

Life Changing Radio



Issues/Programs List

WSDK, Bloomfield, CT

Period covered: 1st Quarter: January through March 2021

Issue: Fatherhood

Program: Family Talk

Description: Dr. James Dobson discussed the impact his dad had on his life and illustrated why boys and girls desire a meaningful relationship with their own fathers.

Date: January 1, 2021

Time: 10:30 a.m.

Duration: 25:00

Issue: Economy

Program: Rise and Shine

Description: An interview was aired with Scott Dolch, Executive Director of the Connecticut Restaurant Association about the disastrous effects of the pandemic on the restaurant industry. He stated that over 600 restaurants had closed and 85,000 restaurant employees were receiving unemployment in Connecticut, with the situation getting worse since the end of outdoor dining. He encouraged people to consider ordering takeout meals and buying gift cards to use in the future.

Date: January 2, 2021

Time: 10:00 a.m.

Duration: 10:00

Issue: Health

Program: Focus on the Family

Description: Wendy Speake, author of "The 40-day Sugar Fast," talked about some of the ways overcoming a sugar addiction improved her quality of life.

Date: January 4, 2021

Time: 7:00 a.m.

Duration: 25:00

Issue: Finances

Program: Family Talk

Description: Countless families have been financially blindsided by the 2020 pandemic. Author and personal finance expert, Rachel Cruze, shared what we can do to get back on our feet. She addressed people's anxieties and behaviors toward money and identified sound principles for becoming financially stable.

Date: January 5, 2021

Time: 10:30 a.m.

Duration: 25:00

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Issue: Marriage

Program: Family Talk

Description: Dr. James Dobson and Dr. Gary Smalley discussed marital issues and ways that pride and hurtful words eat away at relationships. Smalley also emphasizes the importance of honor, respect, and validation in every marriage.

Date: January 6, 2021

Time: 10:30 a.m.

Duration: 25:00

Issue: Finances

Program: Focus on the Family

Description: Deborah Pegues, author of "30 Days to Taming Your Finances," shared practical advice on lowering debt, saving strategically, and spending wisely.

Date: January 7, 2021

Time: 7:00 a.m.

Duration: 25:00

Issue: Addiction

Program: Family Talk

Description: Former baseball champion Darryl Strawberry discussed how the fame and fortune of being a professional athlete led him to a very destructive and harmful lifestyle. He talked with Dr. Tim Clinton about this dark season and how he was able to change his future.

Date: January 8, 2021

Time: 10:30 a.m.

Duration: 25:00

Issue: Racism

Program: Focus on the Family

Description: Dr. David Anderson, author of "Gracism: The Art of Inclusion," shared insight on how we can all help build bridges between races and bring peace, hope and justice to our communities.

Date: January 18, 2021

Time: 7:00 a.m.

Duration: 25:00

Issue: Mental Health

Program: In the Market with Janet Parshall

Description: Jason Hobbs, author of "When Anxiety Strikes: Help and Hope for Managing Your Storm," offered practical solutions for overcoming anxiety.

Date: January 19, 2021

Time: 6:00 p.m.

Duration: 55:00

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Issue: Education

Program: Focus on the Family

Description: Guy Dowd, Teacher of the Year Award recipient, discussed his childhood and how it helped shape the teacher he became.

Date: January 27, 2021 Time: 7:00 a.m.

Duration: 25:00

Date: January 28, 2021 Time: 7:00 a.m.

Duration: 25:00

Issue: Cultural Division

Program: Focus on the Family

Description: U.S. Senator James Lankford of Oklahoma talked about the storming of the U.S. Capitol on January 6 and how we can overcome division in our nation and move toward unity.

Date: January 29, 2021 Time: 7:00 a.m.

Duration: 25:00

Issue: Community Outreach

Program: Rise and Shine

Description: An interview was aired with Ryan Matthews of the Nutmeg chapter of Big Brothers/Big Sisters about Mentoring Month and the challenges of connecting with young people in the community virtually rather than in person.

Date: January 30, 2021 Time: 10:00 a.m.

Duration: 10:00

Issue: Parenting

Program: Focus on the Family

Description: Counselor Julie Lowe, author of "Child Proof: Parenting by Faith, Not Formula," offered encouragement and advice for parents on getting to know each of their children as individuals in order to help them embrace and develop their unique strengths.

Date: February 10, 2021 Time: 7:00 a.m.

Duration: 25:00

Issue: Racism

Program: Focus on the Family

Description: Host Jim Daly spoke with Dr. Shelby Steele, the Robert J. and Marion E. Oster Senior Fellow at the Hoover Institution, specializing in the study of race relations, multiculturalism, and affirmative action. Dr. Steele addressed racial division in America, comparing the civil rights movement of the 1960s to the campaign for social justice today.

Date: February 17, 2021 Time: 7:00 a.m.

Duration: 25:00

February 18, 2021 Time: 7:00 a.m.

Duration: 25:00

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Issue: Parenting

Program: Family Talk

Description: Author John Rosemond explained why parents need to limit TV, excessive toys, and focus on instilling respect, responsibility, and resourcefulness in their children.

Date: February 25, 2021

Time: 10:30 a.m.

Duration: 25:00

Issue: Youth

Program: Family Talk

Description: Former NFL player Steve Fitzhugh talked about his experience reaching out to kids who are surrounded by a culture of drugs, violence, and futility and helping them understand that, with the right kind of help and encouragement, they themselves have the power to change their lives.

Date: February 26, 2021

Time: 10:30 a.m.

Duration: 25:00

Issue: Community Outreach

Program: Rise and Shine

Description: An interview was aired with Prof. Alex Sitters and several students from Eastern Connecticut State University about a website they developed as a class project to help senior citizens in Eastern Connecticut secure a COVID-19 Vaccine appointment more easily.

Date: February 27, 2021

Time: 10:00 a.m.

Duration: 10:00

Issue: Conflict Resolution

Program: In the Market with Janet Parshall

Description: Dr. Linda Mintle, author of "We Need to Talk: How to Successfully Navigate Conflict," talked about how to reverse negative relationship patterns, let go of unresolved anger and set boundaries.

Date: March 3, 2021

Time: 6:00 p.m.

Duration: 55:00

Issue: Parenting

Program: Family Talk

Description: Young children have natural curiosity about the world around them, typically prompting a flood of questions. But with parents busier than ever, the danger is that we either ignore these questions or belittle them. Cheri Fuller, author of "Motivating Your Kids from Crayons to Careers," urged parents to take the time to affirm their child's desire to learn.

Date: March 8, 2021

Time: 10:30 a.m.

Duration: 25:00

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Program: Family Life Today

Description: In a three-part program, marriage expert Doyle Roth talked about ways parents can help their children if they find themselves in toxic marriages.

Date: March 15, 2021 Time: 11:30 am Duration: 25:00

Date: March 16, 2021 Time: 11:30 am Duration: 25:00

Date: March 17, 2021 Time: 11:30 am Duration: 25:00

Issue: Parenting

Program: Focus on the Family

Description: Linda Jacobs, author of "The Single Parent: Confident and Successful," offered encouragement and practical guidance to single parents.

Date: March 30, 2021 Time: 7:00 a.m. Duration: 25:00

Issue: COVID-19 Guidance

Description: 60 public service announcements were aired from the Centers for Disease Control (CDC) about reducing unnecessary travel to avoid the spread of COVID-19 and checking with local authorities for specific travel information and guidance. A website was given for more information

Date: January 1 – March 31, 2021 Airtime: Various Duration: :30

Issue: Texting and Driving

Description: 60 public service announcements were aired from the National Highway Traffic Safety Administration (NHTSA) about the danger of texting while driving. A website was given for more information.

Date: January 1 – March 31, 2021 Airtime: Various Duration: :30

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