



**Life Changing Radio**  
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## Issues/Programs List

WDER-AM, Derry, NH

WDER-FM, Peterborough, NH

Period covered: 1<sup>st</sup> Quarter, January - March, 2023

Issue: Parenting

Program: Focus on the Family

Description: Katharine Hill, author of "If You Forget Everything Else, Remember This: Parenting in the Primary Years," shared advice for parents of young children. She recommended that parents stop trying to be perfect and stop comparing themselves to others.

Date: January 4, 2023

Time: 8:00 am & 8:30 pm

Length: 25 minutes

Issue: Mental Health

Program: In the Market with Janet Parshall

Description: Laurel Slade-Waggoner, author of "Don't Let Their Crazy Make You Crazy: How to Stay Sane and Strong when the Narcissist in Your Life is Trying to Control or Abuse You," talked about ways to recognize and avoid controlling relationships.

Date: January 4, 2023

Time: 6:00 pm

Length: 54 minutes

Issue: Race Relations

Program: Focus on the Family

Description: A two-part program featuring Dr. David Ireland. Dr. Ireland told stories from his past where he was subject to racial discrimination and how he works now to urge harmony between people; both at his church and the world.

Date: January 16, 2023

Time: 8:00 am

Length: 25 minutes

Date: January 17, 2023

Time: 8:00 am

Length: 25 minutes

Issue: The Arts

Program: Life Changing Radio's Weekend Magazine

Description: Interview with award winning actor and founder of the New York based Fellowship for Performing Arts, Max McLean. Mr. McLean talked about his latest film, the successful "The Most Reluctant Convert: The Untold Story of C.S. Lewis.

Date: January 22, 2023

Time: 12:30 pm

Length: 10 minutes

Issue: Parenting

Program: Focus on the Family

Description: A panel of parents talked about ways to help your child during transitional phases; from childhood to the teen years and teen to adult

Date: January 27, 2023

Time: 8:00 am

Length: 25 minutes

Issue: Abortion

Program: In the Market

Description: Host Janet Parshall looked back at the history of abortion in America. While many believe that the fight over abortion began in this country in the 70's with



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the Roe V. Wade Decision, this program looked back as far as the 17<sup>th</sup> century, when Americans were arguing over the right to abortion.

Date: January 30, 2023

Time: 6:00 pm

Length: 54 minutes

Issue: The Holocaust

Program: Life Changing Radio's Weekend Magazine

Description: Through famous speeches, news reports and testimony from those who were imprisoned in German concentration camps, this program looked at the suffering of those whose lives were forever changed. This program coincided with the observation of International Holocaust Remembrance Day 2023

Date: February 4, 2023

Time: 12:30 pm

Length: 26 minutes

Issue: Blended Families

Program: Family Life Today

Description: Blended family expert Ron Deal examined the relationship between biological mothers and step-mothers. He concluded that while it is normal for there to be friction between them, it is important for them to coexist for the sake of the children. He offered some advice for women in these positions to improve their relations.

Date: February 6, 2023

Time: 11:00 am

Length: 25 minutes

Issue: Stress

Program: Family Life Today

Description: Lisa Whittle, author of "God Knows: When Your Worries and Whys Need More Than Temporary Relief," shared practical advice on simplifying many aspects of life to reduce stress.

Date: February 9, 2023

Time: 11:00 am

Length: 25 minutes

Date: February 10, 2023

Time: 11:00 am

Length: 25 minutes

Issue: US History

Program: Life Changing Radio's Weekend Magazine

Description: In celebration of President's day, this program looked at President John Kennedy in what is the 60<sup>th</sup> Anniversary of his death. Two particular speeches were highlighted, including his inaugural address and his address to the nation on civil rights

Date: February 18, 2023

Time: 12:30 pm

Length: 26 minutes

Issue: Mental Health

Program: Family Life Today

Description: Tim Kimmel, author of "The High Cost of High Control," talked about various types and causes of controlling behavior, from passive manipulation to aggressive control, and how to escape from an abusive situation.

Date: February 20, 2023

Time: 11:00 am

Length: 25 minutes

Date: February 21, 2023

Time: 11:00 am

Length: 25 minutes



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Issue: : Alzheimer 's Disease

Program: Focus on the Family

Description: The story of Robertson McQuikkin who left his job as the President of Columbia International University to be with his wife, who was suffering from early onset Alzheimer 's Disease . Mr. McQuilkin talked about the importance of that time with his wife, the lessons he learned and encouraged others in similar situations to do the same.

Date: March 3, 2023

Time: 8:00 am

Length: 25 minutes

Issue: Mental Health

Program: Life Changing Radio's Weekend Magazine

Description: This program featured an interview with Dr. Charmain Jackman, an adolescent mental health specialist. With reports of depression, anxiety and suicidal thoughts on the rise across the country, she advised on the best ways to talk to your child to protect their mental health.

Date: March 5, 2023

Time: 12:30 pm

Length: 26 minutes

Issue: Grief

Program: Focus on the Family

Description: Musician Toby Mac appeared on the program to talk about the grief process that he and his family went through following the death of his oldest son.

Date: March 15, 2023

Time: 8:00 am

Length: 25 minutes

Issue: Finances

Program: In the Market with Janet Parshall

Description: Interview with Matt Bell, the Managing Editor of Sound Mind Investing. He offered advice on money management, smart investing and helping your young children better understand finances.

Date: March 20, 2023

Time: 6:00 am

Length: 54 minutes

Issue: History

Program: Life Changing Radio's Weekend Magazine

Description: Interview with historian Joe Wax, author of Final Mission: The North Woods, a book about the crash of an Air Force B-52 on Elephant Mountain in northern Maine. He talked about the crash, the men who died and the wreckage, which is still on the mountain and accessible to the public.

Date: March 19, 2023

Time: 12:30 pm

Length: 26 minutes

Issue: Health

Program: Life Changing Radio's Weekend Magazine

Description: This program featured three New England doctors who spoke about the latest advances in the treatment of three diseases; HIV, Multiple Sclerosis and Psoriasis

Date: March 26, 2023

Time: 12:30 pm

Length: 26 minutes



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Issue: Trauma

Program: In the Market with Janet Parshall

Description: Dr. Greg Jantz, author of "Triumph over Trauma: Find Healing and Wholeness from Past Pain, talked about the long-lasting effects of past trauma and how to overcome traumatic memories.

Date: March 28, 2023

Time: 6:00 pm

Length: 54 minutes