

Life Changing Radio



Issues/Programs List

WSDK-AM, Bloomfield, CT

Period covered: 4th Quarter, October – December, 2021

Issue: Parenting

Program: Family Talk

Description: Clinical psychologist Gary Sibcy shared some warning signs of low self-esteem in teenagers that parents can watch for, such as sleeplessness, irritability, and social isolation. He also shared how spending time with teenage children doing something they enjoy can have a positive impact of their self-esteem.

Date: October 4, 2021 Time: 10:30 am Duration: 25:00

Date: October 5, 2021 Time: 10:30 am Duration: 25:00

Issue: Parenting

Program: In the Market with Janet Parshall

Description: Dr. Meg Meeker, author of “You've Got This: Unlocking the Hero Dad Within,” encouraged fathers that they have what they need within them to meet the challenges of fatherhood, drawing from her experience working with the NFL's Fatherhood Initiative.

Date: October 7, 2021 Time: 6:00 p.m. Duration: 55:00

Issue: Parenting

Program: Family Life Today

Description: Author and speaker Becky Harling appeared on the program to offer advice to parents who are finding it hard to talk to their teenage children. She also spoke about growing up with parents who often didn't let her say what was on her mind.

Date: October 12, 2021 Time: 11:30 a.m. Duration: 25:00

Issue: Finances

Program: Focus on the Family

Description: Michelle Singletary, author of “The 21-Day Financial Fast: Your Path to Financial Peace and Freedom,” offered guidance on managing money wisely towards a goal of financial freedom. She advocated for giving up many of the common daily purchases people make for 3 weeks to better focus on what's important.

Date: October 12, 2021 Time: 7:00 a.m. & 8:00 p.m. Duration: 25:00

Date: October 13, 2021 Time: 7:00 a.m. & 8:00 p.m. Duration: 25:00

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Issue: Career Development

Program: In the Market with Janet Parshall

Description: Ken Coleman, author of "From Paycheck to Purpose: The Clear Path to Doing Work You Love," shared advice on identifying and pursuing a career path that is fulfilling and rewarding.

Date: October 18, 2021 Time: 6:00 p.m.

Duration: 55:00

Issue: Domestic Abuse

Program: Focus on the Family

Description: Darby Strickland, author of "Is it Abuse? A Biblical Guide to Identifying Domestic Abuse and Helping Victims," shared ways to recognize the signs of domestic abuse and how to offer help to those who are experiencing abuse.

Date: October 20, 2021 Time: 7:00 a.m. & 8:00 p.m.

Duration: 25:00

Issue: Parenting

Program: Focus on the Family

Description: Kari Kampakis, author of "Love Her Well: 10 Ways to Find Joy and Connection with Your Teenage Daughter," offered insight into the world of teen girls and explained how mothers in particular can strengthen their relationships with their daughters.

Date: October 25, 2021 Time: 7:00 a.m. & 8:00 p.m.

Duration: 25:00

Issue: Technology

Program: Family Life Today

Description: Over three programs, Television producer and writer David Murrow talked about the effect on children of screens, including tv, smartphones, tablets and computers. He pointed out that limiting screen time for children is an important way for parents to protect their kids from unwanted influences.

Date: November 1, 2021 Time: 11:30 a.m.

Duration: 25:00

Date: November 2, 2021 Time: 11:30 a.m.

Duration: 25:00

Date: November 3, 2021 Time: 11:30 a.m.

Duration: 25:00

Issue: Health

Program: In the Market with Janet Parshall

Description: Laura Harris Smith, author of "Give it to God and Go to Bed: Stress Less, Sleep Better, Dream More," talked about ways to reduce stress and sleep better.

Date: November 3, 2021 Time: 6:00 p.m.

Duration: 55:00

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Issue: Adoption

Program: Focus on the Family

Description: Dr. Joshua Hook, author of “Replanted: Faith-Based Support for Adoptive and Foster Families,” talked about the benefits and challenges of adoption and foster-parenting and gave advice on how the community can offer support for adoptive and foster families.

Date: November 8, 2021 Time: 7:00 a.m. & 8:00 p.m. Duration: 25:00

Issue: Domestic Abuse

Program: Family Talk

Description: Clinical and forensic psychologist Dr. Shannae Anderson shared how to recognize the signs of domestic abuse and how to get help for victims. She also shared advice on healing for victims who have escaped an abusive situation.

Date: November 8, 2021 Time: 10:30 a.m. Duration: 25:00

Date: November 9, 2021 Time: 10:30 a.m. Duration: 25:00

Issue: Business

Program: Rise and Shine

Description: An interview was aired with Jackie McKnight of the Better Business Bureau about an upcoming free virtual business seminar being offered, featuring training on strengthening business practices in a rapidly changing environment.

Date: November 13, 2021 Time: 10:00 a.m. Duration: 10:00

Issue: Parenting

Program: Focus on the Family

Description: Ted Cunningham, author of “Come to the Family Table: Slowing Down to Enjoy Food, Each Other, and Jesus,” talked about how a simple act like setting aside time for a family meal at the table together can offer many positive benefits.

Date: November 22, 2021 Time: 7:00 a.m. & 8:00 p.m. Duration: 25:00

Issue: Community Services

Program: Rise and Shine

Description: An interview was aired with Shannon Baldassario of the Manchester Area Conference of Churches (MACC) Charities about services available to people in need in the Manchester, Connecticut area, including a community kitchen, food pantry, thrift shop and a new warming center available in downtown Manchester during the winter months. Information was given for those wishing to donate.

Date: December 11, 2021 Time: 10:00 a.m. Duration: 10:00

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Issue: Mental Health

Program: Focus on the Family

Description: Debra Fileta, author of "Are You Really Okay? Getting Real About Who You Are, How You're Doing, and Why it Matters," offered advice for listener's on understanding their emotions, assessing their mental and physical health, and intentionally pursuing a path to wellbeing.

Date: December 14, 2021 Time: 7:00 a.m. & 8:00 p.m. Duration: 25:00

Date: December 15, 2021 Time: 7:00 a.m. & 8:00 p.m. Duration: 25:00

Issue: Parenting

Program: In the Market with Janet Parshall

Description: Dr. Kevin Leman, author of "Why Your Kids Misbehave, and What to Do About It," talked about the reasons young children throw temper tantrums and how parents should respond in a way that will discourage this kind of behavior.

Date: December 30, 2021 Time: 6:00 p.m. Duration: 55:00

Issue: Lung Cancer Screening

Description: 20 public service announcements were aired from the National Lung Cancer Round Table about the availability of free lung cancer screening for smokers or former smokers over age 50. A website was given for more information.

Date: October 1 – December 31, 2021 Airtime: Various Duration: :30

Issue: Alcoholism

Description: 20 public service announcements were aired from Alcoholics Anonymous about services they offer for people affected by their own or someone else's alcohol abuse. A toll-free phone number and website were given for more information.

Date: October 1 – December 31, 2021 Airtime: Various Duration: :30

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