

## KHMS Issues & Programs List

### 4<sup>th</sup> Quarter 2023

10/1/2023 – 12/31/2023

During the 4<sup>th</sup> quarter of 2023, the following issues were addressed in the corresponding programs listed:

#### **PARENTING / CHILDRENS ISSUES**

FOCUS ON THE FAMILY – Karis Kimmel Murray discussed the importance of parents staying calm when kids are misbehaving, and encouraging them to look for the reason behind the behavior, including naming bad behavior and teaching the behavior you want to see. She ended with insights into children’s “currency” and age-appropriate consequences. This program included information from Karis’s book, “Grace Based Parenting: How to Be at Your Best When Your Kids Are at Their Worst.”

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

FOCUS ON THE FAMILY – Cynthia Tobias and Sue Acuña addressed why the middle school season of parenting is challenging and how parents can adapt to the changes in an effective way. There was special emphasis on the importance of keeping communication open through listening, observing and understanding. This program included information from Cynthia and Sue’s book, “Middle School: The Inside Story.”

Aired 10/17/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author and speaker Brad Formsma addressed the topic of generosity and how it can improve your life. He explained how to have a giving mindset, and shared the importance of modeling generosity to your children. He made the point that it goes beyond money: you can be generous with your thoughts, your words, your time, your influence, your attention, and your stuff. He encouraged doing “generosity projects” with your kids so that they can experience the blessings of selflessness. His son Drew joined the conversation to talk about how parents can build this message into their children in a way that draws them in. This program included information from Drew and Brad’s book, “Everyday Generosity.”

Aired 10/27/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. Ken Wilgus encouraged parents to show their teens more respect and to communicate with their teens the same way they would another adult. This program included information from Ken’s book, “Feeding the Mouth That Bites You: A Complete Guide to Parenting Adolescents and Launching Them Into the World.”

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

FOCUS ON THE FAMILY – Dr. Ken Wilgus returns to conclude his conversation by encouraging parents to relax a little bit, back off from micromanaging, and treat their teen more like a budding adult. This program included information from Ken’s book, “Feeding the Mouth That Bites You: A Complete Guide to Parenting Adolescents and Launching Them Into the World.” Aired 10/31/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Jean Daly and Jilliana Goble described some of the common challenges of foster parenting, such as feeling overwhelmed, not knowing how past trauma affects behaviors today, loving children and giving them back to their bio parents, dealing with extra stress in your marriage and family and being stretched out of your comfort zone. This program included information from Jilliana’s book, “A Love-Stretched Life: Stories on Wrangling Hope, Embracing the Unexpected, and Discovering the Meaning of Family.” Aired 11/15/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Jean Daly and Jilliana Goble continue their conversation about some of the common challenges of foster parenting, such as feeling overwhelmed, not knowing how past trauma affects behaviors today, loving children and giving them back to their bio parents, dealing with extra stress in your marriage and family and being stretched out of your comfort zone. This program included information from Jilliana’s book, “A Love-Stretched Life: Stories on Wrangling Hope, Embracing the Unexpected, and Discovering the Meaning of Family.” Aired 11/16/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. Kathy Koch examines the importance of character in your child’s life and ways you can nurture and develop it. This program included information from Kathy’s book, “Parent Differently.” Aired 11/20/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Kathy Koch returned to go deeper into your child’s core needs and some solid strategies for teaching character. This program included additional information from her book, “Parent Differently.” Aired 11/21/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – With forty years in the TV business and from personal experience, David Murrow understands the negative effects from overuse of screens. He discussed positive and negative uses of various media and offered great practical advice for parents in guiding your children and managing screens in your home. This program included information from David’s book, “Drowning in Screen Time.” Aired 11/24/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Authors Robin Jones Gunn and Jenny Coffey encouraged Moms in how to be the safest person in your daughter’s life, where the conversation about life and development can be ongoing. A girl’s self-image and self-esteem will be profoundly impacted by how parents navigate their child’s first exposure to sexuality, and Robin and Jenny described how moms can initiate the “sex talk” conversation with their daughters. This program included information from Robin’s book, “Before Your Tween Daughter Becomes a Woman: A Mom’s Must-Have Guide.”

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

FOCUS ON THE FAMILY – In part one of a two part conversation, Rhonda Stoppe and her son Brandon provided practical advice and encouragement for moms raising sons. This program included information from Rhonda’s book, “Moms Raising Sons to Be Men.”

Aired 12/6/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Rhonda Stoppe and her son Brandon returned to share more about how to equip sons for independence, talking in ways that sons will listen, and giving boys a vision for manhood. This program included additional information from Rhonda’s book, “Moms Raising Sons to Be Men.”

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

FOCUS ON THE FAMILY – Crystal Paine shared her four-step system that can help moms feel less frazzled and have more room to breathe in your everyday life. She says that moms should pray for their day, prioritize their goals, plan out their time, and prep for new routines. This program included information from Crystal’s book, “The Time Saving Mom.”

Aired 12/19/23 at 8 pm 30 min.

## **ECONOMY/JOB/STABILITY**

FOCUS ON THE FAMILY – Deborah Smith Pegues talked specifically to women, equipping them in suggestions to manage finances wisely in a discussion based on her book, “The One-Minute Money Mentor for Women: 21 Strategies for Financial Empowerment.”

Aired 10/9/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Kathi Lipp offered practical suggestions for planning your family’s Christmas celebration so that it can be budget-friendly and, stress-free. The conversation included information from her book, “Get Yourself Organized for Christmas: Simple Steps to Enjoying the Season.”

Aired 11/9/23 at 8 pm 30 min.

## **HOMELESSNESS – POVERTY – HUMAN SUFFERING**

FOCUS ON THE FAMILY – Chad Robichaux is an American hero who works to support American heroes worldwide. Save Our Allies, a coalition he created, was born out of his commitment to save his interpreter from the Taliban takeover in Afghanistan. The team he assembled felt called to rescue thousands more, saving Americans, allies, and those who were vulnerable. This program included information from Chad’s book, “Saving Aziz: How the Mission to Help One Became a Calling to Rescue Thousands from the Taliban.”

Aired 11/10/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Chaplain Bill Goodrich described the vibrant opportunity to befriend the elderly in your community. He shared his heart for this forgotten generation of valuable people who deserve our love and attention. This program included information from Bill’s book, “Nursing Home Ministry: Where Hidden Treasures Are Found.”

Aired 12/22/23 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. David Deets told the story of the four miscarriages he experienced with his wife. Recognizing the lack of resources for men dealing with miscarriages, he wrote, “When Men Have Miscarriages” to help families through these difficult times. In this conversation, he talked about how men like him, and those he has walked alongside often feel disconnected from the pregnancy their wives are experiencing and have trouble expressing their own grief about miscarriage.

Aired 10/13/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – A conversation with marriage and family coaches Dave and Ann Wilson on how the way you handle conflict can make or break any relationship, especially a marriage. They outlined a clear plan to help you engage in constructive conflict, to prevent resentment from damaging your marriage. This program included information from their book, “Vertical Marriage: The One Secret That Will Change Your Marriage.”

Aired 10/20/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – A conversation with Author, Counsellor and Speaker Kari Trent Stageberg and her husband Joey discussed some proven techniques to navigate the times in a marriage when differences emerge – they call it a “Merge Moment.” This moment allows a couple to come together despite their differences. Only 31% of differences are solvable, which means that couples need to be proactive and intentional when navigating and even celebrating their differences. Joey and Kari suggested being particularly observant about trigger moments and giving each other time to process those situations. This program included information from Kari’s book, “The Merge for Marriage: Turning Frustration and Disunity into Closeness and Commitment.”

Aired 11/14/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, author & relationship expert Dr. Gary Chapman discussed his book, “The Marriage You’ve Always Wanted.” He talked in-depth about how affairs begin, about being encouraged to invest in your marriage, and the better choice we can make when faced with the opportunity of fanning the flames of infatuation with someone else.

Aired 11/29/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In the conclusion of the previous day’s conversation, Dr. Gary Chapman returned to continue his conversation about his book, “The Marriage You’ve Always Wanted.” He emphasized the importance of knowing and using your spouse’s love language to keep your commitment to your marriage strong.

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

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. Greg and Erin Smalley discussed the importance of couples prioritizing time together, connecting on a deeper emotional level. This program included information from their book, “Crazy Little Thing Called Marriage: 12 Secrets for a Lifelong Romance.”

Aired 12/4/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Greg and Erin Smalley returned for the reminder of their conversation on the importance of physical intimacy in marriage; urging men to care for their wives and encouraging women to commit themselves to intimacy. This program included information from Dr. Greg and Erin’s book, “Crazy Little Thing Called Marriage: 12 Secrets for a Lifelong Romance.”

Aired 12/5/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Ted Lowe shared helpful information to better understand how a shift in your thoughts toward yourself and your spouse can give you a healthier and more loving marriage. This program included information from Ted’s book, “Us in Mind: How Changing Your Thoughts Can Change Your Marriage.”

Aired 12/26/23 at 8 pm 30 min.

## **PHYSICAL AND MENTAL HEALTH**

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. John Trent and his daughter, Kari Trent Stageberg, provided strategies for moving toward health, freedom, and life. They shared a framework for overcoming past pain and challenges. This program included information from their book, “Where Do I Go from Here?”

Aired 10/3/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In conclusion of the previous day’s conversation, Dr. John Trent and his daughter, Kari Trent Stageberg, returned to share more of their strategy for overcoming past pain and challenges. This program included additional information from their book, “Where Do I Go from Here?”

Aired 10/4/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Lynsi Snyder, the owner and president of the In-N-Out Burger Company shared a personal story of how her father’s struggles with drugs and alcohol addiction ultimately took his life when she was 17 years old. This tragedy created a huge hole in her heart for love and affirmation. After multiple marriages, when she felt trapped in a pit of despair, God met her there, and she recognized His love and acceptance, restoring her sense of identity in His love. That was when she met her husband Sean, and they based their marriage on a foundation of prayer.

Aired 10/18/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Conclusion of the conversation with Lynsi Snyder, the owner and president of the In-N-Out Burger Company about living through her father’s suicide, her own failed marriages, then meeting her husband Sean, and focusing their marriage on a foundation of prayer.

Aired 10/19/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Matthew Stanford offered a compassionate look at mental illness, which affects one in five teens and adults in the United States. He discussed the need for overcoming the stigma of reaching out for help and encouraged the church community to offer hope and healing for families with loved ones suffering with mental health issues.

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

FOCUS ON THE FAMILY – Dr. Mike Bechtle helped listeners learn to navigate difficult conversations and stressful conditions with friends and family so you can enjoy being with people at get-togethers and social occasions. He shared some practical ways to cope and get along better within appropriate boundaries. This program included information from Mike’s book, “People Can't Drive You Crazy If You Don't Give Them the Keys.”

Aired 11/22/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – As a full-time comedian, Kenn Kington works hard to see the funny side of life. As he travels, situations arise that can produce frustration or laughter, and Kenn talked about the importance and empowerment in the conscious decision to choose joy whenever possible.  
Aired 12/11/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Lysa TerKeurst talked about the death of her marriage and how she had to place boundaries in her life to protect her own mental and emotional well-being. This program included information from her book, “Good Boundaries and Goodbyes.” Aired 12/20/23 at 8 pm 30 min.

FOCUS ON THE FAMILY – Lysa TerKeurst returned to offer more insight and encouragement to those needing to find emotional stability by establishing boundaries with others. This program included information from Lysa’s book, “Good Boundaries and Goodbyes.”  
Aired 12/21/23 at 8 pm 30 min.