

## **Quarterly Issues 2024 First Quarter January-March**

**Money Management, Time Management, Depression, Single Parenting, Infidelity, Step Parenting, Social Media and Technology, American Marxism, Transgenderism, Reproductive Health, Tough Times, Sandwich Parenting**

### **Money Management**

With the new year beginning, on January 7 at 6:00 we took phone calls from our listeners to a panel of financial counselors to address budgeting, debt, credit, and other financial questions they had

### **Time Management**

January 22 We ran a discussion with author Emilie Barnes about time management techniques that will help reduce stress

### **Depression**

January 30 at 8:00 we aired an interview with Dr Gregory Jantz, a state-certified chemical dependency counselor, a licensed mental health counselor, and a nationally certified eating disorder specialist. He is an internationally recognized expert on a wide range of afflictions including anxiety, depression, abuse, and addiction. He discussed the hope of finding real relief from depression.

### **Single Parenting**

February 8 at 8:00 for 25 minutes we broadcast a discussion with Pam Farrel and Peggy Sue Wells as they offered guidance and the best decisions single parents can make that will help them bring up children with the best possible outcomes.

### **Infidelity**

February 22 at 8:00 for 25 minutes we had an interview with Josh and Katie Walters from Charleston about rebuilding trust and a marriage after there has been an affair.

### **Step Parenting**

At 8:00 on February 27 for 25 minutes we carried an interview with author Sabrina McDonald. She discussed the challenges and issues that pertain to remarriage and blended families. She offered suggestions on how to navigate the changes and feelings that accompany step parenting.

### **Social Media and Technology**

February 28 at 8:30 for 25 minutes we ran a lecture about the psychological problems that can arise with being constantly connected to technology. Speaker Jay Kim offered suggestions of how people can unplug and make the necessary changes to improve mental health.

**American Marxism**

We broadcast an interview with Mark Levin on February 29 at 9:30 for 25 minutes about his newest book, American Marxism. He explained how the philosophy has influenced our government, media, education system, and corporations and how it impacts us.

**Transgenderism**

March 5 at 8:00 for 25 minutes we carried a compelling discussion with Laura Perry Smaltz about her seven year journey when she began to identify as a male and began transitioning. She discussed identity and eventually, how she finally came to peace with her birth gender.

**Reproductive Health**

March 7 at 9:30 for 25 minutes, we carried an interview with Dr. William Lile, a board certified obstetrician and gynecologist about the work they are doing through his office and the University of Florida to provide medical care such as surgery and transfusions for the pre-born baby

**Tough Times**

We broadcast a discussion with Dane Ortland on March 15 at 8:30 for 25 minutes discussing how to press through during difficult times.

**Sandwich Parenting**

March 20, We carried a lecture with Grace Chavis about caring for aging parents while caring for family. At 9:30 for 25 minutes.