

## KHMS Issues & Programs List

### 4<sup>th</sup> Quarter 2022

10/1/2022 – 12/31/2022

During the 4<sup>th</sup> quarter of 2022, the following issues were addressed in the corresponding programs listed:

#### UPCOMING ELECTIONS – Register, research and vote

10/12/2022 8:40 am Scott Herrold talked about early voting and taking time to research local and state candidates beyond the negative attack ads. He encouraged listeners to look up local voting guides before you do early voting. 3 min.

10/12/2022 8:50 am Scott Herrold discussed the privilege of our election process, explaining that we have more election information available to us now than we've ever had before with online resources. He encouraged listeners to take time to do their own research of local and state candidates before voting, and to consider making time for early voting. 3 min.

11/3/2022 8:14 am Scott Herrold interviewed Dr. Jeff Meyers about taking the time to vote and research the local and state candidates, issues and ballot initiatives. 5 min.

11/4/2022 7:35 am Scott Herrold talked to listeners about Election Day being Tuesday, November 8. He urged listeners to look past the attack ads and do their own research. He advised listeners to read through the ballot initiatives before heading to the polls. 4 min.

#### CRIME / CRIMINAL JUSTICE REFORM

10/19/2022 8:05 am Scott Herrold interviewed Jon Ponder, founder of Hope For Prisoners. They talked about prison reform and their program for changing the lives of the men and women during their incarceration to change their future after release. Jon talked about giving people second chances to succeed in life once they've served their sentences, through job and leadership training, counselling and positive planning to change the things that bring the recidivism statistics way down. Jon also shared his story of where he came from, being arrested for bank robbery, his own experience of personal transformation during his time in prison and how he overcame the odds, which formed the blueprint for the nationally recognized program. 50 min.

From Thursday, December 1<sup>st</sup> through the 16<sup>th</sup>, our air personalities made multiple mentions throughout their shows, between 6 am and midnight each day, encouraging listeners to donate bikes and gift cards for the families of prisoners nearing release and the initiative of the **"101 Christmases"** event. The event started out small several years ago, with just 8 felons who were nearing the end of their sentences being given the opportunity to spend a few hours with their family members and the caregivers of their kids in a 'living room' set up, complete with a live, decorated Christmas tree, couch &

living room furniture, presents for the kids and caregivers including bikes for all kids, a hot Christmas meal served by volunteers and off-duty police officers who believe in the HFP program success. These officers participate in the event on a volunteer basis, along with dozens who work throughout the criminal justice system including DA's, Sherriff's, many attorneys, even judges, who know firsthand the power of the program in breaking the patterns of generational crime. Vital to the success is the intensive 18 month program preparing incarcerated men and women in acquiring the skills and resources to make real and lasting change that will break cycles of recidivism as they re-enter society after release from prison. During the first 16 days of December listeners were continually encouraged to donate bicycles for the kids of prisoners, gift cards for older kids and caregivers, and to consider volunteering for the many areas of help it takes to conduct an event which now serves to invest in creating a better groundwork for the family reunification following release for 101 of these soon-to-be formerly incarcerated men and women. Each family is given the gift of the brand new furniture used at the event, held this year on December 19, 2022. The furniture is delivered to the family of the nearing-release HFP program participant. Every child is given a bike, from toddlers to teenagers.

12/01/2022 7:12 am - Scott Herrold talked about the 2022 plans for what has grown to be this year's, "101 Christmases" event. Hope For Prisoners focuses on the key element of family reunification in breaking the cycle of incarceration and repeat incarceration. The family therapy program is one of the elements of their program that's proven to be a powerful catalyst in ex-felons and their families receiving the tools, skills and benefits of professional therapy to navigate a path away from the "revolving door" that results for so many ex-felons after serving their sentence. The success of the program is unprecedented and is being used as a model for some major renewal of our criminal justice system across the country. 5 min.

12/12/2021 6:50 am - Scott Herrold talked with Jon Ponder from Hope For Prisoners in a discussion about second chances and the HFP program strategy for success for men and women completing their sentences and coming out of the Nevada Department of Corrections. 4 min.

## NEWS/INFORMATION

KHMS is an affiliate of the SRN Network News.

The News schedule is as follows:

### **Monday – Friday**

12 am midnight - 3 min.

5:55 am - 3 min.

7 am - 3 min.

8 am - 3 min.

11 am – 3 min.

12 pm – 3 min.

3 pm – 3 min.

6 pm – 3 min.

9 pm – 3 min.

### **Saturday**

12 am - 3 min.

5 am - 3 min.

6 am - 3 min.

7 am - 3 min.

12 pm – 3 min.

3 pm – 3 min.

5 pm – 3 min.

### **Sunday**

Noon – 3 min.

## **MARRIAGE**

FOCUS ON THE FAMILY – In part one of a two-part discussion on fortifying your marriage for the storms of life, author Gary Thomas offered practical help for couples about dealing with fear, overcoming anger in conflict, staying connected with your spouse, and the importance of community for your marriage. This discussion was based on his book, “Making Your Marriage a Fortress: Strengthening Your Marriage to Withstand Life's Storms.”

Aired 10/4/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In conclusion of a two-part discussion on fortifying your marriage for the storms of life, author Gary Thomas offered more practical help for couples on overcoming anger in conflict, staying connected with your spouse, and the importance of community for your marriage. This discussion was based on additional material from his book, “Making Your Marriage a Fortress: Strengthening Your Marriage to Withstand Life's Storms.”

Aired 10/5/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Danny Ray and his wife, Kimberly Thompson, offered practical advice about embracing the stresses of married life, how a “reset button” can change your communication and create a legacy relationship for your kids and family. This discussion was based on Danny’s book, “No, I Can't Make Your Wife Disappear: A Magician's Guide for a Magical Marriage.”

Aired 10/17/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Kevin Thompson shared about the 70-year marriage of his grandparents, who had enduring love. He talked about strategies to follow in your marriage to make it last. This discussion was based on his book, “Happily: 8 Commitments of Couples Who Laugh, Love, and Last.”

Aired 10/31/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Levi Lusko and his wife, Jennie, described how you and your spouse can have a happy and fulfilling marriage by choosing to adopt several intentional practices, including sacrificing for one another and celebrating your victories. Jim Daly’s wife, Jean, joined the conversation, offering her insights from their marriage of over 30 years. This discussion was based on Levi and Jennie’s book, “The Marriage Devotional: 52 Days to Strengthen the Soul of Your Marriage.”

Aired 11/18/2022 at 8 pm 30 min.

## **HUNGER, POVERTY, HELPING PEOPLE IN NEED**

10/13/2022 6:44 am Scott Herrold spoke with Brandon Kagel, Executive Director of LV Reach, an organization born out of Awaken to bring help and healing to the inner city areas through educational, medical, legal, and nutritional assistance, free of charge, to people struggling with poverty. 5 min.

10/13/2022 7:35 am Scott Herrold talked with Dale Darcas from Serving Our Kids Foundation, which serves over 4,000 children in 105 schools from grades K-8 on a weekly basis. They also serve weekend meal kids for food insecure students in Clark County. They talked about how Serving Our Kids Foundation faces a need for food donations and volunteers. 4 min.

11/3/2022 4:05 pm Chalmer Harper spoke with Founder/Chief Kindness Officer of Caridad, Merideth Spriggs about the need for electric blankets for their clients, who are formerly homeless, who now reside in their recovery housing. With winter temperatures dropping, the boiler for their building broke. 5 min.

11/18/2022 8:33 am Scott Herrold talked about a Men's Breakfast coming up at The Crossing Church in Las Vegas on Saturday, November 19. The men held a collection event for the residents living at West Care Harris Springs Ranch. The men at the ranch are battling substance abuse and are coming out of prison. The collection event was for hygiene items. 3 min.

12/13/2022 7:50 am Scott Herrold talked with Nick Bodine from Central Church about helping food insecure kids through Hope for the City food bank. SOS Radio promoted the event on the air and also participated on-site at this drive through Christmas experience, distributing food, toys, and warm clothing to struggling families, placing the items directly into their vehicles as they drove through the stop-by-stop light-show Christmas event. The event was first held on Wednesday Dec 14<sup>th</sup>, and repeated on Friday, December 16<sup>th</sup>. About 2,000 cars drove through over the two nights. This interview also aired a second time on 12/14/2022 at 8:40 am. 5 min.

12/23/2022 12:15 pm Robert Forbes talked about helping others via your local rescue mission. Robert shared about how you can help others in the community by getting involved in helping the local Rescue Mission. He shared about the services offered at rescue missions, not only food, but shelter and recovery programs. 2 min.

12/28/2022 12:30 pm Robert Forbes talked about ways we can support our community, especially through partnerships like Serving Our Kids Foundation, providing meals for food insecure kids in So. Nevada. 3 min.

## **PARENTING**

10/7/2022 6:35 am Scott Herrold talked with Adam Holz from Plugged In Movie Reviews, a weekly conversation they have, aired as a parenting resource to help parents make their own informed choices of where to spend the family entertainment budget. Plugged In reviews movies, TV shows, music, video games, books, and other media outlet. This discussion re-aired at 8:35 am. 4 min.

FOCUS ON THE FAMILY – Authors Chrys Howard and Shellie Tomlinson offered help for grandparents in better understanding the unique role they have in supporting their adult children and influencing their grandkids. This discussion was based on their book, “Rocking It Grand: 18 Ways to Be a Game-Changing Grandma.”

Aired 10/10/2022 at 8 pm 30 min.

10/12/2022 6:05 am Scott Herrold talked with author and artist Matthew West about parenting teenagers and setting strategy for teaching our daughters about dating. 9 min.

10/14/2022 6:41 am Scott Herrold spoke with Adam Holz from Plugged In Movie Review for their weekly discussion of the latest movie releases as a parenting resource, with your kids in mind. This discussion re-aired at 8:40 am for 5 min.

10/17/2022 6:13 am Scott Herrold had a discussion with Tiffany Lee/Plumb about parenting strategy and discernment between fighting for our kids, saying no, speaking truth in love, and giving tough love. 5 min.

FOCUS ON THE FAMILY – Authors Brandon and Analyn Miller talked about discovering the power of strengths-based parenting and the difference it makes. The goal is to identify and encourage areas where your kids excel, rather than focusing on weaknesses. This discussion was based on their book, “Play to Their Strengths: A New Approach to Parenting Your Kids as God Made Them.” Aired 10/21/2022 at 8 pm 30 min.

10/28/2022 8:40 am Scott Herrold had his weekly discussion with Adam Holz from Plugged In Movie Reviews of the latest movie releases as a parenting resource, with your kids in mind. 5 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion on parenting powerful kids, Dr. Kevin Leman gave advice to two dozen moms who joined Jim Daly and John Fuller for this practical look at how you can regain control in your home by disengaging from fights with your child. This discussion was based on Dr. Leman’s book, “Parenting Your Powerful Child: Bringing an End to the Everyday Battles.” Aired 11/02/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In conclusion of a two-part discussion on parenting powerful kids, Dr. Kevin Leman gave advice to two dozen moms who joined Jim Daly and John Fuller for this practical look at how you can regain control in your home by disengaging from fights with your child. This discussion was based on Dr. Leman’s book, “Parenting Your Powerful Child: Bringing an End to the Everyday Battles.” Aired 11/03/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Authors Brandon and Analyn Miller talked about embracing your strengths as a parent because focusing on weaknesses is a waste of time. They believed that focusing on strengths will energize you and help you find creative ways to overcome weaknesses. This discussion was based on the couples’ book, “Incredible Parent: Discover Your Parenting Strengths and Raise Your Kids with Confidence.” Aired 11/10/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first part of a two-part discussion on finding more effective habits to embrace, Dr. Randy Schroeder discussed the “perfect” parent, why appropriate physical and emotional love with your children is vital, and the attitude of gratitude you can create in your child’s environment in a discussion based on his book, “Simple Habits for Effective Parenting: Specific Skills and Tools That Achieve Extraordinary Results in Raising a Child.” Aired 11/14/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the second part of a two-part discussion on finding more effective habits to embrace, Dr. Randy Schroeder discussed the “perfect” parent, why appropriate physical and emotional love with your children is vital, and the attitude of gratitude you can create in your child’s environment in a discussion based on his book, “Simple Habits for Effective Parenting: Specific Skills and Tools That Achieve Extraordinary Results in Raising a Child.”

Aired 11/15/2022 at 8 pm 30 min.

## **PHYSICAL & MENTAL HEALTH**

10/3/2022 6:57 am Scott Herrold interviewed author and theologian N.T. Wright of Oxford University about culture dealing with pain, tragedy and about the response of the Churches to plagues and pandemics hundreds of years ago and what we can learn from their actions.

Also aired on 10/6/2022 at 8:14 am. 5 min.

10/3/2022 8:35 am Scott Herrold spoke with artists Katy Nichole, who was born with congenital scoliosis. It’s an extremely rare condition that affects 1 in 10,000 babies, causing an unusual curvature of the spine. She talked candidly about coping with a life filled with crippling pain.

This interview re-aired on 10/04/2022 at 6:45 am. 6 min.

10/4/2022 8:16 am Scott Herrold talked with author Holley Gerth about learning to recognize when anxiety begins to grow in us and how to control it. Holley explained that anxiety is an automatic biological response, and how to differentiate between normal anxiety levels and chronic anxiety. 5 min.

10/6/2022 6:38 am Scott Herrold spoke with author Rich Villodas about how we can pursue wholeness while we live in a fractured world. He discussed self-awareness, managing and making sense of stress, and suggestions for anger management. 6 min.

10/10/2022 6:40 am Scott Herrold interviewed author Shauna Niequist about the benefits of choosing the hard path in life and why that decision can mold and shape us in ways that nothing else can. She talked about living a rich and fulfilling life in spite of and even as a result of the important life lessons that pain can teach us. 5 min.

10/11/2022 7:09 am Scott Herrold spoke with author Daniel Fusco about beating stress in healthy ways and finding peace of mind and inner strength. He talked about how resilience can help us beat stress and how we can learn to see stressful situations as opportunities for growth. 6 min.

10/14/2022 7:05 am Scott Herrold invited listeners to call-in on to discuss what they’ve personally learned about moving from tragedy to triumph. Callers shared how listening with an ear to hear and a heart to learn brought healing on the other side of tragedy and suffering. 40 min. call-in discussion.

FOCUS ON THE FAMILY – Author Cynthia Tobias talked about getting along with strong-willed people. She explained the positive and negative characteristics of strong-willed adults. She also provided tips for healthy communication at home and in the workplace.

Aired 10/14/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion on living joyously, author David Ring described the limitations he suffers from cerebral palsy. He talked about how he's able to overcome these struggles in a discussion based on his book, "The Boy Born Dead: A Story of Friendship, Courage, and Triumph."

Aired 10/19/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part two of a two-part discussion on living joyously, author David Ring described the limitations he suffers from cerebral palsy. He talked about how he's able to overcome these struggles in a discussion based on his book, "The Boy Born Dead: A Story of Friendship, Courage, and Triumph."

Aired 10/20/2022 at 8 pm 30 min.

10/24/2022 7:41 am Scott Herrold talked with author and comedian John Crist about how to care for friends and family who have fallen into addiction and substance abuse. He talked about all the things we do to make ourselves look good online and how we project something on social media that is not true, and how this works against what we know we're really struggling with inside.

This interview re-aired on 10/28/2022 at 7:35 am for 10 min.

FOCUS ON THE FAMILY – In the first part of a two-part discussion on finding true healing from trauma, Dr. Elizabeth Stevens' work came to an abrupt stop when she suffered a traumatic brain injury while serving in the U.S. Air Force. In this conversation, Dr. Stevens offered hope to those who are bound by the pain of trauma in a discussion based on her book, "Unshackled: Finding God's Freedom From Trauma."

Aired 10/24/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion on finding true healing from trauma, Dr. Elizabeth Stevens' work came to an abrupt stop when she suffered a traumatic brain injury while serving in the U.S. Air Force. In this conversation, Dr. Stevens offered hope to those who are bound by the pain of trauma in a discussion based on her book, "Unshackled: Finding God's Freedom From Trauma."

Aired 10/24/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Patrick Linnell explained how serving and loving others is no small thing but can be a key to personal peace with your life circumstances. Through the "Grace Bomb" movement, acts of kindness to strangers have had far-reaching results. This discussion was based on his book, "Grace Bomb: The Surprising Impact of Loving Your Neighbors."

Aired 11/4/2022 at 8 pm 30 min.

11/7/2022 6:10 am Scott Herrold talked with author Dave Frey from Sidewalk Prophets about learning to combat fear and anxiety in our lives and live with confidence and peace. 6 min.

11/7/2022 8:05 am Scott Herrold spoke with author Lysa TerKeurst about letting go when it's hard to forgive and when people genuinely hurt us. She talked about how to rebuild trust and where to learn boundaries. They also talked about women's issues related to breast cancer and medical challenges. 9 min.

This interview re-aired on 11/8/2022 at 6:35 am.

FOCUS ON THE FAMILY – In the first part of a two-part discussion on setting boundaries in your most difficult relationships, author Lysa TerKeurst reflected on the death of her marriage and how she had to place boundaries in her life to protect her own mental, emotional, and spiritual well-being. She offered insight and encouragement to those needing to establish boundaries with others in a discussion based on her book, “Good Boundaries and Goodbyes: Loving Others Without Losing the Best of Who You Are.” Aired 11/08/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the second part of a two-part discussion on setting boundaries in your most difficult relationships, author Lysa TerKeurst gave more insights from the death of her marriage and how she had to place boundaries in her life to protect her own mental, emotional, and spiritual well-being. She offered insight and encouragement to those needing to establish boundaries with others in a discussion based on her book, “Good Boundaries and Goodbyes: Loving Others Without Losing the Best of Who You Are.”

Aired 11/09/2022 at 8 pm 30 min.

11/14/2022 6:40 am Scott Herrold interviewed author and comedian Nazareth about how comedy helps people heal from traumatic events and how comedy helps our service men and women and how it can encourage them. He talked about speaking to men and women in the U.S. Military and what they do to keep hope front and center. 8 min.

11/15/2022 6:35 am Scott Herrold talked with author and artist Bart Millard about learning the difference between forgiveness and rebuilding trust when it comes to people who have hurt you in the past, and finding reconciliation with those who've hurt you. They talked about the incredible value of forgiveness and how it's more beneficial to you than it is the person who hurt you. This discussion included several listeners sharing their experiences on forgiveness. 5 min.

11/17/2022 6:11 am Scott Herrold spoke with author Danette Crawford about not quitting when life gets hard, and pushing through when are walking through suffering. 11 min.

11/21/2022 6:10 am Scott Herrold interviewed author and artist Laura Story about defining a work-life balance. She talked about the idea of normalcy and how the idea of a normal life is unattainable. She also talked about the doors of opportunity that have opened because of painful seasons of suffering she and her husband have walked through. 7 min.

11/21/2022 8:07 am Scott Herrold talked with author Mark Batterson about overcoming our bad habits and managing screen time, not only for our kids, but for adults as well. He talked about how anyone can do anything for a single day, but that setting smaller, attainable goals is more effective than making yearly resolutions. He explained how to avoid falling into the trap of, "life will be great when I do this..." 10 min.



FOCUS ON THE FAMILY – In part one of a two-part discussion, Dr. Mike Bechtle’s desire was to help people communicate better, especially in our social media world where everybody is talking all at once and nobody is listening. Mike explained we need “more weight” or value to our communication in order to be heard, and he talked about how we can use emotion in positive ways to energize our conversations in a discussion based on his book, “It’s Better to Bite Your Tongue Than Eat Your Words: The No-Regrets Guide to Better Conversations.”

Aired 11/21/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In conclusion of a two-part discussion, Dr. Mike Bechtle’s desire was to help people communicate better, especially in our social media world where everybody is talking all at once and nobody is listening. Mike explained we need “more weight” or value to our communication in order to be heard, and he talked about how we can use emotion in positive ways to energize our conversations in a discussion based on his book, “It’s Better to Bite Your Tongue Than Eat Your Words: The No-Regrets Guide to Better Conversations.”

Aired 11/22/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first part of a two-part discussion on forgiving others and freeing the soul, Dr. Tim Keller unpacked powerful stories of forgiveness so that you can forgive those who’ve wronged you. Dr. Keller took us through the steps to forgiveness, including the need to forgive yourself, and how to lovingly confront others in a discussion based on his book, “Forgive: Why Should I and How Can I?”

Aired 11/29/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the second part of a two-part discussion on forgiving others and freeing the soul, Dr. Tim Keller unpacked powerful stories of forgiveness so that you can forgive those who’ve wronged you. Dr. Keller took us through the steps to forgiveness, including the need to forgive yourself, and how to lovingly confront others in a discussion based on his book, “Forgive: Why Should I and How Can I?”

Aired 11/30/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In this best of 2022 broadcast, author Levi Lusko shared about living your best life and overcoming worry, fear, and anxiety. He encouraged us to strategically take the high ground to combat the enemy of our souls in the right way. He challenged us to spiritual growth and courage in the face of life’s storms in a discussion based on his book, “Take Back Your Life: A 40-Day Interactive Journey to Thinking Right So You Can Live Right.”

Aired 12/8/2022 at 8 pm 30 min.

12/12/2022 7:05 am Scott Herrold spoke with author Carlos Whittaker about how to become better at being human and to love one another better. 4 min.