Preserving the Family	Janet Parshall	Dr. Kevin Leman	Child Rearing
74	11/7/2024	4:00pm	Preserving the Family	Janet Parshall	Kathy Koch	Child Rearing
75	10/8/2023	8:35am	Healthcare	Phil Kvamme	Jana Shogren, director of Bridges of Hope	Healthcare assistance offered by Bridges of Hope
76	10/11/2023	7:35am	Healthcare	Phil Kvamme	Amy Stone	Medical news: leukemia treatment, more effective vaccinations and health food.
77	10/15/2023	8:35am	Healthcare	Phil Kvamme	Rep. of Essentia Health from United Way Chili Cookoff	Community Healthcare efforts of Essentia Health
78	11/22/2023	6:35am	Healthcare	Phil Kvamme	Captain of St. Cloud Salvation Army	Health services provided by Salvation Army
79	11/24/2023	7:35am	Healthcare	Phil Kvamme	Amy Stone	Articles on breakthroughs in the field of medicine
80	12/5/2023	8:05am	Healthcare	Phil Kvamme	Peter Rosenberger, radio host, caregiver, author of caregiving book	Life situations for caregivers
81	12/6/2023	8:05am	Healthcare	Phil Kvamme	Peter Rosenberger, radio host, caregiver, author of caregiving book	How the holidays are tough for caregivers.
82	12/7/2023	8:35am	Healthcare	Phil Kvamme	Gary Harris	Lakes Area Prostate Cancer Fund
83	12/10/2023	8:35am	Healthcare	Phil Kvamme	Gary Harris	Lakes Area Prostate Cancer Fund
84	12/11/2023	8:05am	Healthcare	Phil Kvamme	Gary Harris	Lakes Area Prostate Cancer Fund
85	12/20/2023	7:25am	Healthcare	Phil Kvamme	Amy Stone	News from the world of medicine
86	11/10/2023	8:05am	Holiday Pressure	Phil Kvamme	Caley, operations manager of Nisswa chamber	Family Fun the day after Thanksgiving with the Nisswa City of Lights Celebration
87	11/14/2023	8:05am	Holiday Pressure	Phil Kvamme	Jerry Delcano	author, college prof, media expert on how other people can rub off on us.

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88	11/15/2023	7:05am	Holiday Pressure	Phil Kvamme	Caley, operations manager of Nisswa chamber	Events surrounding the black Friday celebration at Nisswa.
89	11/16/2023	8:05am	Holiday Pressure	Phil Kvamme	Randy Kennedy, special events and fundraising coordinator of Pregnancy Resource Center in St. Cloud	Pre-Thanksgiving pie auction fundraiser
90	11/17/2023	7:05am	Holiday Pressure	Phil Kvamme	Melanie Kirkpatric	Lincolon and Thanksgiving
91	11/17/2023	7:05am	Holiday Pressure	Phil Kvamme	Randy Kennedy, special events and fundraising coordinator of Pregnancy Resource Center in St. Cloud	Pre-Thanksgiving pie auction fundraiser
92	11/21/2023	6:35am	Holiday Pressure	Phil Kvamme	Randy Kennedy, special events and fundraising coordinator of Pregnancy Resource Center in St. Cloud	Pre-Thanksgiving pie auction fundraiser
93	11/23/2023	7:05am	Holiday Pressure	Phil Kvamme	Caley, operations manager of Nisswa chamber	Big new plans for City of Lights celebration
94	11/23/2023	7:35am	Holiday Pressure	Phil Kvamme	Amy Stone	Thanksgiving is funny
95	11/27/2023	7:35am	Holiday Pressure	Phil Kvamme	Amy Stone	Thanksgiving in the rear view mirror
96	11/28/2023	6:35am	Holiday Pressure	Phil Kvamme	director of holiday program	Bethlehem Lutheran Church Brainerd Christmas programs
97	11/28/2023	7:35am	Holiday Pressure	Phil Kvamme	Jerry Delcano	author, college prof, media expert on how being thankful after Thanksgiving
98	12/4/2023	7:35am	Holiday Pressure	Phil Kvamme	Amy Stone	all week discussion of how to get along with anyone.
99	12/5/2023	7:35am	Holiday Pressure	Phil Kvamme	Amy Stone	how to get along with anyone - today the contrarian and the chatterbox.
100	12/6/2023	7:35am	Holiday Pressure	Phil Kvamme	Amy Stone	how to get along with anyone - today the political antagonist
101	12/7/2023	7:35am	Holiday Pressure	Phil Kvamme	Amy Stone	How to get along with anyone - today the drama queen.
102	12/8/2023	7:35am	Holiday Pressure	Phil Kvamme	Amy Stone	How to get along with anyone - today the Over-Shareer