

Life Changing Radio



Issues/Programs List

WSDK-AM, Bloomfield, CT

Period covered: 1st Quarter, January through March, 2019

Issue: Health

Program: In the Market with Janet Parshall

Description: Certified nutritional counselor Laura Harris Smith, author of "The Healthy Living Handbook: Simple, Everyday Habits for Your Body, Mind and Spirit," talked about how to make positive changes in food choices.

Date: January 1

Time: 6:00 p.m.

Duration: 55:00

Issue: Human Trafficking

Program: Rise and Shine

Description: Host Al Kim spoke with Gordon Ramsay of The Underground CT about his organization's efforts to raise awareness that human trafficking is occurring on a large-scale basis in Connecticut. He also talked about his organization's efforts to stop human trafficking and offer aid to those rescued from human trafficking.

Information was provided on a fundraising event for the organization.

Date: January 5

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Finances

Program: Focus on the Family

Description: Financial expert Dave Ramsey shared advice on how to teach children money-management skills so they will have a solid foundation for managing their finances later in life.

Date: January 8

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Finances

Program: In the Market with Janet Parshall

Description: Financial coach Chris Hogan, author of "Everyday Millionaires: How Ordinary People Built Extraordinary Wealth and How You Can Too," shared advice on becoming financially independent, using the results of a survey of American millionaires.

Date: January 9

Time: 6:00 p.m.

Duration: 55:00

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Issue: Divorce

Program: Family Life Today

Description: Author Jonathon Edwards gave insight and advice to families who are facing or have already gone through a divorce in the area of helping their children. Edwards told of his own experiences when his father left the family after his parents' divorce.

Date: January 11

Airtime: 11:30 a.m.

Duration: 25:00

Issue: Parenting

Program: Focus on the Family

Description: Psychologist Dr. Kenneth Wilgus, author of "Feeding the Mouth That Bites You: A Complete Guide to Parenting Adolescents and Launching Them Into the World," shared advice on how parents can best guide their teenagers into young adulthood.

Date: January 16

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Community Service

Program: Rise and Shine

Description: Host Al Kim spoke with Jay Williams of the Hartford Foundation for Public Giving about efforts to collect and distribute donations to worthy charities in the Hartford, CT area, including town hall meetings that were held around the area to identify needs.

Date: January 19

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Poverty

Program: Focus on the Family

Description: Author Lorie Newman described how serving those less fortunate than ourselves can become a regular part of our everyday lives in a discussion based on her book, "A Cup of Cold Water in His Name: 60 Ways to Care for the Needy."

Date: January 21

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Marriage

Program: Focus on the Family

Description: Craig Groeschel, author of "From This Day Forward: Five Commitments to Fail-Proof Your Marriage," offered practical advice on developing a strong and healthy marriage that will survive adversity.

Date: February 13

Airtime: 7:00 a.m.

Duration: 25:00

Date: February 14

Airtime: 7:00 a.m.

Duration: 25:00

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Issue: Domestic Abuse

Program: In the Market with Janet Parshall

Description: Psychologist Dr. David Clarke, author of "Enough is Enough: How to Leave an Abusive Relationship," talked about how to recognize domestic abuse and move on from abusive relationships.

Date: February 26

Time: 6:00 p.m.

Duration: 55:00

Issue: Health

Program: In the Market with Janet Parshall

Description: Danna Demetre RN, author of "Eat, Live, Thrive Diet: A Lifestyle Plan to Rev Up Your Midlife," talked about losing weight and excess body fat by minimizing sugar intake, resulting in better brain function, resistance to disease and a higher energy level.

Date: February 27

Time: 6:00 p.m.

Duration: 55:00

Issue: Health

Program: In the Market with Janet Parshall

Description: Dr. Linda Mintle, author of "Press Pause Before You Eat: The Cure to Your Relationship with Food," shared strategies for changing poor eating habits and other destructive behavior.

Date: March 12

Time: 6:00 p.m.

Duration: 55:00

Issue: Community Service

Program: Rise and Shine

Description: Host Al Kim spoke with Mike Abramson, General Manager of the Hartford Yard Goats baseball team about the decision to make the stadium the first 100% peanut-free professional sports venue in the U.S. to accommodate baseball fans with severe food allergies, which attracted the attention of the national news media.

Date: March 16

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Parenting

Program: Focus on the Family

Description: Tricia Goyer, author of "Calming Angry Kids: Help and Hope for Parents in the Whirlwind," offered practical advice for parents on how to help their kids deal with anger issues, with specific information on different age ranges and both biological and adopted children.

Date: March 18

Airtime: 7:00 a.m.

Duration: 25:00

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Issue: Special Needs

Program: Focus on the Family

Description: Robert Hendershot discussed the amazing impact individuals with Down syndrome have upon the world as he highlighted the inspiring story of his son Trevor, a young man with Down syndrome who is a team store greeter for the Los Angeles Angels and the Anaheim Ducks.

Date: March 21

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Sexual Abuse

Program: In the Market with Janet Parshall

Description: Counselor Dan Allender, author of "Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation," talked about how healing is possible for every victim of sexual abuse.

Date: March 22

Time: 6:00 p.m.

Duration: 55:00

Issue: Pest Management

Description: 60 public service announcements from the National Pest Management Association and the Centers for Disease Control raising awareness of how many illnesses are caused or made worse by common pests. A website was given for more information.

Date: January 1 - March 31

Airtime: Various

Duration: :30

Issue: Underage Drinking

Description: 60 public service announcements from the Substance Abuse and Mental Health Services Administration (SAMHSA) about the importance of talking to children about underage drinking and drug use. A website was given for more information.

Date: January 1 - March 31

Airtime: Various

Duration: :30

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