

# Life Changing Radio



## Issues/Programs List

WSDK, Bloomfield, CT

Period covered: 2nd Quarter, April through June, 2019

Issue: Health

Program: Focus on the Family

Description: Asheritah Ciuciu offered women insight on how they can achieve and maintain a healthy relationship with food in a discussion based on her book "Full: Food, Jesus, and the Battle for Satisfaction." She covered topics like the lies women believe about food and choosing truth over those lies.

Date: April 1

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Poverty

Program: Family Talk

Description: Dr. Carol Swain shared her journey from poverty to becoming an accomplished university professor. She recounted the many obstacles she overcame including bullying, flunking out of school and having an abusive stepfather.

Date: April 1

Airtime: 11:30 p.m.

Duration: 25:00

April 2

Airtime: 11:30 p.m.

Duration: 25:00

Issue: Parenting

Program: Focus on the Family

Description: Author Jessie Minassian offered advice for parents seeking to help their teen daughters overcome an unhealthy obsession with romance and to find their own identity.

Date: April 3

Airtime: 7:00 a.m.

Duration: 25:00

April 4

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Crime

Program: Washington Watch Weekly

Description: Terry Jeffrey, editor-in-chief of CNS News, argued how securing the southern border would help reduce crime in America.

Date: April 6

Airtime: 8:00 a.m.

Duration: 5:00

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# Life Changing Radio



Issue: Parenting

Program: Focus on the Family

Description: Jonathan Catherman, author of "The Manual to Manhood," explained why today's parents need to be more intentional about teaching their sons basic life skills they'll need as they become men.

Date: April 8

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Mental Health

Program: In the Market with Janet Parshall

Description: Licensed marriage and family therapist Dr. Linda Mintle talked about how families can cope with and offer help to a household member who exhibits signs of a personality disorder.

Date: April 11

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Finances

Program: In the Market with Janet Parshall

Description: Mary Hunt, author of "Debt-Proof Your Marriage: How to Manage Your Money Together," shared advice for couples on becoming debt-free and strengthening their marriages in the process.

Date: April 12

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Religious Freedom

Program: Washington Watch Weekly

Description: Rep. James Comer of Kentucky discussed how the Equality Act might override the religious freedom protections of the Religious Freedom Restoration Act.

Date: April 13-14

Airtime: 8:00 a.m.

Duration: 5:00

Issue: Personal Development

Program: In the Market with Janet Parshall

Description: Emily P. Freeman, author of "The Next Right Thing: A Simple, Soulful Practice for Making Life Decisions," offered practical advice on how to make difficult life decisions and overcome indecisiveness.

Date: April 22

Airtime: 6:00 p.m.

Duration: 55:00

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Issue: Poverty

Program: Rise and Shine

Description: Host Al Kim spoke with Heather Labbe, Executive Director of FamilyPromise of Central Connecticut, about her organization's efforts to respond to homelessness in the community and how listeners can help local families who find themselves in need of housing.

Date: April 27

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Religious Freedom

Program: Washington Watch Weekly

Description: Jonathan Saenz, President of Texas Values, spoke about how Chick-fil-A's exclusion from the San Antonio airport is the latest example of the government punishing a family-owned business because of their religious beliefs.

Date: April 27

Airtime: 8:00 a.m.

Duration: 4:00

Issue: Marriage

Program: Best of In the Market with Janet Parshall

Description: Psychologist Dr. Kevin Lehman, author of "The Intimate Connection: Secrets to a Lifelong Romance," talked about how couples can understand each other's needs, backgrounds and personalities and how those factors influence every interaction.

Date: May 11

Airtime: 10:00 p.m.

Duration: 55:00

May 12

Airtime: 5:00 a.m.

Duration: 55:00

Issue: Health

Program: In the Market with Janet Parshall

Description: Dr. Linda Mintle, author of "Lose it for Life," talked about the toll that lack of sleep takes on our overall health, including weight gain. She also offered some ways to improve our sleep habits and get the rest we all need.

Date: May 14

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Personal Development

Program: In the Market with Janet Parshall

Description: Ken Coleman, author of "The Proximity Principle: The Proven Strategy that will Lead to a Career You Love," shared advice for listeners who are considering changing jobs on how to find a fulfilling and rewarding career.

Date: May 15

Airtime: 6:00 p.m.

Duration: 55:00

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# Life Changing Radio



Issue: Religious Freedom

Program: Focus on the Family

Description: Secretary of State Mike Pompeo addressed problem of hostility toward Christians and emphasized the importance of religious freedoms in the United States and around the world.

Date: May 17

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Poverty

Program: Rise and Shine

Description: Host Al Kim spoke with Darcy Johnson of Hope for Ten, a community outreach organization based in Manchester, CT, that helps connect people in need with those who can offer assistance. Information was given about a fundraising concert.

Date: May 18

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Marriage

Program: In the Market with Janet Parshall

Description: Crawford and Karen Loritts, authors of "Your Marriage Today and Tomorrow: Making Your Relationship Matter Now and for Generations to Come," talked about how married couples can develop a strong relationship, keeping in mind that it may have an impact on several generation.

Date: May 22

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Domestic Abuse

Program: In the Market with Janet Parshall

Description: Psychologist Dr. David Clarke, author of "Enough: How to Leave an Abusive Relationship," talked about some of the characteristics of abusive relationships and offered advice on how listeners can remove themselves from harmful situations.

Date: May 28

Airtime: 6:00 p.m.

Duration: 55:00

Program: Family Talk

Description: Dr. Kenneth Cooper talked about how many physical ailments that usually accompany old age can be avoided by a healthy lifestyle. He broke down 3 factors that speed up the aging process and described the lasting impact of wholesome diet and exercise.

Date: May 30

Airtime: 11:30 p.m.

Duration: 25:00

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Issue: Health

Program: Rise and Shine

Description: Host Al Kim spoke with State Rep. Robin Comey about her efforts to ensure public school students with food allergies have access to EpiPens at school as well as to provide EpiPen training for school bus drivers.

Date: June 1

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Poverty

Program: In the Market with Janet Parshall

Description: Dr. Anne Rathbone Bradley, author of "For the Least of These: A Biblical Answer to Poverty," offered ideas on how to best alleviate poverty in the U.S. and around the world using principles found in the Bible.

Date: June 3

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Parenting

Program: Focus on the Family

Description: Karla Akins discussed the joys and challenges she experienced in raising twin sons with autism, offering hope and encouragement to parents of autistic children.

Date: June 4

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Parenting

Program: Focus on the Family

Description: In a discussion based on his book, "Understanding Your Teen," Jim Burns offered advice on how parents can help their teens deal with the challenging issues they face, including the use of technology and social media, peer pressure, drug and alcohol abuse, depression and the transition to adulthood.

Date: June 10

Airtime: 7:00 a.m.

Duration: 25:00

June 11

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Parenting

Program: Focus on the Family

Description: Dr. Meg Meeker offered mothers with boys encouragement and advice in a discussion based on her book, "Strong Mothers, Strong Sons: Lessons Mothers Need to Raise Extraordinary Men." She explained how a mom can bolster her son's confidence, navigate conflict as he matures, and avoid becoming overprotective.

Date: June 27

Airtime: 7:00 a.m.

Duration: 25:00

June 28

Airtime: 7:00 a.m.

Duration: 25:00

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Issue: Motorcycle Safety

Description: 60 public service announcements from the Texas Department of Transportation about watching for motorcycles on the road. A website was given for more information.

Date: April 1 - June 30

Airtime: Various

Duration: :30

Issue: Diabetes Prevention

Description: 60 public service announcements from DoIHavePrediabetes.Org about the importance of early diagnosis of Prediabetes while it can be reversed. A website was given for more information.

Date: April 1 - June 30

Airtime: Various

Duration: :30

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