

Life Changing Radio



Issues/Programs List

WSDK, Bloomfield, CT

Period covered: 1st Quarter, January through March, 2020

Issue: Child Abuse

Program: Family Talk

Description: Speaker and author, Dr. Carolyn Koontz opened up about her painful childhood that was scarred by feelings of abandonment and lack of love from her own parents. Koontz discussed how she was able to move on.

Date: January 1, 2020 Time: 11:30 p.m. Duration: 25:00

Issue: Health

Program: Focus on the Family

Description: Mary Beth Lagerborg, author of "Once-A-Month-Cooking," shared ways to save time on preparing healthy and nutritious family meals at home as an alternative to dining out, ordering takeout or buying prepackaged meals.

Date: January 2, 2020 Time: 7:00 a.m. Duration: 25:00

Issue: Finances

Program: Focus on the Family

Description: Deborah Smith Pegues, author of "The One-Minute Money Mentor for Women: 21 Strategies for Financial Empowerment," shared ways women can empower themselves by learning to manage finances wisely, saving regularly and setting financial goals.

Date: January 6, 2020 Time: 7:00 a.m. Duration: 25:00

Issue: Parenting

Program: In the Market with Janet Parshall

Description: Dr. Meg Meeker, author of "Raising a Strong Daughter in a Toxic Culture: 11 Steps to Keep Her Happy, Healthy, and Safe," talked about the challenges, pressures and dilemmas facing adolescent and teenage girls today and how parents can guide their daughters into womanhood while guarding against today's overwhelming social dangers.

Date: January 6, 2020 Time: 6:00 p.m. Duration: 55:00

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Issue: Mental Health

Program: Rise and Shine

Description: Host Al Kim spoke with Arnaldo Perez of Klingberg Family Centers in New Britain, Connecticut, about an upcoming free trauma and resilience training conference specifically designed for church leadership. The conference was led by a state certified instructor and funded by the Connecticut Department of Mental Health Services. Attendees were trained on how to better help people overcome adverse childhood experiences that often lead to lifelong mental health issues.

Date: January 18, 2020 Time: 10:00 a.m. Duration: 10:00

Issue: Parenting

Program: Focus on the Family

Description: Mark and Jan Foreman, authors of "Never Say No," talked about ways parents can change from simply managing behavior to having a more meaningful relationship with their children by exposing them to a wider world view and encouraging them to take risks.

Date: January 9, 2020 Time: 7:00 a.m. Duration: 25:00

Date: January 10, 2020 Time: 7:00 a.m. Duration: 25:00

Issue: Mental Health

Program: Family Talk

Description: Renowned psychiatrist and neuroscientist, Dr. Daniel Amen talked about his years of studying the brain and identified various threats to our mental health.

Date: January 15, 2020 Time: 11:30 p.m. Duration: 25:00

Issue: Health

Program: In the Market with Janet Parshall

Description: Dr. Linda Mintle, author of "Living beyond Pain: A Holistic Approach to Manage Pain and Get Your Life Back," talked about the whole person approach to pain management, addressing the physical and mental aspects of pain and providing alternative strategies that don't rely on opioids.

Date: January 15, 2020 Time: 6:00 p.m. Duration: 55:00

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Issue: Diversity

Program: Focus on the Family

Description: Dr. David Ireland, author of "What Color is Your God?" explained how to help foster racial and ethnic diversity and experience healthy cross-cultural relationships.

Date: January 20, 2020

Time: 7:00 a.m.

Duration: 25:00

Date: January 21, 2020

Time: 7:00 a.m.

Duration: 25:00

Issue: Mental Health

Program: In the Market with Janet Parshall

Description: Jean Holthaus, author of "Managing Worry and Anxiety: Practical Tools to Help You Deal With Life's Challenges," talked about why we experience anxiety and some skills we can develop to effectively manage it.

Date: January 22, 2020

Time: 6:00 p.m.

Duration: 55:00

Issue: Marriage

Program: In the Market with Janet Parshall

Description: Dr. David Clarke, author of "My Spouse Wants Out: How To Get Angry, Fight Back and Save Your Marriage," talked about ways to work towards saving a marriage and family being threatened by divorce.

Date: February 11, 2020

Time: 6:00 p.m.

Duration: 55:00

Issue: Parenting

Program: Focus on the Family

Description: In a discussion based on their book, "Parenting With Heart," counselors Stephen James and Chip Dodd encouraged parents to let go of perfectionism and to give themselves grace when they make mistakes.

Date: February 12, 2020

Time: 7:00 a.m.

Duration: 25:00

Issue: Parenting

Program: Focus on the Family

Description: Counselor Terra Mattson, author of "Being Daughters Rooted in Grace," talked about how our culture influences girls to doubt their sense of self-worth and develop a negative body image. She offered advice to parents on how to help their daughters cultivate healthy friendships and boost their self-image.

Date: February 24, 2020

Time: 7:00

Duration: 25:00

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Issue: Parenting

Program: Focus on the Family

Description: Ron and Jody Zappia, authors of “The Marriage Knot: 7 Choices That Keep Couples Together,” shared lessons from their own experience on how to strengthen and repair a marriage relationship

Date: February 26, 2020

Time: 7:00

Duration: 25:00

Issue: Technology

Program: In the Market with Janet Parshall

Description: Jason Thacker, author of “The Age of AI: Artificial Intelligence and the Future of Humanity,” talked about how we can make the choice whether to let technology like social media and smart speakers connect us with others or further isolate us.

Date: March 3, 2020

Time: 6:00 p.m.

Duration: 55:00

Issue: Parenting

Program: Focus on the Family

Description: Jonathan McKee, author of “The Teen’s Guide to Social Media,” offered advice to parents on how they can help their teen sons with some common issues, including social media, relationships, self-image and substance abuse.

Date: March 4

Time: 7:00 a.m.

Duration: 25:00

Issue: Mental Health

Program: In the Market with Janet Parshall

Description: Psychiatrist Dr. Daniel Amen, author of “The End of Mental Illness: How Brain Science Is Transforming Psychiatry and Helping Prevent or Reverse Mood and Anxiety Disorders, ADHD, Addictions, PTSD, Psychosis, Personality Disorders, and More,” talked about why people resist getting treatment for depression, addiction, and other health issues because of the stigma of mental illness and how a whole-person approach is the best type of treatment.

Date: March 4, 2020

Time: 6:00 p.m.

Duration: 55:00

Issue: Affordable Housing

Program: Family Talk

Description: Dr. Tim Clinton spoke with the Secretary of Housing and Urban Development, Dr. Ben Carson, to discuss how government and faith groups are working together to provide affordable housing and support for those who are less fortunate.

Date: March 16, 2020

Time: 11:30 p.m.

Duration: 25:00

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Issue: Covid-19

Program: Focus on the Family

Description: Dr. Francis Collins, Director of the National Institutes of Health, shared his expert knowledge about the coronavirus pandemic, highlighting what families need to know and encouraging listeners to respond to the crisis with common sense.

Date: March 19

Time: 7:00 a.m.

Duration: 25:00

Issue: COVID-19

Program: Rise and Shine

Description: An interview was aired with Dr. David Stevens, formerly with World Medical Mission and Tenwek Hospital in Kenya, about the emerging coronavirus pandemic. Dr. Stevens shared from his extensive knowledge and experience about how these viruses spread and what can be done to avoid infection.

Date: March 21, 2020

Time: 10:00 a.m.

Duration: 10:00

Issue: Lung Cancer

Description: 60 public service announcements were aired from the National Lung Cancer Round Table raising awareness of improved treatment and screening for lung cancer, the most common type of cancer in America. Listeners were urged to get a yearly CT scan if they have ever been regular smokers. A website was given for more information.

Date: January 1 – March 31, 2020 Airtime: Various Duration: :30

Issue: Teen Depression

Description: 60 public service announcements from the American Academy of Pediatrics were aired encouraging parents to learn to recognize the difference between typical teenage moodiness and persistent sadness and anxiety that might be signs of depression and to talk to a pediatrician with any concerns. A website was given for more information.

Date: January 1 – March 31, 2020 Airtime: Various Duration: :30

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