

KHMS Issues & Programs List

3rd Quarter 2022

7/1/2022 – 9/30/2022

During the 3rd quarter of 2022, the following issues were addressed in the corresponding programs listed:

JOBS/the ECONOMY

FOCUS ON THE FAMILY – In part one of a two-part discussion on conquering debt, authors Brian and Cherie Lowe discussed their slack attitude toward finances during their first nine years of marriage and the moment they realized that they were over \$127,000 in debt. They discussed the sacrifices they made, the determination they developed, and the challenges they faced when paying off their debt in a discussion based on their book, “Slaying the Debt Dragon.”

Aired 08/04/2022 at 8 pm 30 min

FOCUS ON THE FAMILY – Part 2 of the continuation of a discussion on conquering debt with authors Brian and Cherie Lowe. They realized they were over \$127,000 in debt, and wrote the book, “Slaying the Debt Dragon” about the sacrifices they made, the determination they developed, and the challenges they faced when paying off their debt.

Aired 08/05/2022 at 8 pm 30 min

08/08/2022 6:05 am Scott Herrold talked with author Paula Faris about discerning your true calling in life. She explained the difference between a faith calling and a vocational calling. Paula walked away from two dream jobs in order to embrace more purpose in her life. She also talked about managing burnout. Paula Faris was part of the shows, Good Morning America, The View, ABC News, and NBC News. 12 min.

09/28/2022 8:15 am Scott Herrold had a discussion with career coach Chuck Sanford. Chuck talked about breaking through in today's job market & how to connect with employers at job fairs to move past the online job bots that weed you out as a candidate before you ever talk to a hiring manager. 3 min.

PARENTING / CHILDRENS ISSUES

FOCUS ON THE FAMILY – Author of, “United in Autism: Finding Strength inside the Spectrum,” Julie Hornok, discussed the tendencies of someone who has been diagnosed with autism. She talked about dealing with grief and feelings of disappointment as a parent. She also encouraged parents to seek support for both themselves and their children.

Aired 08/01/2022 at 8 pm 30 min.

08/02/2022 6:15 am Scott Herrold talked with Troy Martinez from Dads In Schools and R.E.C.A.P. (Rebuilding Every City Around Peace) about serving our schools with volunteers for security, drop-off, pickup, and lunchroom help. KHMS promoted a goal over 6 weeks to recruit volunteer Dads as well as moms, to help reduce violence in our schools. 3 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion on building resilience in your children, Dr. Kathy Koch explored the importance of resilience in our lives and how we can nurture that trait in our children. Based on her book, “Resilient Kids: Raising Them to Embrace Life with Confidence.”
Aired 08/02/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part two of a two-part discussion on building resilience in your children, Dr. Kathy Koch explored the importance of resilience in our lives and how we can nurture that trait in our children. Based on her book, “Resilient Kids: Raising Them to Embrace Life with Confidence.”
Aired 08/03/2022 at 8 pm 30 min.

08/05/2022 3:47 pm Chalmer Harper talked with Troy Martinez from Dads In Schools about the KHMS goal of helping them to encourage dads, as well as any interested moms to volunteer to be a presence in schools, which is proven to create a safer environment for learning. They talked about principles of violence prevention as well. 2 min.

08/10/2022 7:10 am Scott Herrold interviewed the President of the National Fatherhood Initiative, Christopher Brown about the significant impact dads make in every aspect of their children's lives, & how research shows the difference when dads get involved in their kids' extracurricular activities at school and when they're involved. 11 min.

FOCUS ON THE FAMILY – In part 1 of a discussion on raising kids with healthy boundaries, psychologist and author Dr. Henry Cloud described how parents can strengthen their children's character by teaching them to take responsibility for themselves in a discussion based on his book, “Boundaries With Kids: How Healthy Choices Grow Healthy Children.”
Aired 08/11/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Part 2 of the discussion on raising kids with healthy boundaries, psychologist and author Dr. Henry Cloud described more of how parents can strengthen their children's character by teaching them to take responsibility for themselves in a discussion based on his book, “Boundaries With Kids: How Healthy Choices Grow Healthy Children.”
Aired 08/12/2022 at 8 pm 30 min.

08/17/2022 5:15 pm Chalmer Harper talked with actor Kirk Cameron about the new movie, “Life Mark” that he and the Kendrick Brothers collaborated on telling the story of an adopted young man who re-connects with his birth mom when he turns 19. 3 min.

08/22/2022 8:05 am Scott Herrold interviewed author and artist Tauren Wells. They talked about the importance of motivating boys to work harder than they want to. Tauren talked about tangible ways he and his wife motivated and rewarded their boys for doing something good, and what he's learned about the difference in joy and the emotion of happiness. 11 min.

FOCUS ON THE FAMILY – In part one of a discussion on parenting teens toward adulthood, Dr. Ken Wilgus encouraged parents to deliberately work their way out of the parenting role by the time their child turns 18. He instructed listeners to view their teenagers as young adults, not large children, and offered tips on how to progressively give your teen more responsibility. This discussion was based on his book, “Feeding the Mouth That Bites You.”
Aired 08/23/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Conclusion of previous days' discussion on parenting teens toward adulthood, Dr. Ken Wilgus offered tips on how to give your teen more responsibility, and how to have difficult conversations on a range of topics, from music choices to dating. This discussion was based on his book, "Feeding the Mouth That Bites You."

Aired 08/24/2022 at 8 pm 30 min.

08/29/2022 7:11 am Scott Herrold talked with author and artist Chris Tomlin about parenting strategies he and his wife have learned over the years & specific challenges & rewards of parenting girls. 9 min.

08/29/2022 7:35 am Scott Herrold interviewed filmmakers Alex and Stephen Kendrick about the importance and the value of fathers being present in the home and why it's critical for dads to be there & why most of their films have a central role of a father in the main story line. The number one common denominator of kids who end up in jail or end up being addicted to drugs is growing up without a father. Stress levels drop when fathers are in the room and are loving their family the right way. 10 min.

08/31/2022 8:35 am Scott Herrold spoke with filmmakers Alex and Stephen Kendrick who challenged dads to step up as mentors in our community with DadsinSchools.com as well as encouraging everyone to consider adoption and foster care. They talked about the Fatherhood Commission. 10 min.

FOCUS ON THE FAMILY – Author Brenda Garrison shared her personal parenting journey with her oldest daughter, offering material on building relationships with older children found in her book, "Love No Matter What: When Your Kids Make Decisions You Don't Agree With."

Aired 09/01/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In a discussion based on her book, "Reach Out, Gather In: 40 Days to Opening Your Heart and Home," author Karen Ehman offered to help busy families find opportunities for hospitality in everyday life.

Aired 09/05/2022 at 8 pm 30 min.

09/06/2022 7:10 am Scott Herrold spoke with author Kathy Koch, an educational psychologist with a PhD from Purdue University and CelebrateKids.com. They talked about inspiring our kids to feel confident about themselves and how to address unhealthy thinking habits. She talked about discerning the difference between a mistake and failure, & suggested open-ended questions we can ask our kids to get them talking. 9 min.

09/08/2022 5:15 pm Chalmer Harper talked with author and artist Bart Millard about parental involvement in our teen's lives and that it makes for stronger relationships, about staying engaged in their lives and raising teens who are well-adjusted and contribute to society. 2 min.

HOMELESSNESS – POVERTY – HUMAN SUFFERING

07/18/2022 6:10 am Scott Herrold spoke with Chandler Moore from Maverick City Music about the role churches play in solving social problems in the neighborhoods they serve, & helping the homeless, saving marriages, and serving our schools. 9 min.

08/15/2022 6:10 am Scott Herrold talked with Jay DeMarcus, from the band Rascal Flatts, about the importance of generosity in our lives, explaining how Rascal Flatts started with a plan to make giving and generosity a big part of the mission of their music. They started with a plan to give to the Vanderbilt Children's Hospital in Nashville, TN. 6 min.

08/19/2022 4:23 pm Chalmer Harper spoke with author Tauren Wells who explained that you can throw money at organizations in your community, and while that helps, he believed that it is truly important to actually volunteer your time, and get to see the tangible difference you and the organization make in the lives of others. 2 min.

09/28/2022 6:21 am Scott Herrold talked about how lines at food pantries are not winding down because inflation is straining a lot of family finances. Scott talked about Hope for the City, Victorville Rescue Mission, Convoy of Hope, and Salvation Army as resources that families can turn to if they're in need. 2 min.

RACIAL DIVISION, INEQUALITY, INJUSTICE

FOCUS ON THE FAMILY – Lieutenant Governor of Virginia Winsome Sears shared her story of overcoming racial division and about various education issues plaguing the United States, and the value of every human life.

Aired 07/11/2022 at 8 pm 30 min

08/16/2022 6:35 am Scott Herrold talked with author Gary Chapman about how racial divides can be mended and healed by forming cross-cultural relationships. They discussed how to overcome the insecurity of initiating a conversation with a person of a different race or ethnicity. 9 min.

FOCUS ON THE FAMILY – U.S. Senator Tim Scott in a discussion based on his book, "America, a Redemption Story: Choosing Hope, Creating Unity." Sharing his belief that anything's possible with hard work and a willing attitude, he encouraged listeners to avoid a victim mentality on racial issues, focusing rather on the positive strides that America has made in the past two hundred years.

Aired 09/02/2022 at 8 pm 30 min.

09/07/2022 8:08 am Scott Herrold spoke with author Jim Cymbala about the division that has taken place in American culture in recent years, & how that division has seeped into the Church. 7 min.

ADDICTION

07/11/2022 7:10 am Scott Herrold talked with artist and author Zach Williams about addiction recovery and helping inmates after their release from jail. He talked about how it took him hitting rock bottom and how he was able to overcome an addiction, & his work with inmates dealing with addiction recovery. 10 min.

07/18/2022 8:05 am Scott Herrold talked with actor Dave Coulier about healing from grief and alcohol addiction. They talked about Dave's finding help in the Celebrate Recovery program. 12 min.

NEWS/Information

KHMS is an affiliate of the SRN 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 – Authors Chris and Jenni Graebe talked about their book, “The Rhythm of Us: Create the Thriving Marriage You Long For,” & the marriage rhythms that they began using that helped change their marriage.

Aired 07/05/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion on establishing healthy boundaries with your in-laws, psychologists and authors, Dr. John Townsend and Dr. Henry Cloud shared advice on how to relate with your in-laws in a discussion based on their book, “Boundaries: When to Say Yes, How to Say No to Take Control of Your Life.”

Aired 07/18/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – More of the two-part discussion on establishing healthy boundaries with your in-laws, psychologists with authors, Dr. John Townsend and Dr. Henry Cloud, in a discussion based on their book, “Boundaries: When to Say Yes, How to Say No to Take Control of Your Life.”

Aired 07/19/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion, author and military veteran Chad Robichaux and his wife, Kathy, discussed his former struggles with PTSD, which led to the couple’s separation, and how Chad was able to overcome PTSD and restore his marriage. This discussion was based on his book, “Fight for Us: Win Back the Marriage God Intends for You.”

Aired 08/09/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In conclusion of the 2-part discussion with author and military veteran Chad Robichaux and his wife, Kathy on overcoming his former struggles with PTSD. This discussion was based on his book, “Fight for Us: Win Back the Marriage God Intends for You.”

Aired 08/10/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Authors Bill and Pam Farrel described how you can strengthen your marriage by affirming your spouse, cultivating healthy habits, and planning time for romance in a discussion based on their book, “Marriage Meet Up.”

Aired 08/18/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author David Gudgel offered insight and wisdom from his book, “Before You Get Engaged,” on things to consider before making a lifelong commitment to your future spouse.

Aired 08/22/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion, author Ron Deal described some of the unique challenges that couples experience through re-marriage and the formation of a stepfamily, discussing the importance of drawing a “family map,” to identify the complex web of relationships with kids, step kids, ex-spouses and their partners, and extended family. This discussion was based on his book, “Preparing to Blend: The Couple's Guide to Becoming a Smart Stepfamily.”

Aired 09/13/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Part 2 of the discussion with author Ron Deal, with more on the unique challenges that couples experience as a stepfamily, based on his book, “Preparing to Blend: The Couple's Guide to Becoming a Smart Stepfamily.”

Aired 09/14/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – In a discussion with Dr. Randy Schroeder, based on his book, “Simple Habits for Marital Happiness: Practical Skills and Tools That Build a Strong Satisfying Relationship,” he discussed habits you can integrate into a new marriage.

Aired 09/22/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Part 2 of the previous day’s discussion on marriage with Dr. Randy Schroeder based on his book, “Simple Habits for Marital Happiness: Practical Skills and Tools That Build a Strong Satisfying Relationship.”

Aired 09/23/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Kathi Lipp offered practical, fun ideas for couples to improve their relationship and make time together a high priority in a discussion based on her book, “Happy Habits for Every Couple: 21 Days to a Better Relationship.”

Aired 09/26/2022 at 8 pm 30 min.

PHYSICAL AND MENTAL HEALTH

07/05/2022 6:14 am Scott Herrold interviewed author Patrick Morley about taking control of the conversations in our head and the tools needed to do so. He talked about the ‘four voices’ that compete for our attention. 9 min.

07/05/2022 8:10 am Scott Herrold interviewed author John Eldredge from Wild At Heart Ministries as they talked about the difference between relief and restoration & where resilience comes from. John talked about healthy ways to unleash pent up anger and frustration, and discovering the source of that anger is there in the first place. He gave practical tools to increase our mental resilience. 9 min.

07/06/2022 7:07 am Scott Herrold spoke with author Jordan Lee Dooley about facing unexpected hurdles in life and what questions we should be asking during those situations. She talked candidly about emotionally handling the loss of 2 children to miscarriages in a short time, and how she realized the importance of pressing on instead of staying in the pit of pain. She discussed the fact that unexpected gains are born out of unwanted pain. 6 min.

07/21/2022 7:07 am Scott Herrold talked with author Rich Villodas about how we can pursue wholeness while we live in a fractured world. He discussed self-awareness and confession, as well as stress and anger management. 10 min.

08/08/2022 8:15 am Scott Herrold spoke with author and artist Mike Weaver from Big Daddy Weave about the grief process after losing his brother earlier this year and navigating the complexities of that. He talked about moving forward after loss. 4 min.

08/09/2022 6:35 am Scott Herrold interviewed Chad Veach, author of the book, "Help. I Work With People." They talked about dealing with shame and guilt, and discerning where those feelings could be coming from to move past them to freedom. 6 min.

08/15/2022 7:35 am Scott Herrold interviewed author Carey Nieuwhof about identifying burnout and learning to prevent it. The author of, "At Your Best" talked about what the symptoms of burnout are and how to climb back after you've been burnt out. 9 min.

08/18/2022 8:10 am Scott Herrold talked with author Sharon Hodde Miller about understanding the cost of control. We don't have the ability to control people or circumstances, but we don't stop trying. Sharon explained the mistaken relationship between anxiety and control, and where anxiety comes from. 10 min.

08/19/2022 6:40 am Scott Herrold interviewed author and artist TobyMac about how the back-to-school season really turns his routine on its head. He talked about hurt and change after losing his 21-year-old son & shared how he worked to lead his teenagers through such a painful time and keep his marriage strong at the same time. 4 min.

08/22/2022 8:35 am Scott Herrold interviewed author Carlos Whittaker about getting rid of what's really holding you back in life & taking the first step we need to be able to identify the "spider" & break damaging patterns in our lives. He talked about moving past medicating behaviors and the things in our lives we think are causing the problems and how to move to the root problems, which are the agreements we've made with lies. 6 min.

08/23/2022 6:15 am Scott Herrold spoke with author Susie Larson about how we keep our strength when we're facing serious battles & how the values of surrender and humility can play a game changing role in the way you stay strong. She shared material from her book, "Strong in Battle." 6 min.

09/12/2022 7:15 am Scott Herrold spoke with author Max Lucado about trying to push through life on our own strength and why we are so worn out at times. He talked about finding “soul rest” and what that looks like, and about the new National Suicide Prevention Hotline and the startling statistics that led to that being created. 8 min.

FOCUS ON THE FAMILY – Author Deborah Pegues shared insight from her book, “30 Days to Taming Your Emotions: Discover the Calm Confident Caring You.” She offered the tools needed to keep your emotions in check so that your relationships can remain healthy, & about managing your schedule and stress level, & dealing with demanding people.

Aired 09/12/2022 at 8 pm 30 min

FOCUS ON THE FAMILY – In a discussion based on his book, “So Much to Live for: How to Provide Help and Hope to Someone Considering Suicide,” author and counselor Gregory L. Jantz talked about the stigma around depression and that it causes many to suffer silently. He talked about key warning signs and how loved ones can offer hope to those battling despair.

Aired 09/15/2022 at 8 pm 30 min.

09/19/2022 7:45 am Scott Herrold interviewed author Jerry B. Jenkins as they discussed his TV series, “Chosen,” which is the most successful crowd-sourced TV project ever. They then talked about autism and families working to navigate the autism spectrum. 11 min.

09/19/2022 8:40 am Scott Herrold interviewed Chef Phillip Dell about healthy meal ideas for your kid’s school lunches. Chef Phillip shared a list of ideas to give the kids healthier and fun options beyond the typical sandwiches. 5 min.

09/21/2022 6:10 am Scott Herrold talked with author Lisa Whittle about adjusting to the things we can’t change in our lives, surrendering to the things we can’t control and re-thinking the way we see hope in our world. Also about ways we can be better friends to people that are in our circle of influence. 6 min.

09/22/2022 8:50 am Scott Herrold talked with author and leadership coach Vernon Fox about breaking out of destructive patterns and performing at a high level. 4 min.

FOCUS ON THE FAMILY – Part 1 of a conversation with author Karen Ehman who talked about her journey as a recovering people-pleaser, sharing material from her book, “When Making Others Happy Is Making You Miserable.” She shared practical guidance on healthy boundaries.

Aired 09/29/2022 at 8 pm 30 min.

FOCUS ON THE FAMILY – Part 2 of the previous day’s discussion with author Karen Ehman who talked about her journey as a recovering people-pleaser, sharing material from her book, “When Making Others Happy Is Making You Miserable.” She shared practical guidance on healthy boundaries.

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