

KHMS Issues & Programs List

2nd Quarter 2023

4/1/2023 – 6/30/2023

During the 2nd quarter of 2023, the following issues were addressed in the corresponding programs listed:

JOBS/the ECONOMY

FOCUS ON THE FAMILY – Bob and Linda Lotich provide valuable advice on how to learn to be on the same team when it comes to managing money. They also discuss how to navigate conflict that can come about because of differing money personalities. This discussion included information from Bob's book, "Simple Money, Rich Life: Achieve True Financial Freedom & Design A Life of Eternal Impact"
Aired 6/12/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Drs. Gary Chapman and Paul White, authors of "Rising Above a Toxic Workplace: Taking Care of Yourself in an Unhealthy Environment", talked about how to recognize a toxic work environment and understand how that can affect you mentally and emotionally. They also addressed the impact it has on families, as they equipped listeners to establish healthy boundaries, as well as empower them if they need to leave harmful jobs.
Aired 6/19/23 at 8 pm 30 min.

PARENTING / CHILDRENS ISSUES

FOCUS ON THE FAMILY – In part one of a two-part discussion, Emily Colson, author of "Dancing With Max: A Mother and Son Who Broke Free", talked about the challenges of being a single parent raising an autistic son. She explained how she has changed through the years of struggling with painful situations she's encountered in public, where people have been rude or hostile to Max because he is not acting "normally". She shared some of the things she's learned about her own strength, as well as lessons she's learned from being Max's mom.
Aired 4/3/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion, Emily Colson, author of "Dancing With Max: A Mother and Son Who Broke Free," shared more hope and perspective for parents of special needs kids.
Aired 4/4/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first of a two-part discussion, Psychologist Michael Anderson and Dr. Timothy Johanson explained how many parents waste time and energy on parenting strategies that don't work, and offered practical suggestions for more effectively disciplining children and raising them to become satisfied & well-adjusted adults. This program included information from Michael and Timothy's book, "GIST: The Essence of Raising Life-Ready Kids"
Aired 4/13/23 at 8 pm 30 min .

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion, Psychologist Michael Anderson and Dr. Timothy Johanson continued to delve into how many parents' waste time and energy on parenting strategies that don't work. This program included information from Michael and Timothy's book, "GIST: The Essence of Raising Life-Ready Kids"
Aired 4/14/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Crystal Paine, author of "The Time Saving Mom: How to Juggle a Lot, Enjoy Your Life, and Accomplish What Matters Most", shared her four-step system that can help moms feel less frazzled and have more room to breathe in your everyday life.
Aired 4/25/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part conversation, Psychologist Michael Anderson and Dr. Timothy Johanson discuss better ways to communicate with your children. They advised parents to adopt a more hands-off approach that lets natural consequences teach their children. This program included information from Michael and Timothy's book, "GIST: The Essence of Raising Life Ready Kids"
Aired 5/1/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part conversation, Michael Anderson and Dr. Timothy Johanson encouraged parents to stop trying so hard to raise "perfect" kids by lecturing, reminding and warning them. This program included information from Timothy's book, "GIST: The Essence of Raising Life Ready Kids"
Aired 5/2/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Jon and Dawn Stone gave their perspective as temporary parents to children in the foster care system as well as described how having grace will change their lives as well as your own. Focus on the Family President Jim Daly joined his wife Jean who shared some heartwarming stories from her time fostering.
Aired 5/3/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In a conversation based on Dr. Greg Smalley's book, "Fight Your Way: How Healthy Conflict Can Take You to Deeper Level of Intimacy," Dr. Smalley offered parents practical advice on teaching children responsibility by giving them age-appropriate chores.
Aired 5/5/23 at 8 pm 30 min.

5/16/23 5:00 pm Chalmer Harper spoke with Dawn Prendes about Henry's Place, a Summer Camp, founded in honor of her husband and Fallen Officer Henry Prendes from the Metro Police Department. They discussed the need for and requirements for those interested in becoming counselors, and the opportunity for disadvantaged kids to attend as campers at no charge this Summer. 2 min.

FOCUS ON THE FAMILY – In the first of a two-part discussion, author Julie Lowe helped parents equip your child to face the challenges and dangers the world poses. By teaching discernment, kids learn to navigate a variety of potentially dangerous circumstances. This program included material from Julie’s book, “Safe Guards: Shielding Our Homes and Equipping Our Kids”
Aired 5/16/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion, Julie Lowe further encouraged parents to have conversations and role play with our kids about certain situations like sleepovers, sexting, and cyberbullying. This program included information from Julie’s book, “Safe Guards: Shielding Our Homes and Equipping Our Kids”
Aired 5/17/23 at 8 pm 30 min.

5/18/23 4:05 pm Chalmer Harper spoke with Debbie Kaye from Cornerstone Christian Academy about the type of curriculum that Cornerstone uses. The discussion included conversation about the upgrades the school has installed for safety as well. 2 min.

FOCUS ON THE FAMILY – Dr. David Gudgel, author of “Just One More Thing: Before You Leave Home”, discussed how to talk with your kids ahead of their facing the tough situations they’ll navigate as they spend time away from you as they grow, dealing with balancing moral dilemmas, relational harmony, etc
Aired 5/22/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Ginger Hubbard, author of, “I Can’t Believe You Just Said That!” helps parents reach the heart of their child in reaching them, how to teach your children to resolve conflict, instead of arguing or tattling. Additionally, she outlined the benefits of teaching in the context of the moment.
Aired 5/25/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Remembering Fallen Heroes and Their Families. On a very touching Memorial Day broadcast, Heather Blalock courageously shares about her journey with her children, after the loss of her husband, and offers hope and encouragement to other military families as we remember them this Memorial Day. This program included information from Heather’s book, “Faith, Hope, Love and Deployment”
Aired 5/29/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Jonathan McKee, the author of “Parenting Generation Screen: Guiding Your Kids to be Wise in a Digital World” asks the questions, “are the screens that you’re using improving your connections with other people? Or are you becoming more isolated?” What about the screens that your children use? Jonathan McKee’s discusses his perspective on how to trim down the screen usage that is distracting us from better things, like spending time with our family.
Aired 6/5/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Jim Daly author of “The Good Dad: Becoming the Father You Were Meant to Be”, discusses honoring Dad’s impact on my life. Fathers make time to laugh and play games, even when it’s inconvenient.

Aired 6/16/23 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 – Bob Lepine, author of “Building a Stronger Marriage: The Path to Oneness”, gave insight & suggestions on how to strengthen your marriage. He talked about the value of living with honesty about past hurts, working through conflict, and asking forgiveness when you’ve wronged each other. It’s a viewpoint that sees marriage not as 50-50, but 100-100, and adopting a determination of working toward oneness with your spouse.

Aired 4/6/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Phil and Kay Robertson shared the story of the tumultuous first years of their marriage and how they found ways to make changes in their relationship by working on themselves individually. This program included information from Phil’s book, “Happy, Happy, Happy.”

Aired 04/10/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Part one of a conversation with Jim Burns, author of “Finding Joy in the Empty Nest.” He shared information from his book to give advice to those entering the “empty nest” stage of life.

Aired 4/18/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Jim Burns, author of “Finding Joy in the Empty Nest” returned for the conclusion of his conversation providing hope for your marriage, your friendships, and your future as you prepare for the empty nest.

Aired 4/19/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Sally Clarkson described many of the overwhelming “storms” or challenges that wives and mothers face in life. She was surprised and angry over unexpected troubles in her marriage and family, yet over time began to realize these storms were a training ground for her personal growth. The conversation included information from her book, “Help, I’m Drowning: Weathering the Storms of Life with Grace and Hope.”

Aired 4/21/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one, Bob and Dannah Gresh shared how sexual infidelity nearly destroyed their marriage, and how they found restoration and love again in their relationship.

Aired 4/26/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of the conversation with Bob and Dannah Gresh, they shared practical concepts like opening up and sharing emotions, setting boundaries, and learning to forgive and trust.

Aired 4/27/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Part one of a conversation with author Jodie Berndt who explained how each of us is responsible for our own approach to how to work with different personalities, conflict over finances, and coming together through a season of difficulty in marriage.

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

FOCUS ON THE FAMILY – In the conclusion of the two-part conversation, Jodie Berndt continued the discussion on working through conflicts over finances, and coming together through difficult times.

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

FOCUS ON THE FAMILY – In part one of a two-part conversation, Bill and Pam Farrel, authors of “Men Are Like Waffles Women Are Like Spaghetti: Understanding and Delighting in Your Differences”, discussed the different approaches men and women take on challenges in marriage and how knowing more about those differences can help keep a marriage together.

Aired 5/18/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part conversation, Bill and Pam Farrel, authors of “Men Are Like Waffles Women Are Like Spaghetti: Understanding and Delighting in Your Differences”, continue to discuss practical marital advice on how spouses can understand one another’s differences and even appreciate them. The Farrels discussed communication challenges couples face.

Aired 5/19/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Mark Savage, author of “I Really Messed Up” and wife Jill Savage, author of “My Heart is Broken” discussed how they navigated issues of infidelity in their marriage and found their way to reconciliation.

Aired 5/24/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Based on their book, “Marriage in Transition: Creating Connection Through Uncontrollable Change,” Sean and Lanette Reed shared their story of getting married, having three kids and moving multiple times within their first two years of marriage. They shared insight and practical tips on how to learn to face struggles and difficulties head-on as a team.

Aired 6/2/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion, Matt and Lisa Jacobson discussed ways to serve each other well in your marriage, through choosing the way you think about our spouse and cherishing them through every season of life. This program included information from Lisa and Matt’s book, “Loving Your Husband/Wife Well.”

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

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion, Matt and Lisa Jacobson returned to discuss more about how making your marriage last through the years is possible! This program included information from Lisa and Matt’s books, “Loving Your Husband/Wife Well.”

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

FOCUS ON THE FAMILY – In part one of a discussion on growing your marriage in times of stress, Milan and Kay Yerkovich help you understand how your attachment style impacts the way you relate to stress. This program included information from Milan and Kay’s book, “How We Love: Discover Your Love Style, Enhance Your Marriage”

Aired 6/22/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion Milan and Kay Yerkovich return to go deeper into how you can use stressful situations as opportunities to grow closer to your spouse. This program included information from their book, “How We Love: Discover Your Love Style, Enhance Your Marriage.”

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

PHYSICAL AND MENTAL HEALTH

FOCUS ON THE FAMILY – In part-one of a two-part discussion on her book, “Habits to Own Your Thoughts, Understand Your Feelings, and Change Your Life”, Debra Fileta made suggestions on how people can experience change in healthy ways. She warned about the typical pattern of changing a few externals in our lives but not working on our “internal wiring.”

Aired 4/11/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part-two of a discussion on her book, “Habits to Own Your Thoughts, Understand Your Feelings, and Change Your Life,” Debra Fileta went into more depth about our thought life and how easy it is for our brains to follow the path of least resistance. Aired 4/12/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Scarlet Hiltibidal helped educate parents about the beauty- and body-obsessed mindset that many teen girls struggle with. She gave insights and advice to parents on how to help strengthen their daughter’s ability to counter negativity and know their daughters ability to develop personal confidence and inner strength. This program included information from Scarlet’s book, “He Numbered the Pores on My Face: Hottie Lists, Clogged Pores, Eating Disorders, & Freedom from It All.” Aired 4/17/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – If you suffered some type of abuse as a child, unless you’ve dealt with them, chances are those wounds still need healing. In this dynamic presentation, Pastor Sy Rogers explained how he finally recognized he had to forgive his father, who abandoned him in the aftermath of his mother’s tragic death. He forgave the man who sexually molested him during that time. After dealing with these devastating wounds, Sy found healing, and now speaks to others struggling with similar challenges. Aired 04/20/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In a discussion on her book, “A Mind of Their Own: Building Your Child's Emotional Wellbeing in a Post-Pandemic World”, Katharine Hill gave moms and dads hope, and encouraged them to be a powerful influence of emotional stability and resilience in their lives of their own kids. Aired 4/28/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part conversation, Dr. Gregory Jantz, author of “Healing Depression for Life: The Personalized Approach that Offers New Hope for Lasting Relief”, a leading authority on mental and behavioral health, shared encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. Aired 5/10/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the second of a two-part conversation, Dr. Gregory Jantz, author of “Healing Depression for Life: The Personalized Approach that Offers New Hope for Lasting Relief,” shared success stories from patients who’ve found hope and healing for mind, soul and body, by developing healthy habits, growing spiritually in your faith community, and taking prescribed medication when appropriate. Aired 5/11/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Chrystal Evans Hurst, author of “She's Still There: Rescuing the Girl in You” talked about the importance of women realizing the importance to believe that it’s never too late to re-discover your identity and reclaim those dreams from long ago. Aired 5/15/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first of a two-part discussion, Dr. Kathy Koch, author of “Five to Thrive: How to Determine If Your Core Needs Are Being Met” emphasized the necessity of having trustworthy friends who can help you meet your needs in healthy ways, and even learning to trust yourself.

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

FOCUS ON THE FAMILY – In the second of the two-part discussion with Dr. Kathy Koch, author of “Five to Thrive: How to Determine If Your Core Needs Are Being Met,” she went deeper into discuss trusting yourself and how to grow and learn from your mistakes. She also emphasizes the need for hope and optimism, instead of negativity, in order to be healthy and whole.

Aired 5/31/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Kari Kampakis, author of “More Than a Mom: How Prioritizing Your Wellness Helps You (And Your Family) Thrive” discusses why self-care is a good thing. As a younger mom, Kari didn’t believe in rest. She was full-throttle doing everything she could for her kids. But over time, she recognized the need for healthy rhythms to bring her life back into balance and observed how the older we get, the more our body dictates what we can and cannot do.

Aired 6/26/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two-part discussion, Dr. Tony Evans and Lisa Anderson, hosts of The Boundless Show, discussed the purposeful, fulfilling life you can have when you’re connected in community with others.

Aired 6/27/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of a two-part discussion, Dr. Tony Evans and Lisa Anderson, hosts of The Boundless Show, discussed in greater depth, the more fulfilling & satisfying life you can have when you’re connected in community with others.

Aired 6/28/23 at 8 pm 30 min.

General

FOCUS ON THE FAMILY – Renowned author and social critic Dr. Os Guinness discussed the moral crossroads facing America and challenged listeners to build on seven foundational stones to preserve freedom. Pointing to the faith and prayers of the Founding Fathers, such as George Washington, Dr. Guinness outlined a path to saving America from decline. This program included information from his book, “Zero Hour America: History's Ultimatum over Freedom and the Answer We Must Give.”

Aired 5/4/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the first of a two-part discussion, Lee Strobel examined why our culture chases immortality and how we want to make a name for ourselves that survives the test of time. Material was included from his book, “The Case for Heaven: A Journalist Investigates Evidence for Life After Death.”

Aired 6/14/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – The conclusion of the previous day’s conversation with Lee Strobel who shared evidence for the existence of the soul—and how science actually backs that up. He shared a glimpse into what heaven looks like through the eyes of those who have had near-death experiences. This program included information from Lee’s book, “The Case for Heaven: A Journalist Investigates Evidence for Life After Death.”

Aired 6/15/23 at 8 pm 30 min.