

## Quarterly Issues

2019

### January-March

**Childhood Obesity, Saving Marriage from Divorce, Internet Safety, Teen Pregnancy, Healing from Infidelity, Overcoming Addiction, How to resolve Conflict, Moving Forward in Life, Bullying, Anger, Getting off Welfare,**

#### First Quarter

##### **Issue: Childhood obesity**

Jan 3 We ran an interview with Ali Elliot, a registered and licensed Dietitian, discussing the increase in childhood obesity over the last 30 years, due to unhealthy diets and lack of exercise at 9:30 for 30 minutes. She discussed the theoretical level of how the breakdown of the family unit has impacted diet and nutrition, and on a practical level, what kids should be eating daily through the 5-2-1-0 principle.

##### **Issue: Saving Marriage from Divorce**

Jan 8 We carried Focus on the Family from 8:00-8:30 am, and the guest speaker was Dr. David Clarke. He offered hope for troubled marriages as he outlined a practical plan for breaking destructive habits and rebuilding the relationship, even if only one spouse is committed to doing so. This discussion is based on his book *I Don't Want a Divorce: A 90-Day Guide to Saving Your Marriage*.

##### **Issue: Internet Safety**

Jan 10 We carried Family Talk at 9:30 for 30 minutes. Dr. Dobson spoke with Donna Rice Hughes, President and CEO of Enough is Enough, an organization determined to make the internet a safer place.

##### **Issue: Teen pregnancy**

Jan 22 We ran a 30 minute interview at 7:30pm with Amy Ford and Joanna Brown talking about the struggles they experienced as a result of being pregnant and unmarried during their teen years, and offered hope and encouragement to young women facing similar challenges today.

##### **Issue: Healing from Infidelity**

Jan 29 We carried a session between Dr. Tim Clinton and marriage and family therapist, Dr. Sheri Keffer. They discussed the emotional and spiritual wounds adultery causes, and shared

how she suffered through unfaithfulness in her own marriage. They offered a suggestions for others to begin to heal from similar personal experiences.

### **Issue: Overcoming Addiction**

Feb 5 We broadcast an interview with Dr Archibald Hart, Professor at Fuller Theological Seminary, at 9:30 for 30 minutes about overcoming addictions.

### **Issue: How to resolve Conflict**

We carried a discussion with Dave Wilson and his wife, Ann at 8:30 for 30 minutes. Ann's family background included loud fights, which was a far contrast from Dave, who learned at an early age not to rock the boat. Together they share what they've learned over the years about the finer points of conflict, and how to resolve issues.

### **Issue: Moving Forward in Life**

March 1 Dr Carolyn Koons, Azusa Pacific University, discussed how when we experience difficult and painful times in life, we can find purpose and move on with life.

### **Issue: Bullying**

March 8 Carried a 30 minute interview at 8:30 am with Jonathan McKee, author of "The Bullying Breakthrough." McKee explained the difference between real-time bullying and cyber-bullying, and he encouraged parents to delay their child's involvement with social media and Smartphones, both of which are avenues for bullying. McKee advised parents to discuss proper phone usage early on with their kids and to focus more on training than on correction and reproof.

### **Issue: Anger**

March 18 We broadcast a 30 minute discussion at 8:00am with Tricia Goyer. She offered parents practical advice to help their kids deal with anger issues in a discussion based on her book *Calming Angry Kids: Help and Hope for Parents in the Whirlwind*.

### **Issue: Getting off Welfare**

March 28 We carried a 30 minute presentation by Star Parker, author of *Uncle Sam's Plantation* and founder and president of The Center for Urban Renewal and Education. She opened up about overcoming her past of poverty, addiction, and crime, and how others can overcome as well.