

Quarterly Issues

2020

January-March

Depression, Recovering from Tragedy, Mentorship, Arguing, Work and money, Hoarding, Empty Nest, Affordable Housing, Covid 19, Resolving Conflict, Financial Issues

First Quarter

Issue: Depression

Jan 3 According to mental health experts, 300 million people worldwide suffer from depression every year. Today, at 9:30 for 30 minutes we ran an interview with licensed counselor and author, Dr. Gregory Jantz. He discussed how depression can wreck a person's entire life and examine how genetics, diet and even technology can affect someone's mental health.

Issue: Recovering from Trauma

Jan 17 We aired a discussion with Lysa TerKeurst at 8:00 for 30 minutes. She discussed her book about struggling with life's hardships and unexpected tragedies that can often shatter a life. She offered several steps of how to begin a recovery.

Issue: Mentorship

Feb 5 We carried an interview with Joe White and Jon Gibson about mentoring folks who need or desire good role models.

Issue: Arguing

February 7 Ran an interview with Dr. Sharon May of Safe Haven Relationship Center on how to break the argument cycle in marriage. She unpacked what triggers arguments, and explained the ways anger and lack of vulnerability can erode a marriage, and what we can do to resolve disputes in your relationship.

Issue: Work and Money

February 11 Ran an interview with J.P. Pokluda, author of "Welcome to Adulthood," about helping young adults transition into the work world and learn to be financially responsible at 8:30 for 25 minutes.

Issue: Hoarding

February 17 In a discussion based on her book *The Clutter-Free Home*, Kathi Lipp offered insight into the emotional and spiritual issues that may be leading you to cling to stuff you don't need, and suggested practical ways to de-clutter. 8:00 for 25 minutes.

Issue: Empty Nest

February 27 Interviewed Jill Savage at 8:30 for 30 minutes about how to cope with the changes and set course in a family after the children have moved out.

Issue: Affordable Housing

March 16 In an interview with the Secretary of Housing and Urban Development, Dr. Ben Carson at 9:30 for 30 minutes to discuss how government and faith groups are working together to provide affordable housing and support for those who are less fortunate.

Issue: Covid 19

March 25 We carried a discussion at 8:30 for 30 minutes with Brian Goins and Ron Deal about navigating the changes to our work, school, and home lives during this time of pandemic and self quarantine.

Issue: Resolving conflict

March 27 At 8:00 for 25 minutes, we broadcast a discussion based on her book *The Argument-Free Marriage*, with Fawn Weaver. She explained how to reduce conflict with your spouse.

Issue: Financial Issues

March 31 At 6:00 we had financial experts receive calls and field questions from our listeners about personal finances, the economy, unemployment and other concerns.