

KHMS Issues & Programs List

1st Quarter 2023

1/1/2023 – 3/31/2023

During the 1st quarter of 2023, the following issues were addressed in the corresponding programs listed:

FINANCIAL STABILITY

FOCUS ON THE FAMILY – In part one of a two-part discussion on being wise with your money during a crisis, author Michelle Singletary discussed wise money management during the economic downturn. She talked about the basics of getting out of debt, budgeting, and saving when money is tight in a discussion based on her book, “What To Do With Your Money When a Crisis Hits: A Survival Guide.”

Aired 1/11/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In conclusion of a two-part discussion on being wise with your money during a crisis, author Michelle Singletary discussed more on wise money management during the economic downturn. She talked further about the basics of getting out of debt, budgeting, and saving when money is tight in a discussion based on her book, “What To Do With Your Money When a Crisis Hits: A Survival Guide.”

Aired 1/12/23 at 8 pm 30 min.

MARRIAGE

FOCUS ON THE FAMILY – In part one of a two-part discussion on uncovering the secrets to a happy marriage, author Shaunti Feldhahn offered insights on what makes for a happier, more fulfilling marriage relationship in a discussion based on her book, “The Surprising Secrets of Highly Happy Marriages.”

Aired 1/2/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part two of a discussion on uncovering the secrets to a happy marriage, author Shaunti Feldhahn offered additional insights on what makes for a happier, more fulfilling marriage relationship in a discussion based on her book, “The Surprising Secrets of Highly Happy Marriages.”

Aired 1/3/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Authors and marriage coaches Dave and Ashley Willis encouraged couples to be completely open and honest with their spouse about “private” struggles they may face, like depression or a secret addiction. They asserted that transparency leads to a better marital relationship in a discussion based on their book, “Naked and Healthy: Uncover the Lifestyle Your Mind, Body, Spirit and Marriage Need.”

Aired 1/18/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first of a two-part discussion, author Katharine Hill, Director of Care for the Family in England, offered couples helpful reminders for cultivating a thriving marriage in a discussion based on her book, “If You Forget Everything Else, Remember This: Building a Great Marriage.”

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

FOCUS ON THE FAMILY – In the second of a two-part discussion, author Katharine Hill, Director of Care for the Family in England, offered couples helpful reminders for cultivating a thriving marriage in a discussion based on her book, “If You Forget Everything Else, Remember This: Building a Great Marriage.”

Aired 1/24/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In this interview, authors Rick and Tiffany Bulman shared how their marriage was restored after Rick discovered Tiffany was having an affair. This discussion was based on their book, “Mended: One Couple's Journey From Betrayal to Imperfect Beauty.”

Aired 2/1/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion on how to stay in love with your spouse, authors Greg and Erin Smalley discussed the importance of couples prioritizing time together and connecting on a deeper emotional level. They stressed the importance of physical intimacy in marriage in a discussion based on their book, “Crazy Little Thing Called Marriage: 12 Secrets for a Lifelong Romance.”

Aired 2/13/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part two of a two-part discussion on how to stay in love with your spouse, authors Greg and Erin Smalley discussed even more of the importance of couples prioritizing time together and connecting on a deeper emotional level. They stressed the importance of physical intimacy in marriage in a discussion based on their book, “Crazy Little Thing Called Marriage: 12 Secrets for a Lifelong Romance.”

Aired 2/14/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first of a two-part discussion on “Combating the Lies That Can Destroy Your Marriage,” Drs. Greg Smalley and Bob Paul described how cultural myths and fairy-tale expectations about marriage have a detrimental effect on couples, and how knowing and applying truth can help those couples develop a thriving marriage. The conversation included material from the book, “9 Lies That Will Destroy Your Marriage,” by Robert Paul, Greg Smalley.

Aired 3/6/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion on “Combating the Lies That Can Destroy Your Marriage,” Drs. Greg Smalley and Bob Paul talked more about how cultural myths and fairy-tale expectations about marriage have a detrimental effect on couples, and how knowing and applying truth can help those couples develop a thriving marriage. The conversation included material from the book, “9 Lies That Will Destroy Your Marriage,” by Robert Paul, Greg Smalley.

Aired 3/7/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first of a two-part discussion on “Answering Questions About Sex in Marriage,” author Shaunti Feldhahn and professional sex therapist Dr. Michael Sytsma joined the show to discuss common questions that married couples ask about physical intimacy.

Aired 3/16/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion on “Answering Questions About Sex in Marriage,” author Shaunti Feldhahn and professional sex therapist Dr. Michael Sytsma joined the show to discuss common questions that married couples ask about physical intimacy.

Aired 3/17/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In a conversation on “Creating a Marriage Full of Love and Laughter,” Lisa Jacobson and Phylicia Masonheimer discussed a series of experiments created to rekindle their connection with their husbands. Through simple acts of love and kindness, these women were able to start a chain reaction that resulted in happier, stronger marriages. They shared material from their book, “The Flirtation Experiment: Putting Magic, Mystery and Spark Into Your Everyday Marriage.”

Aired 3/22/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion, author Gary Thomas described what it means to truly cherish your spouse, offering practical advice to help you build a more satisfying and fulfilling marriage in a discussion based on his book, “Cherish: The One Word That Changes Everything For Your Marriage.”

Aired 3/27/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of the two-part discussion based on his book, “Cherish: The One Word That Changes Everything For Your Marriage,” author Gary Thomas described what it means to truly cherish your spouse, offering more practical advice to help you build a more satisfying and fulfilling marriage in a discussion based on his book, “Cherish: The One Word That Changes Everything For Your Marriage.”

Aired 3/28/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first of a two part conversation on “Restoring the Broken Pieces of Our Lives,” Elisa Morgan shares stories of brokenness from her own family to assure other wives and mothers that God uses tragedy to create beauty here on earth.

Aired 3/29/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two part conversation on “Restoring the Broken Pieces of Our Lives,” Elisa Morgan shared additional stories of brokenness from her own family to assure other wives and mothers that God uses tragedy to create beauty here on earth.

Aired 3/30/2023 at 8 pm 30 min.

NEWS/INFORMATION

KHMS 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.

PARENTING

FOCUS ON THE FAMILY – In part one of a two-part discussion on the joys and challenges of parenthood, author Katharine Hill offered practical advice and encouragement to parents of young children. She recommended to stop trying to be a “superhero” parent and don’t compare your family to others in a discussion based on her book, “If You Forget Everything Else, Remember This: Parenting in the Primary Years.”

Aired 1/4/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part two of a two-part discussion on the joys and challenges of parenthood, author Katharine Hill offered additional practical advice and encouragement to parents of young children. She recommended to stop trying to be a “superhero” parent and don’t compare your family to others in a discussion based on her book, “If You Forget Everything Else, Remember This: Parenting in the Primary Years.”

Aired 1/5/23 at 8 pm 30 min.

1/6/23 8:41 am Robert Forbes spoke with Adam Holz from Plugged In Movie Review about the new movie MEGAN and the content that parents might want to consider before taking their children, including how technology can have harmful effects on our children if not closely monitored. 3 min.

FOCUS ON THE FAMILY – In this broadcast, author Kyle Idleman discussed developing a mentality of compassion for others, using your words and actions to reach those in need, and loving those who many would deem “unlovable”. This discussion was based on his book, “One at a Time: The Unexpected Way God Wants to Use You to Change the World.” Aired 1/6/23 at 8 pm 30 min.

1/9/23 7:44 am Robert Forbes talked with author and artist Francesca Battistelli about what she’s found helpful in dealing with the challenges of being a working mom of 6, while managing her career in music. 4 min.

FOCUS ON THE FAMILY – In this broadcast, Dr. Miles Mettler recommended that parents “ask for permission” to talk to their kids – rather than barging in and interrupting what they’re doing. He explained that this models respect and how parents want their kids to approach them. Aired 1/9/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Jolene Philo suggested listeners discover how to use love languages to express love to your child with special needs, as well as their siblings and your spouse. This discussion was based on her book, “Sharing Love Abundantly in Special Needs Families.” Aired 1/10/23 at 8 pm 30 min.

1/13/23 6:35 am Robert Forbes talked with Adam Holz from Plugged In Movie Review, provided as a parenting resource. They talked about movies that debuted in theaters this week, providing information for parents in making educated decisions on which movies to take their kids. This interview re-aired on the same date at 8:38am for 4 min.

1/20/23 6:38 am Robert Forbes had a discussion with Adam Holz from Plugged In Movie Review about the new film, "Missing," and the content of that movie, including the danger that technology can present. Adam discussed the new release "The Sun," and the fact that this film deals with major depression. This film deals with self-harm, suicide and dark subject matter. This interview re-aired on the same date at 8:35 am. 3 min.

1/23/23 7:37 am Robert Forbes talked about parenting teen girls and the number one thing they usually hide from their parents - stress. Robert took a call from one listener about how to show them love and invite them to share their feelings. American Psychological Association was mentioned during this discussion. 2 min.

FOCUS ON THE FAMILY – In a discussion based on her book, “I Can’t Believe You Just Said That!,” author Ginger Hubbard offered parents a three-step plan for effectively dealing with their children’s back talk, whining, and lying. She also stressed the importance of dealing with matters of the heart, rather than simply addressing outward behavior. Aired 1/25/23 at 8 pm 30 min.

1/27/23 6:36 am Robert Forbes talked with Paul Asay from Plugged In Movie Review about the new movie “Left Behind: Rise of the Antichrist” and whether this film is family friendly or not. Paul talked about how the directors of this film have shifted the focus of this movie to fit modern day pop culture, including social media and political references and the COVID lock down. This interview re-aired on the same date at 8:34 am for 3 min.

FOCUS ON THE FAMILY – In this episode, a panel of parents joined Jim Daly and John Fuller to discuss preparing their children for the teen years and adulthood.

Aired 1/27/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion on making parenting fun, author Doug Fields shared humorous stories about his own parenting journey, and offered nuts-and-bolts ideas on how to raise children who display confidence, good moral character and convictions, compassion, and competence. This discussion was based on his book, “Intentional Parenting: 10 Ways to Be an Exceptional Parent in a Quick-Fix World.”

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

FOCUS ON THE FAMILY – In part two of a discussion on making parenting fun, author Doug Fields shared more humorous stories about his own parenting journey, and offered additional nuts-and-bolts ideas on how to raise children who display confidence, good moral character and convictions, compassion, and competence. This discussion was based on his book, “Intentional Parenting: 10 Ways to Be an Exceptional Parent in a Quick-Fix World.”

Aired 1/31/23 at 8 pm 30 min.

2/1/23 7:10 am Robert Forbes talked with author and artist Mark Hall from Casting Crowns about establishing parental authority in the home and how to help you kids open up to the benefits of spending time at church. Churches are doing so much to find ways to keep kids interested and engaged as they form relationships with kids they meet at church. He also talked about navigating a blended family and establishing healthy communication and respect for one another in the home when parents have differing views. 3 min.

2/3/23 6:38 am Robert Forbes spoke with author and movie critic Paul Asay from Plugged In Movie Review about what’s new at the movies, and information for parents on content that they might want to know about as they make choices on what makes sense for their kids before deciding what to see at the theater.

This interview re-aired on the same date at 8:35 am. 3 min.

FOCUS ON THE FAMILY – As a mom of seven and wife of NFL veteran Benjamin Watson, author Kirsten Watson reminded listeners to embrace their own identity and trust God through the everyday-ness of motherhood in a discussion based on her book, “Sis, Take a Breath: Encouragement for the Woman Who's Trying to Live and Love Well (But Secretly Just Wants to Take a Nap).”

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

FOCUS ON THE FAMILY – In part one of a two-part discussion on helping your daughter become a confident woman, Dr. Meg Meeker outlined the powerful influence that fathers have on their daughters, especially when it comes to counteracting the negative influences of our culture. This discussion was based on her book, “Strong Fathers, Strong Daughters.”

Aired 2/16/23 at 8 pm 30 min.

2/17/23 6:38 am Robert Forbes talked with author and movie critic Paul Asay from Plugged In Movie Review, a parenting resource for entertainment information, about the new movie releases this week, as well as what to expect in upcoming movies. 3 min.

This interview re-aired on the same date at 8:36 am.

FOCUS ON THE FAMILY – In conclusion of a two-part discussion on helping your daughter become a confident woman, Dr. Meg Meeker outlined the powerful influence that fathers have on their daughters, especially when it comes to counteracting the negative influences of our culture. This discussion was based on her book, “Strong Fathers, Strong Daughters.”

Aired 2/17/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first part of a two-part discussion, author Roland Warren offered help and encouragement for single moms with boys. He described the importance of acknowledging loss and seeking healing in a discussion based on his book, “Sons of Promise: A Guide for Single Mothers of Boys.”

Aired 2/20/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the second part of a two-part discussion, author Roland Warren offered help and encouragement for single moms with boys. He talked more about the importance of acknowledging loss and seeking healing in a discussion based on his book, “Sons of Promise: A Guide for Single Mothers of Boys.”

Aired 2/21/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first part of a conversation on having a “Game Plan for Raising Well-Behaved Children,” Psychologist and best-selling author Dr. Kevin Leman explained how to avoid common parenting mistakes and implement “reality discipline,” in which real-life consequences teach children rather than you lecturing, reminding or rescuing them. He included material from his book, “Making Children Mind Without Losing Yours.”

Aired 3/1/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a conversation on having a “Game Plan for Raising Well-Behaved Children,” Psychologist and best-selling author Dr. Kevin Leman explained more about how to avoid common parenting mistakes and implement “reality discipline,” in which real-life consequences teach children rather than you lecturing, reminding or rescuing them. He included additional material from his book, “Making Children Mind Without Losing Yours.”

Aired 3/2/2023 at 8 pm 30 min

RACIAL RECONCILIATION, DIVERSITY and UNITY

FOCUS ON THE FAMILY – In the first part of a two-part discussion on reaching across cultural divides, Dr. David Ireland explained how we can help foster racial and ethnic diversity, and experience cross-cultural relationships in healthy ways. This discussion was based on his book, “One in Christ: Bridging Racial & Cultural Divides.”

Aired 1/16/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the second part of a two-part discussion on reaching across cultural divides, Dr. David Ireland explained more ways we can help foster racial and ethnic diversity, and experience cross-cultural relationships in healthy ways. This discussion was based on his book, “One in Christ: Bridging Racial & Cultural Divides.”

Aired 1/17/23 at 8 pm 30 min.

PHYSICAL AND MENTAL HEALTH

1/9/23 7:19 am Robert Forbes spoke with artist Anne Wilson about the danger of comparing yourself to other people and how damaging that can be to young girls. She talked about the meaning behind her song, "Hey Girl," and how mentorship and friendship can be tremendously healing for women struggling with identity issues. 2 min.

1/13/23 6:45 am Robert Forbes talked with artist Lauren Daigle about reaching out to people who are struggling, showing them empathy and sympathy and letting them know you care. They talked about communicating to other people that there is hope. We do a better job at life when we know we have someone cheering us on, so there was encouragement to be that person for someone. The experiences we go through can define us, and there really is a way to find purpose as we reach out to help those around us. 6 min.

FOCUS ON THE FAMILY – Radio host and author Brant Hansen discussed the importance of humility and forgiving others in a discussion based on his book, "Unoffendable: How Just One Change Can Make All of Life Better."

Aired 1/13/23 at 8 pm 30 min.

1/17/23 3:31 pm Chalmer Harper gave information on a free medical clinic to be held at Cornerstone Church. They're set to provide a variety of services that aren't always affordable, and therefore, unattainable. The clinic helped to give health, healing, and wellness where it is most needed. 2 min.

FOCUS ON THE FAMILY – Author and war veteran Chad Robichaux shared the story of nearly being captured by the Taliban in Afghanistan to make an important life-point: when we are at a critical juncture in our life, we need to recognize that fact and then make a move. He calls it being "on the X." Chad went on to share how he almost committed suicide while suffering PTSD and encouraged his audience to fight against suicidal thoughts. He concluded by describing how a mission to save his Afghan interpreter turned into a huge evacuation of anyone targeted by the Taliban after American forces left Afghanistan. This discussion was based on his book, "Saving Aziz: How the Mission to Help One Became a Calling to Save Thousands."

Aired 1/26/23 at 8 pm 30 min.

2/3/23 6:49 am Robert Forbes talked with author Lysa TerKerust about finding purpose in our pain and how the pain we experience can re-direct our lives. 5 min.

2/13/23 7:47 am Robert Forbes spoke with author and artist Stephen Curtis Chapman about the death of his five-year-old daughter, and how he and his wife dealt with their grief, held onto hope and continue to serve God. 5 min.

2/20/23 6:47 am Robert Forbes talked with author Max Lucado about how to respond when hurtful things happen in your relationships at church, and you decide to reject all church contact. He explained that when hurt happens at church, the value of adopting a mindset shift that can bring you freedom instead of going through deep emotional shutdown and separation from all of the encouragement and peace that you go to church for in the first place. He pointed out that there are people in the places you go, even church, who need to benefit from knowing you, and that'll only happen when you don't shut yourself down. This interview re-aired on the same date at 8:47 am. 4 min.

2/27/23 6:56 am Robert Forbes shared an interview with author and brain surgeon Dr. W. Lee Warren. They talked about how he found his "center" and reason to keep pressing on again after tragically losing his son. Dr. Warren also talked about understanding the difference between feelings and facts, and finding the strength to choose to keep moving forward. 3 min.

2/7/23 6:56 am Robert Forbes talked with author and artist Jason Roy about making perseverance an intentional part of your personal development, encouraging listeners to fight for their dreams. He discussed the concept of not allowing a backup plan, but staying focused on making changes in what separates you from your goals and persevering through to experience your dreams as the hard work pays off. 4 min.

FOCUS ON THE FAMILY – In the first part of a two-part discussion, author Debra Fileta talked about the importance of finding your identity and living with emotional boundaries before you begin serious relationships, and understanding your own boundaries as you begin making those new relationships. This discussion was based on her book, “True Love Dates: Your Indispensable Guide to Finding the Love of Your Life.”

Aired 2/9/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the second and concluding part of the discussion with author Debra Fileta she talked more in-depth about the importance of finding your own identity and living with emotional boundaries before you begin serious relationships, and understanding your own boundaries as you begin making those new relationships. This discussion was based on her book, “True Love Dates: Your Indispensable Guide to Finding the Love of Your Life.”

Aired 2/10/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Robertson McQuilkin, who resigned from his presidency of Columbia International University to care for his wife, shared the lessons he learned about true love as he provided full-time care for Muriel for over a decade. In a conversation titled “Love in the Midst of Alzheimer’s,” he told how Muriel began repeating her stories without realizing it. Alzheimer’s disease had begun its insidious attack and would ultimately take over her mind. Her husband left his prestigious career behind to care for her full-time. It was a decision that had been made in his heart, years earlier, when he vowed “in sickness or in health.” An amazing story of love and commitment to a vow, told in his book, “A Promise Kept.”

Aired 3/3/2023 at 8 pm 30 min.

FOCUS ON THE FAMILY – In a discussion on life after tragedy entitled “Trusting God That Hope is On the Way,” Grammy award-winning artist Toby Mac shared about the power of faith, family, and music, as he encouraged listeners to try trusting God in the worst of circumstances. He shared about the tragic loss of his oldest son to an accidental drug overdose, and the dark valley his family has walked through while holding onto their hope in God.

Aired 3/15/2023 at 8 pm 30 min.