

KHMS Issues & Programs List

3rd Quarter 2023

7/1/2023 – 9/30/2023

During the 3rd quarter of 2023, the following issues were addressed in the corresponding programs listed:

PARENTING / CHILDRENS ISSUES

FOCUS ON THE FAMILY – In part one of a two part conversation, Psychologist Dr. Kenneth Wilgus, author of “Feeding the Mouth That Bites You”, offered parents a strategy of “planned emancipation” whereby they can help prepare their teens for adulthood.

Aired 7/5/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two part conversation, Psychologist Dr. Kenneth Wilgus, author of “Feeding the Mouth That Bites You”, continued discussion on a strategy for parents preparing their teens for adulthood by carefully and progressively withdrawing their control over key areas of their teen’s life.

Aired 7/6/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Arlene Pellicane, author of “Parents Rising” shares fun stories and power-packed research to encourage you with nuts-and-bolts reminders of strong parenting—teaching respect, instilling character, and spending intentional time with your children.

Aired 7/14/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Authors Robin Jones Gunn and Jenny Coffey discussed the value of Mom being the safest person in her daughter’s life, and the fact that a girl’s self-image and self-esteem will be profoundly impacted by how parents navigate this part of their relationship. This program included information from Robin’s book, “Before Your Tween Daughter Becomes a Woman: A Mom's Must-Have Guide”.

Aired 7/20/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Rhonda Stoppe, author of “Moms Raising Sons to Be Men”, and her son Brandon provided practical advice and encouragement for moms raising sons. They discussed discipline, equipping sons for independence, talking in ways that sons will listen, and giving boys a vision for manhood.

Aired 7/25/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the continuation of the previous days discussion, Rhonda Stoppe, author of “Moms Raising Sons to Be Men” and her son Brandon provided even more insight into equipping sons for independence, and giving boys a vision for manhood.

Aired 7/26/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Erin MacPherson and her mother, Ellen Schuknecht, an educator, offered encouragement and advice to moms of early grade school-aged children.

Aired 8/8/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Courtney Ellis, author of “Uncluttered: Free Your Space, Free Your Schedule, Free Your Soul”, invites families to follow her example by decluttering your lives, homes and schedules.

Aired 8/9/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of the previous days conversation, Courtney Ellis, author of “Uncluttered: Free Your Space, Free Your Schedule, Free Your Soul”, returns to discuss why too many screens & too much technology is a form of clutter — and how her kids would often see the back of her hand holding a phone instead of seeing her face.

Aired 8/10/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. Kevin Leman and Kim Trobee delved into the question of why the dad-daughter relationship matters, and how important it is to spend time and invest in this relationship wisely. This program included information from Dr. Leman’s book, “What a Difference a Daddy Makes: The Indelible Imprint a Dad Leaves on His Daughter's Life.”

Aired 8/16/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Kevin Leman and Kim Trobee return to discussed further how significant a dad’s influence is in a daughter’s life and how it impacts her future relationships. This program included information from Dr. Kevin’s book, “What a Difference a Daddy Makes: The Indelible Imprint a Dad Leaves on His Daughter's Life.”

Aired 8/17/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Janel Breitenstein talked about life skills like identity and discernment and offered practical ways to help your child develop those.

Aired 8/21/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Best-selling author Jonathan Catherman and his teen sons, Reed and Cole, gave encouragement to parents and kids who are worried about leaving behind the familiarity of elementary school to transition to middle school. Topics cover included dealing with bullies, relationship drama, communication with parents, and much more. This program included information from Jonathan’s book, “The Manual to Middle School: The " Do This, Not That" Survival Guide for Guys.”

Aired 8/25/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Focus on the Family Vice President of Parenting and Youth Danny Huerta and popular author Jessie Minassian offered parents practical advice for teaching their kids about puberty, sex, and the many changes they’ll experience during their teen years.

Aired 8/30/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Part 2 of the previous days discussion with Focus on the Family Vice President of Parenting and Youth Danny Huerta and popular author Jessie Minassian, sharing more practical advice for teaching their kids about puberty, sex, and the many changes they’ll experience during their teen years.

Aired 8/31/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Becky Baudouin offered helpful encouragement for moms. She examined some parenting platitudes that well-intentioned people say—such as “Enjoy every minute!” or “Being a mom is the hardest job in the world.” Becky bolstered moms in the thick of it and, as someone who’s been there”, offered them strength. This program included information from Becky’s book, “Enjoy Every Minute: And Other Ridiculous Things Mom Say.”

Aired 9/8/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Mark Gregston, grandfather of four, encouraged grandparents to be intentional in the lives of your teen grandchildren. Through storytelling, humor, time, and love, you can be a special influence on your grandkids and build a legacy of hope in your family. This program included information from Mark’s book, “Grandparenting Teens: Leaving a Legacy of Hope.”

Aired 9/19/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. Gary Chapman shared about creating a nurturing environment in your family. He discussed five important traits: families serving together, the husbands and wives relating intimately on a physical and emotional level, parents guiding, children in obeying and honoring parents, and finally, husbands loving and leading. This program included information from Gary’s book, “5 Traits of a Healthy Family: Steps You Can Take to Grow Closer, Communicate Better & Change the World Together.”

Aired 9/25/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Gary Chapman returned for a second day to further unpack five important traits: families serving together, the husbands and wives relating intimately on a physical and emotional level, parents guiding, children in obeying and honoring parents, and finally, husbands loving and leading. You’ll be inspired to help your family thrive. This program included additional information from Gary’s book, “5 Traits of a Healthy Family: Steps You Can Take to Grow Closer, Communicate Better & Change the World Together.”

Aired 9/26/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Because feelings can be confusing for kids to experience and express, Dr. Joshua Straub, author & President of “Famous at Home” talked about how to create a safe environment in your home, so that your children can express what they are feeling and learn how to manage their emotions.

Aired 9/29/23 at 8 pm 30 min.

HOMELESSNESS – POVERTY – HUMAN SUFFERING

Water for Hope

SOS Radio Community Engagement Coordinator Larry Nowak made contact with the Las Vegas Rescue Mission to check on the projected need for bottled water to provide for the homeless and needy who are served by the Mission every day of the year, as the need becomes tremendous when the hot Las Vegas summer arrives. SOS, with Larry’s information and leadership on the project, coordinated with the Mission and on June 28th the SOS DJs began sharing the need over the air, inviting listeners to use the SOS studios as a drop off point for donations of cases of water for the Rescue Mission. Our phones started ringing and it was clear that our listeners wanted to help. We called the effort “Water for Hope,” and set a goal of 500 cases of bottled water.

Between June 28th and July 17th, SOS DJs aired excerpts of conversations with Juan Salinas, Director of Social Services of the Salvation Army, 3 x per week, along with promoting the challenge throughout their shows in shorter, personal comments encouraging listeners to get involved. In addition, there was a produced :45 sec. spot that aired 153 times during those dates. The interview excerpts were 3-5 min. long, and aired between 6 am and 10pm Mon. – Sat.

As the effort was underway, the SOS DJs began communicating the details for those wanting to participate, and we began receiving walk-in donations of cases of water, as well as water delivered from Costco, Walmart, Amazon and more that had been purchased by listeners not just in Nevada, but response from California, Arizona, Utah, Idaho, Montana, and New Mexico.

By the time listeners stopped giving to the water drive, 1,736 cases, or 41,671 bottles had been given by people identifying SOS as their source of having learned about the water need to cover the Summer months.

Ravioli Roundup for the Lovewell Center

In July, Larry Nowak, along with the SOS Program director & Director of Donor Relations met with Jenny Bland, Director of Lovewell Center, Kathleen Khal, Executive Dir of the Hub: Lovewell Center, at the new and soon-to-be-opened location of the Lovewell Center, an organization that gives rescue, a welcoming and understanding environment to build relationships, food, clothing, personal-need items, etc., and a caring path to recovery to people experiencing homelessness and poverty, through an empowering model that encourages earning and participation. As discussion on how SOS might help our new neighbors began (their new facility is 3 blocks from our studios in the inner-city, where we share a desire to help) as they open their doors to the public for the first time. As talks progressed, we learned that canned ravioli, with pop tops, was a food item most-in-demand within the homeless population. We determined that stocking the pantry shelves of the Lovewell Center was an effort we believed SOS listeners would catch the vision for and get involved with.

SOS Radio, with Larry's information and leadership coordinated with the Lovewell Center, and we began sharing the need over the air. We invited listeners to use the SOS studios as a drop off point for donations of cases of canned ravioli to fill their pantry shelves with this favorite food item for the constituents without a kitchen of their own. We took to the airwaves with the invitation to participate with donations, and our phones started ringing. Again, it was clear that our listeners wanted to help. Cases of ravioli began arriving at our studios within an hour of the first DJ mention, and continued until September 23rd. On that date, we set up the radio station tent and invited listeners to stop by a grocery store event between 10 am and 3 pm to drop off their ravioli, where 2,867 cans were donated at the store on that day alone. Many shoppers chose to bring cases to our booth at the entrance to the store as they left with their own groceries.

All efforts combined, local drop-offs at the SOS Radio, as well as ravioli delivered from Walmart, Sam's Club, Smith's Food King & Amazon, by listeners in California, Arizona, Utah, Idaho, Montana, and New Mexico, there were 8,324 cans of ravioli placed in the pantry of the Lovewell Center through the generosity of listeners who said they gave because they heard about the need on SOS Radio.

FOCUS ON THE FAMILY – When it comes to helping the needy, you may feel overwhelmed and underqualified. Chris Marlow, author of “Doing Good is Simple”, described how you can make a difference in the lives of others by starting out small and using your passion and talents.

Aired 7/3/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Peter Mutabazi shared his journey from street kid to foster dad. As a young kid on the streets of Kampala, Uganda, Peter’s life changed when one man showed compassion and kindness. Now he’s giving back, opening his home to children in foster care. The discussion focused on how you can come alongside kids in need. The conversation included information from Peter’s book, “Now I Am Known: How a Street Kid Turned Foster Dad Found Acceptance and True Worth.”

Aired 9/22/23 at 8 pm 30 min.

RACIAL DIVISION, INEQUALITY, INJUSTICE

FOCUS ON THE FAMILY – Award winning singer Larnelle Harris, author of “Shaped Notes: How Ordinary People With Extraordinary Gifts Influenced My Life and Career”, described how he healed from the dysfunctional past of his parents, and how the many African-American teachers in his life sacrificed their time and energy to give a young men like himself a better future.

Aired 7/17/23 at 8 pm 30 min.

ADDICTION

FOCUS ON THE FAMILY – In part one of a two part conversation, Robyn Dykstra discussed her life working as a Playboy Bunny, which eventually led her to a life of drugs, alcohol, and abuse. She eventually married. Then, in an instant, everything changed. That one moment triggered a chain reaction of unwanted challenges, and her life would never be the same.

Aired 7/27/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of Robyn Dykstra’s story, she told how her life changed after losing two husbands, and how she persevered through many challenges. She told the story of overcoming her addictions and finding freedom to live life on a path of personal peace, strength and meaning.

Aired 7/28/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Victor Torres told his dramatic story of growing up on the streets of New York City as a gang member and a heroin addict, and how he overcame addiction. He identified some signs of substance abuse and offered some first steps toward hope and healing for an addicted loved one. This program included information from Victor’s book, “Reaching Your Addicted Loved One: Help and Hope for Those Battling Substance Abuse.”

Aired 8/18/23 at 8 pm 30 min.

NEWS/Information

KHMS is an affiliate of the SRN News.

The News schedule is as follows:

Monday – Friday

12 am midnight - 3 min.

5:55 am - 3 min.

7 am - 3 min.

8 am - 3 min.

11 am – 3 min.

12 pm – 3 min.

3 pm – 3 min.

6 pm – 3 min.

9 pm – 3 min.

Saturday

12 am - 3 min.

5 am - 3 min.

6 am - 3 min.

7 am - 3 min.

12 pm – 3 min.

3 pm – 3 min.

5 pm – 3 min.

Sunday

Noon – 3 min.

MARRIAGE

FOCUS ON THE FAMILY – Dr. Ron and his wife Jan Welch talked about couples learning to communicate well, choosing forgiveness and unselfishness, and challenging unspoken truths. If couples can learn to show respect, honor and love each other, a good deal of their conflict will go away. They shared information found in Ron’s book, “10 Choices Successful Couples Make”

Aired 7/7/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. Gary Chapman offered seven principles that will radically transform your relationship with your in-laws. By learning and practicing these basic communication skills, you build and strengthen the connection you have with your spouse’s parents and siblings. This program included information from Gary’s book, “Happily Ever After: Six Secrets to a Successful Marriage”.

Aired 7/12/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of the previous days conversation, Dr. Gary Chapman continued his conversation about seven principles that will radically transform your relationship with your in-laws. He explained that it’s not an overnight process, but a journey that revives and improves any relationship. This program included information from Gary’s book, “Happily Ever After: Six Secrets to a Successful Marriage”.

Aired 7/13/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Carey and Toni Nieuwhof discussed how their marriage wasn’t always happy and filled with love. There was a time when they were on the brink of divorce, and though they tried to make amends, they kept falling into a cycle of fighting, anger and distance. This program included information from Toni’s book, “Before You Split: Find What You Really Want for the Future of Your Marriage”.

Aired 7/18/23 at 8 pm 30 min.

FOCUS ON THE FAMILY –Carey and Toni Nieuwhof’s returned to discuss how today, they can’t imagine considering divorce. Through their honest and vulnerable stories and advice, they encouraged couples considering divorce to save their marriages and take a path toward healing. This program included information from Toni’s book, “Before You Split: Find What You Really Want for the Future of Your Marriage”.

Aired 7/19/23 at 8 pm 30 min.

FOCUS ON THE FAMILY –Ted Lowe, author of “Us in Mind: How Changing Your Thoughts Can Change Your Marriage”, helped listeners better understand how a shift in your thoughts toward yourself and your spouse can give you a healthier and more loving marriage. He explained that looking at your spouse differently, you’ll learn ways to examine your mindset and embrace a positive perspective.

Aired 7/24/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Gil and Brenda Stuart, authors of “Restored and Remarried” offered advice and hope to remarried couples as they address the difficult challenges stepfamilies face.

Aired 8/2/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Gil and Brenda Stuart, authors of “Restored and Remarried”, returned to offer further advice and hope to remarried couples as they went deeper into the conversation about the difficulties faced by the challenges stepfamilies face.

Aired 8/3/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. David Gudgel shared to equip couples to have successful and enjoyable marriages. He encouraged couples to intentionally work on three areas to improve their relationship. This program included information from Dr. David’s book, “Enjoy Your Marriage More: Three Keys to a Great Marriage”.

Aired 8/11/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Ron and Jan Welch help husbands and wives better understand the power of choice in their marriages and how they can be intentional in improving and strengthening their relationships. In this discussion, they focused on the power of choosing to hope, letting go of the past, not taking your spouse for granted, and commitment. This program included information from Dr. Ron’s Book, “10 Choices For a Better Marriage: How to Work Through Struggles and Increase Joy Today”.

Aired 8/14/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Debra Fileta, author of “Choosing Marriage”, explained how marriage requires unconditional love and sacrifice. She urged couples to embrace a selfless “we”-mindset over the more common self-focused perspective.

Aired 8/22/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Greg and Erin Smalley shared about their own struggles and joys in connecting in marriage. The Smalleys outlined some great practical ways in which spouses can better relate on a spiritual level.

Aired 9/1/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – When you get married, you look forward to the ways you and your spouse can take on the grind of life full force. But what happens when *your spouse* becomes the grind? Author Ted Cunningham shared information found in his book, “Greater Joy TWogether: A 52 Week Marriage Devotional.” He described how you can learn to communicate well with your spouse, leading to a more joy-filled marriage.

Aired 9/5/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Gary Thomas, author of “A Lifelong Love,” talked about how couples can intentionally pursue oneness in marriage. He explored how to reduce expectations for your spouse & how to find your confidence.

Aired 9/20/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of the previous days conversation, Gary Thomas, author of “A Lifelong Love,” returned to give more insight into the concept of couples pursuing oneness in marriage.

Aired 9/21/23 at 8 pm 30 min.

PHYSICAL AND MENTAL HEALTH

FOCUS ON THE FAMILY – Born legally blind, Karen Wingate saw her life from what she would describe as “an industrial-strength shower curtain”. Karen lived her life without sight as a wife and a mom until, at fifty-five years of age, she went into surgery and came out with her vision miraculously restored! In this conversation she explained how she started to view God, creation, and her own life differently in light of the miracle happening in her life. This program included information found in Karen’s book, “With Fresh Eyes: 60 Insights into the Miraculously Ordinary From a Woman Born Blind”.

Aired 7/11/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation on suicide, Sarah Robinson shared her struggle with suicidal ideation and depressive thoughts that plagued her soul. She shared practical help to those facing this struggle.

Aired 9/12/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of the conversation with Sarah Robinson, she shared further about her struggle with suicidal ideation and depression that plagued her soul, as she gave more practical help to those in the challenge of this life-and-death battle.

Aired 9/13/23 at 8 pm 30 min.