

KHMS Issues & Programs List

1st Quarter 2024

1/1/2024 – 3/31/2024

During the 1st quarter of 2024, the following issues were addressed in the corresponding programs listed:

PARENTING / CHILDRENS ISSUES

FOCUS ON THE FAMILY – Molly De Frank discussed her study into the new digital technologies of smart phones and tablets for kids. The deeper she dove into the subject, the more alarmed she became, as she observed the detrimental effects of “zombified kids,” emotional outbursts, loss of other interests, etc. She discovered alarming research showing that the average child spends more than 7 hours per day on a screen for entertainment purposes.

Aired 1/2/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – One in five households care for a child with a disability. Laura Wifler and Erin Smalley are included in this count as they are both mothers to daughters with special needs. Over the years they’ve learned how to navigate parenting through the lens of disabilities. Some days involve going to physical therapy or undergoing surgery, other days include coping with a school bully or a difficult diagnosis. Laura and Erin discussed how the smallest acts of inclusivity, such as a kind word or a friendly smile, can make all the difference, as they gave a look into the real lives of families dealing with disabilities.

Aired 1/9/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author Kathi Lipp offered insights on “homesteading.” Her practical tips included creative cooking, gardening, and getting through harsh weather. Even if you live in a busy city, you can simplify and use your resources intentionally. She shared information found in her book, “The Accidental Homesteader”

Aired 1/16/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – A panel of parents joined a conversation with Jim Daly and John Fuller to discuss preparing their children for the teen years and adulthood, sharing topics of sexuality, peer relationships and technology.

Aired 1/17/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author, blogger and public speaker Lucille Williams brought a discussion based on material found in her book, “The Impossible Kid: Parenting A Strong-Willed Child with Love & Grace,” on ways you can nurture your child’s strengths and help them learn to overcome their weaknesses.

Aired 1/29/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Pam Farrel and Peggy Sue Wells offered guidance to single moms navigating life with their children. They shared material found in their book, “The 10 Best Decisions a Single Mom Can Make.”

Aired 2/8/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Pam Farrel, and Peggy Sue Wells, authors of “The 10 Best Decisions a Single Mom Can Make” returned for a second day to further examine some of the best decisions a single mom can make in navigating life with their children.

Aired 2/9/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Educator and author Cynthia Tobias gave encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult. This program included information from Cynthia’s book, “You Can’t Make Me (But I Can Be Persuaded).”

Aired 2/20/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Educator and author Cynthia Tobias returned for a second conversation with more practical advice for parents with strong-willed children, with content from her research and writing of her book, “You Can’t Make Me (But I Can Be Persuaded).”

Aired 2/21/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Educator and author Cynthia Tobias shared practical advice on how to best maximize your student’s environment, attitude, time-management, learning style, organizational skills, and mental capacity. She helped parents understand various schooling options so they can decide what method of education is the best fit for their child. This program included information from Cynthia’s book, “Reclaiming Education: Teach Your Child to Be a Confident Learner.”

Aired 3/11/24 at 8 pm 30 min.

NEWS/Information

The KHMS 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 – In part one of a two part conversation, authors, marriage counsellors and podcasters Dave and Ashley Willis discussed how husbands and wives can apply themselves to learning to be emotionally and physically vulnerable and transparent with each other.

Aired 1/3/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dave and Ashley Willis return for a second day to share their own love story and describe how “love is not enough” to sustain a lifelong marriage; couples need to commit to serving and sacrificing for each other.

Aired 1/4/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In a discussion based on their book *The 4 Habits of Joy-Filled Marriages*, Dr. Marcus Warner and Pastor Chris Coursey offered practical guidance for how a husband and wife can work together to experience greater joy and find more satisfaction in their relationship.

Aired 1/8/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Brad and Marilyn Rhoads, authors of “*The Grace Marriage*”, openly shared the story of their terrible first year of marriage and how the concept of choosing to give grace to one another helped in their relationship.

Aired 1/18/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Brad and Marilyn Rhoads, authors of “*The Grace Marriage*” returned for a second day to dig deeper into the discussion of giving each other grace, and how it made their marriage more successful.

Aired 1/19/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Money is one of the top reasons couples cite as the reason for conflict they experience in marriage. Taylor and Megan Kovar believe the conflict isn’t about money but about a lack of communication about money. They explained how to be more content with your financial situation as an important key. This program included information from their book, “*The Five Money Personalities*.”

Aired 1/24/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. Kevin Leman offered practical suggestions for maintaining a lasting, thriving marriage, including identifying your spouse's key needs, living a lifestyle of “24/7 intimacy”, using feelings to strengthen your relationship, and more. This program included information from Dr. Leman’s book, “*The Intimate Connection: Secrets to a Lifelong Romance*.”

Aired 2/13/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Kevin Leman returns for a second day with more practical advice on maintaining a lasting, thriving marriage. Jim Daly’s wife, Jean, joins the conversation to offer her insights from their marriage of over 30 years. This program included even more information from Dr. Leman’s book, “*The Intimate Connection: Secrets to a Lifelong Romance*.”

Aired 2/14/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, authors Josh and Katie Walters shared the story of Katie’s affair with the husband of their good friend couple, and how Katie vacillated for quite a while, torn between ending the affair, and still feeling love for the other man. This program included information from Josh & Katie’s book, “New Marriage, Same Couple: Don't Let Your Worst Days Be Your Last Days.”

Aired 2/22/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Josh and Katie Walters returned for a second conversation discussing more about how Josh pushed through the pain and rescued his marriage, after Katie’s affair. This program included more information from Josh & Katie’s book, “New Marriage, Same Couple: Don't Let Your Worst Days Be Your Last Days.”

Aired 2/23/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Sabrina Beasley McDonald talked to couples and single adults preparing for remarriage and the formation of a stepfamily. This program included information from Sabrina’s book, “A Home Built from Love and Loss: Coming Together as a Blended Family.”

Aired 2/27/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Sabrina Beasley McDonald returned for a second day to talk about the unique challenges that couples face in remarriages and stepfamilies face. This program included information from her book, “A Home Built from Love and Loss: Coming Together as a Blended Family.”

Aired 2/28/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Author and speaker Kevin Thompson talked about three primary roles in marriage – friend, partner, and lover – and explained how spouses can live out those roles optimally by investing in their relationship mentally, emotionally, and physically. This program included information from his book, “Friends, Partners & Lovers: What It Takes to Make Your Marriage Work.”

Aired 3/4/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Counselor, author and international speaker Chris Coursey discussed ways to help us better understand the role of joy in your marriage, your parenting, and your friendships. He explored what he calls “the joy center” in your brain, so you can know how it works and how to keep it from turning off. As we apprehend joy in our relationships, we’re more able to connect with others in healthy, thriving ways. This program included information from Chris’s book, “The Joy Switch: How Your Brain's Secret Circuit Affects Your Relationships--And How You Can Activate It.”

Aired 3/8/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a conversation based on their book, “Marriage Triggers”, Amber and Guy Lia talked about common, everyday things – from house cleaning and backseat driving to workaholism and lack of intimacy – which can provoke anger and tension in marriage. The explained how couples can identify those ‘triggers’ and deal with them in a healthy way.

Aired 3/13/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Based on their book, “Marriage Triggers”, Amber and Guy Lia continued the previous days discussion on how common, everyday things – from house cleaning and backseat driving to workaholism and lack of intimacy can provoke anger and tension in marriage. Drawing on more information in their book, they further explained how couples can identify those ‘triggers’ and deal with them in a healthy way.

Aired 3/14/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Pastor Ted Cunningham shared humorous stories from life with his spouse to illustrate how laughter is a key component for a thriving and lasting marriage. He explored the emotional and physical benefits of laughter, and encouraged listeners to discover their “humor muscle” and flex it on a daily basis.

Aired 3/22/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, authors and marriage counsellors Sean and Lanette Reed described how they discovered ways to become proactive about creating a long-term plan and a legacy for future generations of their family. This program included information from their book, “Marriage in Transition: Creating Connection Through Uncontrollable Change.”

Aired 3/26/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part two of the previous days conversation, authors and marriage counsellors Sean and Lanette Reed talked more about how they discovered ways to become proactive in creating a long-term plan and a legacy for future generations of their family. This program included additional information from their book, “Marriage in Transition: Creating Connection Through Uncontrollable Change.”

Aired 3/27/24 at 8 pm 30 min.

PHYSICAL AND MENTAL HEALTH

FOCUS ON THE FAMILY – Author and speaker Phil Waldrep shared how to overcome the natural feelings of denial, bitterness, and a need for vengeance, by embracing forgiveness. The benefits of forgiveness include relief from the pain of the betrayal, release from the need for retribution, and a healthy sense of detachment from the situation. This program included information from Phil’s book, “Beyond Betrayal.”

Aired 1/5/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Counselor, author and blogger Debra Fileta discussed 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”. This program included information from her book, “Reset: Powerful Habits to Own Your Thoughts, Understand Your Feelings, and Change Your Life.”

Aired 1/10/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Debra Fileta returned for a continuation of the previous days discussion on her book, “Reset: Powerful Habits to Own Your Thoughts, Understand Your Feelings, and Change Your Life.” She shared more about how easy it is for our brains to follow the path of least resistance, and how to reach for more than that.

Aired 1/11/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In a discussion centered around her book “Listen, Love, Repeat”, Karen Ehman offered inspiration and practical advice for stepping out of our comfort zone and finding the benefits you receive for yourself when you find ways to help others, particularly those who are lonely, sick or hard to love.

Aired 1/25/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Dr. Gregory Jantz, a leading authority on mental and behavioral health, gave encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. This program included information from Dr. Jantz book, “Healing Depression for Life.”

Aired 1/30/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Dr. Gregory Jantz, a leading authority on mental and behavioral health, returned for a second day to tell success stories from patients who’ve found hope and healing for mind, soul and body, by developing healthy habits, growing spiritually in your community, and taking prescribed medication when appropriate. This program included information from Dr. Jantz book, “Healing Depression for Life.”

Aired 1/31/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – In part one of a two part conversation, Debra Fileta discussed finding your identity before you make it your relationship and having emotional boundaries. This program included information from Debra’s book, “True Love Dates: Your Indispensable Guide to Finding the Love of Your Life.”

Aired 2/1/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Debra Fileta returned on day two to discuss more of the content from her book, “True Love Dates: Your Indispensable Guide to Finding the Love of Your Life.” She talked more in depth about the importance of finding your identity before you make it your relationship, and having emotional boundaries.

Aired 2/2/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Research increasingly shows that our culture is in the midst of a mental health epidemic, especially among children and youth — persistent feelings of sadness and hopelessness, anxiety and even suicidal thoughts. But Dr. Danny Huerta believes parents can significantly offset these issues by routinely initiating conversations with their children to assess their mental and emotional well-being. As a Psychologist, Licensed Clinical Social Worker, author and speaker, h included material from his book, “7 Traits of Effective Parenting.”

Aired 2/12/24 at 8 pm 30 min.

FOCUS ON THE FAMILY – Expert on leadership, marriage and parenting, Kevin Thompson shared how to learn how to navigate the roads of life—circumstances, situations relationships—by staying in your lane. By examining what belongs to us & what belongs to others, he communicated how to get a strong grasp on boundaries, and how to apply them in your life. This program included information from Kevin’s book, “Stay In Your Lane: Worry Less, Love More, and Get Things Done.”

Aired 3/25/24 at 8 pm 30 min.