

Life Changing Radio



Issues/Programs List

WARV-AM, Warwick, RI

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

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 Time: 8:00 a.m. and 8:30 p.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 Time: 8:00 a.m. and 8:30 p.m. Duration: 25:00

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 Time: 8:00 a.m. and 8:30 p.m. Duration: 25:00

Date: January 10 Time: 8:00 a.m. and 8:30 p.m. Duration: 25:00

Issue: Health/pandemics

Program: Weekend Magazine

Description: Dr. Steven Hatfill, virologist and principal author of '3 Seconds Until Midnight,' explained the history of flu in the U.S. and the potential dangers that often emanate from China. Dr. Hatfill is concerned that local governments and the nation's medical community are not doing enough to combat the flu, in order to prevent a possible pandemic. He explored the problem and offered advice on what should be done to better prepare for severe viral strains.

Date: January 11 Time: 9:00 a.m. Duration: 19:41

January 12 Time: 2:00 p.m. Duration: 19:41

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Issue: Assisted Suicide

Program: Janet Mefferd Today

Description: Quadraplegic and ministry leader Joni Eareckson Tada talked about her book, "When is it Right to Die?" The discussion centered on solid arguments for life-giving alternatives to assisted suicide, and the value of each person.

Date: January 15	Time: 1:00 p.m.	Duration: 24:00
January 16	Time: 1:00 a.m.	Duration: 24:00

Issue: Women

Program: Janet Mefferd Today

Description: Our culture saturates our daughters with unhealthy role models and misleads them on issues like sexual activity. Dr. Meg Meeker, associate professor of medicine at the Michigan State University College of Human Medicine, joined Janet to talk about it and her book, "Raising a Strong Daughter in a Toxic Culture."

Date: January 17	Time: 1:00 p.m.	Duration: 24:00
January 18	Time: 1:00 a.m.	Duration: 24:00

Issue: Mental Illness

Program: Weekend Magazine

Description: Holly Fenn, co-founder of "Reach One, Teach One, Love One," an organization she founded following the suicide death of her 14 year old son in 2008. The organization aims to help young people develop coping skills while dealing with depression and other mental illnesses in order to prevent suicide.

Date: January 18	Time: 9:00 a.m.	Duration: 18:14
January 19	Time: 2:00 p.m.	Duration: 18:14

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	Time: 8:00 a.m. and 8:30 p.m.	Duration: 25:00
Date: January 21	Time: 8:00 a.m. and 8:30 p.m.	Duration: 25:00

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Issue: Trauma/Grief

Program: Weekend Magazine

Description: Author Mike Caparelli discussed a tool he has developed for recovering from addictions, trauma, grief, loss and emotional setbacks. Any adverse circumstance has an impact on our brains, it affects us neuroscientifically and can alter our lives and personalities. His book, "Pen Your Pain Into Parables" shows a way for people to share their story in a way that brings healing and recovery.

Date: February 8 Time: 9:00 a.m. Duration: 17:10
February 9 Time: 2:00 p.m. Duration: 17:10

Issue: Parenting

Program: 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 Time: 8:00 a.m. and 8:30 p.m. Duration: 25:00

Issue: Seniors

Program: Weekend Magazine

Description: Linda Plante, Director of the Foster Grandparent Program of Rhode Island, explained the need for the program and the volunteer opportunities it offers seniors. Senior citizens are needed and wanted in local schools, daycare centers, headstart programs, and more, to provide help, support, mentoring and tutoring within the school settings. Their wisdom, guidance and friendship can be invaluable for children, many of whom are deprived of extended family relationships.

Date: February 15 Time: 9:00 a.m. Duration: 13:41
February 16 Time: 2:00 p.m. Duration: 13:41

Issue: Human Rights

Program: Weekend Magazine

Description: Dede Laugesen, Executive Director of Save the Persecuted Christians reported on the rising tide of anti-Christian violence worldwide. A record number of countries are engaging in more and more violent acts against Christians. Some of the most egregious examples are North Korea, Nigeria, and China, where more than 100 million Christians are subject to various forms of persecution from their own government. Groups are working to pressure many different stakeholders, including our own government, to get engaged on this issue.

Date: February 22 Time: 9:00 a.m. Duration: 19:18
February 23 Time: 2:00 p.m. Duration: 19:18

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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 Time: 8:00 a.m. and 8:30 p.m. Duration: 25:00

Issue: Government

Program: Weekend Magazine

Description: The Massachusetts Family Institute prepares citizens for a day of lobbying by holding educational sessions on a variety of family-oriented issues. MFI's Michael King explained. Some of these ideas may apply to Rhode Island.

Date: February 29 Time: 9:00 a.m. Duration: 20:40
March 1 Time: 2:00 p.m. Duration: 20:40

Issue: Elections

Program: Janet Mefferd Today

Description: A discussion of the prime Democrat candidates and how they might fare on 'Super Tuesday.' And a look at the future of the Democrat party.

Date: March 3 Time: 1:00 p.m. Duration: 24:00
March 4 Time: 1:00 a.m. Duration: 24:00

Issue: Youth

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: 8:00 a.m. and 8:30 p.m. Duration: 25:00

Issue: Business Leadership

Program: Weekend Magazine

Description: M.I.T. Professor Will Oliver explains what it takes to be an effective business leader, and how Christian businessmen & women can play an important role in the process.

Date: March 7 Time: 9:00 a.m. Duration: 20:47
March 8 Time: 2:00 p.m. Duration: 20:47

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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: 8:00 a.m. and 8:30 p.m. Duration: 25:00

Issue: Finances

Program: Janet Mefferd Today

Description: During the COVID-19 pandemic, the financial markets have seen dramatic swings, and unemployment has been climbing. Dan Celia, president and CEO of Financial Issues Stewardship Ministries, offered perspective and advice about how investors and savers should respond to the big changes in the American economy.

Date: March 19 Time: 1:00 p.m. Duration: 24:00
 March 20 Time: 1:00 a.m. Duration: 24:00

Issue: Health/Coronavirus

Program: Weekend Magazine

Description: Dr. Niki Snazell, biologist, physiotherapist and author, provided recommendations on ways to improve health and boost immune systems. Such measures will prepare our bodies to be better protected against the coronavirus and other ills. Nutrition, rest, meditation, and other choices can strengthen our physical health, which is also closely connected to our mental, emotional and spiritual health.

Date: March 21 Time: 9:00 a.m. Duration: 15:45
 March 22 Time: 2:00 p.m. Duration: 15:45

Issue: Health/Coronavirus

Program: Janet Mefferd Today

Description: Dr. David Stevens, CEO Emeritus of the Christian Medical and Dental Association, shared information and insight about the medical realities of COVID-19. He also discussed social realities and concerns.

Date: March 26 Time: 1:00 p.m. Duration: 12:00
 March 27 Time: 1:00 a.m. Duration: 12:00

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Issue: Children/Safety

Program: Weekend Magazine

Description: Dr. Sadiqa Kenda represented Safe Kids Worldwide to talk about the increased dangers for children at home during the coronavirus pandemic. 46,000 children under the age of 6 are seen in emergency rooms every year for medicine poisoning. Dr. Kenda explained the dangers and provided guidance for how to make sure prescription medicines, vitamins and over the counter remedies are safely stored and kept away from young children

Date: March 28

Time: 9:00 a.m.

Duration: 12:25

March 29

Time: 2:00 p.m.

Duration: 12:25

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