

# KROH - Nine One One

## Quarterly Issues and Programs List

04-09-2024

### **Issue – Marriage – Is It Relevant or Only An Archaic Cultural Structure?**

In 2023, the United States saw complex trends in divorce rates, with an overall decline. First marriages ended in divorce at a rate of approximately 35-50%, while second marriages faced an even higher likelihood of dissolution, ranging from 60-70% or more. Marriage was established by God to be the place in which children can be raised safely and successfully, both husband and wife can flourish, and parents and children can experience love and security. John Bradshaw explores the significance of marriage, the challenges of current divorce rates, and how biblical advice can guide people toward healthier and more fulfilling relationships.

#### **Program - It Is Written**

"Saving Marriage" - 28 minutes - 02-03-2024 @ 12:25pm & 02-04-2024 @ 6:26am

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### **Issue – People Are Dying Sooner Than They Should. What Can Be Done?**

Experts have identified five “steps” one can take to better health—and they all really start with a step of faith. John Bradshaw shares expert knowledge and easy, helpful ways you can boost your immunity. As the ‘Manufacturer’ God has given us guidance for our health. Learn what can be done to improve your wellness in “Five Steps to Safeguard Your Health.”

#### **Program - It Is Written**

"Five Steps to Safeguard Your Health" - 28 minutes - 02-10-2024 @ 12:25pm & 02-11-2024 @ 6:26am

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### **Issue – Loading Up on Drugs and Still Being Sick! Isn't There Something Better?**

Is there truly something as a “Drugless Doctor”? Is your body in need of a detox? Dr. Robert Demaria, author of Dr. Bob’s Drugless Guide to Detoxification, offers his practical advice for improving health without drugs.

#### **Program – Lifestyle Magazine**

Dr. Robert Demaria joined Mike and Gayle Tucker discussing “detoxing”. What is this process? Is it effective? Most importantly, is it safe?

"Drugless Doctor" - 22 minutes - 01-14-2024 @ 18:00.

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## **Issue – Anxiety! According to the U.S. Census Bureau Household Pulse Survey, nearly one third of adults (32.3%) reported anxiety and depression symptoms in 2023!**

Hosts Mike and Gayle Tucker welcome Dr. Thelma Wells, author of “Ready to Win Over Worry and Anxiety.” Dr. Wells discusses how to overcome anxiety, a biological response to fear. According to Wells, a key step in defeating anxiety and worry is to know that you are loved.

### **Program - Lifestyle Magazine**

"Ready to Win Over Anxiety" - 22 minutes – 01-28-2024 @ 18:00.

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## **Issue – ‘I Don’t Have Enough Time in the Day!’**

You've heard it said that time is money. On this “Mad About Marriage” episode of Lifestyle Magazine Laura Vanderkam, author of “168 Hours: You Have More Time Than You Think”, helps listeners learn to better manage these two precious resources as a means to improving a marriage. Hosts Mike and Gayle Tucker discussed this reality with special guest Laura as she presented practical advice on how to fit all the important and essential things everyone needs to do, including sleep, into a busy life.

### **Program - Lifestyle Magazine**

"Time and Money in Marriage" - 22 minutes - 03-10-2024 @ 18:00.

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## **Issue – Grieving Successfully Takes Work, Especially When Death is “Out of Order.”**

According to the “National Center for Fatality Review and Prevention”, every year in the United States, almost 37,000 children die before their 18th birthday. People expect to bury their parents, but the loss of a child is seen as “out of order” and reasonably perceived as being “wrong.”

Hosts Mike and Gayle Tucker discussed this sad reality with special guest Elizabeth Brown, author of “Surviving the Loss of a Child”, who explains some specific steps toward successful grief recovery, from personal experience.

### **Program - Lifestyle Magazine**

"Loss of a Child" - 22 minutes - 03-17-2024 @ 18:00.