

Life Changing Radio



Issues/Programs List

WSDK, Bloomfield, CT

Period covered: 3rd Quarter, July through September, 2019

Issue: Suicide Prevention

Program: Rise and Shine

Description: Host Al Kim spoke with local chef Ben Dobouw, of Bistro on Main in Manchester, Connecticut, about an upcoming suicide prevention fundraiser in honor of celebrity chef Anthony Bourdain, in conjunction with the Jonathan Porco Foundation.

Date: July 6

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Parenting

Program: Focus on the Family

Description: Doug Fields shared stories about his parenting journey and offered practical ideas on how to raise children who are confident, compassionate, competent, and have good moral character.

Date: July 11

Airtime: 7:00 a.m.

Duration: 25:00

July 12

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 to cope with stress and burnout, which can become physically harmful.

Date: July 16

Airime: 6:00 p.m.

Duration: 55:00

Issue: Finances

Program: Family Life Today

Description: Author Scott Kedersha talked about the financial differences men and women bring into marriage and the importance of couples communicating about finances.

Date: July 17

Airtime: 11:30 a.m.

Duration: 25:00

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Issue: Marriage

Program: In the Market with Janet Parshall

Description: Psychologist Dr. David Clarke, author of "What Do You Say When He Says 'I Don't Love You Anymore': An Action Plan to Regain Confidence, Power and Control," shared advice on building and maintaining a strong marriage and family, as well as developing healthy parenting skills.

Date: July 25

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Human Trafficking

Program: Rise and Shine

Description: Host Al Kim spoke with Ann Marie Boulay of The Underground CT, a Connecticut human trafficking prevention organization, about their backpack program. About 500 backpacks are distributed each year to children at risk of being trafficked, containing back-to-school supplies and hotline information for help.

Date: July 27

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Business Practices

Program: Washington Watch Weekly

Description: Bill Simon, Former President and CEO of Walmart, discussed the growing trend among big companies to pick sides in cultural issues.

Date: August 3

Airtime: 8:00 a.m.

Duration: 8:00

Issue: Free Speech

Program: In the Market with Janet Parshall

Description: College Student Isabel Brown shared how freedom of speech has been effectively shut down on many U.S. college campuses today.

Date: August 5

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Education

Program: Focus on the Family

Description: Author Carol Barnier offered practical suggestions for how parents can help their children learn and succeed in school.

Date: August 5

Airtime: 7:00 a.m.

Duration: 25:00

August 6

Airtime: 7:00 a.m.

Duration: 25:00

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Issue: Racism

Program: Focus on the Family

Description: Captain Ronald Johnson of the Missouri Highway Patrol (retired) discussed the hostile racial tension that followed the Aug. 14, 2014 fatal shooting of Michael Brown, and his efforts to restore peace between the African American community and law enforcement.

Date: August 8

Airtime: 7:00 a.m.

Duration: 25:00

August 9

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Parenting

Program: In the Market with Janet Parshall

Description: Jolene Philo, author of "Sharing Love Abundantly in Special Needs Families: The Five Love Languages for Parents Raising Children with Disabilities," talked about the challenges and joys of raising children with special needs who often have difficulty communicating.

Date: August 21

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Bio-Ethics

Program: In the Market with Janet Parshall

Description: Dr. Fazale Rana, author of "Humans 2.0: Scientific, Philosophical and Theological Perspectives on Transhumanism," talked about moral and ethical issues related to some of the scientific breakthroughs that have improved people's lives in many ways.

Date: August 27

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Values

Program: Washington Watch Weekly

Description: Dave Brat, Dean of Liberty University's School of Business, discussed a new survey showing that patriotism, religion, and having children are notably less popular among younger Americans than they were twenty years earlier.

Date: August 31

Airtime: 8:00

Duration: 8:00

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Issue: Mental Health

Program: In the Market with Janet Parshall

Description: Sally Clarkson, author of "Different: The Story of an Outside-the-Box Kid and the Mom Who Loved Him," shared about being the parent of a child with severe Obsessive-Compulsive Disorder (OCD) and Attention Deficit Hyperactivity Disorder (ADHD) and the challenge of receiving a diagnosis and treatment plan. Clarkson offered encouragement and advice for parents dealing with similar circumstances.

Date: September 3

Airtime: 6:00 p.m.

Duration: 55:00

Issue: Grandparenting

Program: Focus on the Family

Description: Michele Howe described how grandparents can develop a thriving relationship with their adult children and grandkids in a discussion based on her book, "There's a Reason They Call It GRANDparenting."

Date: September 6

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Personal Finance

Program: Focus on the Family

Description: Deborah Smith Pegues encouraged women to manage finances wisely in a discussion based on her book, "The One-Minute Money Mentor for Women: 21 Strategies for Financial Empowerment."

Date: September 10

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Health

Program: Family Talk

Description: Dr. Dobson spoke with Dr. Walt Larimore to discuss his book, "Fit Over 50." Dr. Larimore emphasized the importance of a person's complete emotional, spiritual, physical, and mental wellness. He gave practical tips on how to maintain a healthy lifestyle. He highlighted the importance of sleep good food choices.

Date: September 19

Airtime: 11:30 p.m.

Duration: 25:00

September 20

Airtime: 11:30 p.m.

Duration: 25:00

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Issue: Employment

Program: Rise and Shine

Description: Host Al Kim spoke with Jeremy Mooser and Patrick Jones of Goodwill and Get Hired CT about an upcoming hiring event to help people find employment. They also provided details on their eight career centers open to all Connecticut residents that provide job search training free of charge.

Date: September 21

Airtime: 10:00 a.m.

Duration: 10:00

Issue: Caregiving

Program: Focus on the Family

Description: Michele Howe and Lisa Anderson offered insights on many aspects of caregiving, including the difficulties of role-reversal in caring for an aging parent, differing expectations among siblings, the impact on marriage and the single person, the importance of community, and more.

Date: September 23

Airtime: 7:00 a.m.

Duration: 25:00

September 24

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Youth

Program: Focus on the Family

Description: Focus on the Family Vice President of Parenting and Youth Danny Huerta and author Jessie Minassian offered parents practical advice for teaching their kids about sex, puberty, and the many changes they'll experience during their teen years.

Date: September 30

Airtime: 7:00 a.m.

Duration: 25:00

Issue: Fall Prevention

Description: 60 public service announcements from the American Academy of Orthopedic Surgeons about making homes safer for seniors.

Date: July 1 – September 30

Airtime: Various

Duration: :30

Issue: See Something/Say Something

Description: 60 public service announcements from Homeland Security about the importance of reporting suspicious activity to local authorities.

Date: July 1 – September 30

Airtime: Various

Duration: :30

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