

**Blue Mountain Television  
Community Issues Program List  
1st Quarter 2024**

**Issue: Conservation**

**Secret Life Series** – A series about the deserts of the Pacific Northwest and the forests of the Blue Mountains. This series looks at how nature works together for survival and how humans can do their part in protecting the environment.

**Sundays – 7 pm**

**Tuesdays – 8 pm**

**Issue: Parenting**

**Lifestyle Magazine**

**Baby CHAOS:** If you're a parent, then a baby can often mean chaos. But one couple came to associate the word with something much more terrifying. Join us today as we meet with Jennifer and David Quach and hear their incredible story about their CHAOS baby, Jethro.

**February 7 - 3 pm**

**Balancing Real Life and Motherhood:** Join us as we meet with Brooke Burke to discuss how anyone can reach their full fitness potential.

**January 17 - 3 pm**

**Building Love Together in a Blended Family:** Join us today with author and speaker, Ron Deal, as we discuss what it means to be a blended family.

**February 8 - 3 pm**

**It Is Written**

**Bad Dads and What They Teach Us:** Not every father is successful at parenting. The Bible gives many examples of fathers who didn't get it right. Join John Bradshaw to discover what we can learn from the mistakes of the Bible's less-than-stellar dads.

**February 11 - 6 am**

**A Father's Love:** Join John Bradshaw and the It Is Written team as they discuss the role of a Christian father.

**March 3 - 6 am**

**Country Wisdom**

**The Joy of Adoption:** Our loving God has offered adoption to us, to join his royal heavenly family.

**February 6 - 7:30 am**

### **Issue: Mental Health**

#### **It Is Written**

**Emotional Intelligence:** Discover how your emotions form a vital part of your relationship with God, & how to get the best out of the mind God gave you

**February 22 - 6 am**

**Clearing the Fog: Understanding Depression:** Join John Bradshaw and Dr. Neil Nedley of Nedley as they discuss some simple lifestyle changes that have been scientifically proven to treat depression more effectively than most drugs available today.

**February 18 - 6 am**

**Clearing the Fog: A Conversation on Depression:** Join John Bradshaw and Dr. Neil Nedley as they continue their discussion about the impact thinking can have on your health and how to escape destructive thought patterns without drug intervention.

**February 19 - 6 am**

#### **Lifestyle Magazine**

**Eradication Mental Illness Stigma:** Today, we'll be having a serious talk about mental illness and how we can recognize its symptoms.

**February 14 - 3 pm**

### **Issue: Grief**

#### **It Is Written**

**From Grief to Hope:** Grief hurts, it's painful, and you're going to experience it sooner or later. But what is grief, and how do we deal with it?

**February 27 - 6 am**

**Coping with Grief:** We were created to be happy, so how can we deal with grief? Join John Bradshaw and Mike Tucker, to learn how to cope with grief.

**February 28 - 6 am**

## **Lifestyle Magazine**

**More is Possible:** Join us today as we discuss grief and learn to navigate it together with grief educator and multi-published author, Wendy Yost.

**January 25 - 3 pm**

## **Issue: Health**

## **Lifestyle Magazine**

**Surviving Breast Cancer:** Reneé Lawless is a woman who not only stayed hopeful in the wake of breast cancer but has used her experience to spread hope.

**January 18 - 3 pm**

**The Kinetic Link:** At Lifestyle Magazine, we want to help our viewers reach their full fitness potential. We're thrilled to have with us, Rephel Martin, an elite level athlete, coach, and inventor who has created a device that helps strengthen and rehab your muscles in a way like never before. Join us today as we take a look at Rephel's innovative device.

**January 30 - 3 pm**

**Chiropractor Care:** Today we'll talk with Dr. Anthony and Dr. Peter Silecchio about how you could potentially benefit from chiropractic treatment.

**February 15 - 3 pm**

**Being Complete with Cancer and Living Your Best Life:** Sometimes life hands us more adversity than we think we can bear. Well, today we're going to meet a woman with an unstoppable resolve, who's triumphed over cancer, four times.

**February 26 - 3 pm**

**Living with Psoriasis and Eczema:** Today's guest is Dr. Gene Rubinstein. He will share how the two diseases, eczema and psoriasis are very different and treatments that we've never had before to attack these diseases.

**February 25 - 3 pm**

**February 29 - 8:30 pm**

**March 13 - 3 pm**

**The TMJ Whisperer:** Did you wake up with an ache or a pain this morning? Today's guest, Dr. Isaac Kashani, has a heart for the healing process. Specializing in pain relief, we'll find out how he's learned to treat TMJ/TMD a debilitating condition.

**March 21 - 3 pm**

**You Only Need One Kidney:** Today's guests have started a revolution in kidney donor transplants and are here to share their life-changing experiences with organ donation.

**January 4 - 8:30 pm**

**March 20 - 3 pm**

**COPD Special:** COPD, which includes chronic bronchitis and emphysema, is a lung disease often caused by smoking. More than 11 million people have COPD.

**January 1 - 3 pm**

**From Heart Transplant to Broken Miracle:** Despite being born with a potentially life-threatening heart defect Paul Cardall has become a famous pianist.

**January 2 - 3 pm**

**Teeth Talk:** Our guest today is Whitney DiFoggio, the star of Teeth Talk, who will talk with us about how this one brush could change your whole life!

**January 11 - 3 pm**

**Flexible Dieting:** Are you looking to lead a more healthy and active lifestyle? Meet nutrition and fitness expert, Alan Aragon and his wife Jeana.

**January 11 - 3 pm**

**Music & Healing:** Jonathan Cilia Faro has used his own life trauma, to spread hope to tens of thousands of people, through his musical talents.

**January 24 - 3 pm**

**Healthy Body, Healthy Brain:** Today's guest is going to help us learn how to keep our minds young and how to avoid memory loss, dementia and Alzheimer's for as long as you can.

**February 11 - 3 pm**

**February 15 - 8:30 pm**

**March 19 - 3 pm**

**Living with Bipolar Disorder:** Maurice Benard knows all about how to reframe the bad into the good. Join us as we discuss what it's like living with bipolar disorder.

**March 5 - 3 pm**

**It Is Written**

**The Methuselah Factor:** John Bradshaw and Dr. David DeRose discuss blood fluidity, it's impact on our overall health, and how simple actions like resting and donating blood can help us live healthier, longer lives. As Christians, our goal is to live forever, but that requires a different kind of blood donation that has already been made.

**January 9 - 6 am**

**Controlling Your Blood Pressure:** Join John Bradshaw and Dr. David DeRose, as they discuss biblical health principles to combat high blood pressure.

**March 6 - 6 am**

**Life and Longevity:** Caffeine, Botox, and forgiveness. You might think that these three have nothing in common, but you'll learn otherwise as Pastor John Bradshaw and special guest, Dr. David DeRose, delve into DeRose's latest book, "The Methuselah Factor." Join them in the studio as they provide some shocking revelations, as well as a few simple ways to address today's most challenging health issues.

**January 10 - 6 am**

**Marcy 10 - 10 am**

**March 12 - 8:30 pm**

**March 16 - 12:30 pm**

**Preventing Cognitive Decline, Part 1:** Alzheimer's is a devastating disease affecting millions of people, but there is hope for those who are suffering the effects of dementia. Join John Bradshaw and special guest Dr. Wes Youngberg as they sit down to identify risk factors and discuss simple lifestyle changes that you can make to help prevent and even reverse cognitive decline.

**January 17 - 6 am**

**Preventing Cognitive Decline, Part 2:** Alzheimer's is a devastating disease affecting millions of people, but there is hope for those who are suffering the effects of dementia. Join John Bradshaw and special guest Dr. Wes Youngberg as they sit down to identify risk factors and discuss simple lifestyle changes that you can make to help prevent and even reverse cognitive decline.

**January 18 - 6 am**

**Five Steps to Safeguard Your Health:** Join John Bradshaw as he shares expert knowledge and easy, helpful ways you can boost your immunity. God has given us guidance for our health. Learn what you can do to improve your wellness in "Five Steps to Safeguard Your Health."

**February 18 - 10 am**

**February 20 - 8:30 pm**

**February 24 - 12:30 pm**

**Overcoming Obesity:** Obesity is an issue that affects most Americans. How can we overcome this disorder with Jesus?

**March 7 - 6 am**

**Health Care God's Way:** John Bradshaw and Dr. John Westerdahl discuss some of the health principles found in the Bible.

**March 12 - 6 am**

**Healing Foods of the Bible:** Before there was medicine there was food. Learn which foods found in Scripture contain essential nutrients and healing properties that can benefit you.

**March 15 - 6 am**

**Anti Aging Secrets:** When God creating humans, He intended for us to live forever! But sin entered the world and we began to age. Pastor Bradshaw and Dr. John Westerdahl share some simple changes we can make in our diet and lifestyle in order to live healthier and longer in this world, and prepare our hearts for the eternal life ahead.

**March 18 - 6 am**

**Boosting Your Brain:** It's one of our most precious possessions, but likely isn't getting the attention it deserves. Join John Bradshaw and Dr. Neil Nedley to learn how to boost your brain function and open your mind to richer blessings from God.

**February 23 - 6 am**

**Go Healthy for Good** - Confused by contradicting information on health and wellness? Do you have family issues? Stressed? Want to learn more about wholistic health? Wanting to take action on your health but don't know how to get started Go Healthy for Good offers you options, with analysis by host, Dr Nerida McKibben, an MD with experience in lifestyle medicine. Watch people from many walks of life make wiser choices and see their lives transformed. Learn from them how to make positive changes in your health and never look back!

**Monday - Friday - 10 am**

**Monday - Thursday - 5 pm**

## **Issue: Addictions**

### **Lifestyle Magazine**

**Growing Pains:** Is there someone in your life dealing with substance abuse? Jeremy and Joanie Miller, are going to share their personal journey of how Jeremy has managed to channel his own pain and tragedy into opportunities to help others.

**March 28 - 3 pm**

**Journey to Recovery:** How many of you have ever felt like you've lost control over your lives? Today's guests are here to help you change your life if you're struggling with addictions or mental illness, and have a life again.

**March 4 - 3 pm**

**March 24 - 3 pm**

**March 28 - 8:30 pm**

### **It Is Written**

**Winners and Losers:** Although the Bible doesn't speak specifically about gambling, we know that gambling negatively impacts countless lives and causes loss and hardship. Join John Bradshaw for "Winners and Losers," filmed on location in Australia and New Zealand.

**January 2 - 6 am**

**March 26 - 6 am**

### **Country Wisdom**

**The Gambler:** Randell was a lifelong gambler. Until God spoke to him in a powerful way.

**February 13 - 7:30 am**

**The End of Myself:** There are times when God speaks to you in your addiction, and if you listen, many people will be blessed because of your actions.

**February 25 - 6 pm**

### **Issue: Money**

#### **It is Written**

**Money, Money, Money:** In the book of Timothy it says "the love of money is the root of all evil. Pastor John Bradshaw and author Julian Archer discuss the correlation between money and spirituality, and what this means for Christians today.

**March 25 - 6 am**

**The Love of Money:** You can't live without it—but it can be a challenge to live with it! Pastor John Bradshaw and special guest Julian Archer discusses stewardship and the importance of worshiping the giver of blessings instead of worshiping the blessings themselves.

**January 6 - 6 am**

**March 30 - 6 am**

### **Issue: Bullying**

## Lifestyle Magazine

**Longevity Secrets From America's Prototype Nerd:** If you know someone who is struggling with a bully, today learn how to handle bullying.

**January 16 - 3 pm**

**Welcome to the Kumite:** Sean Kanan acts as an ambassador for the anti-bullying organization, Boo2Bullying. He is joined by his wife, producer, writer, and director, Michele Kanan. They'll share how they balance their career, family, and marriage.

**March 17 - 3 pm**

**March 21 - 8:30 pm**

**March 26 - 3 pm**

## Issue: Marriage

### It Is Written

**Saving Marriage:** Join John Bradshaw and explore the significance of marriage and how biblical advice can guide us toward healthier and more fulfilling relationships.

**February 4 - 10 am**

**February 6 - 8:30 pm**

**February 10 - 12:30 pm**

## Lifestyle Magazine

**Bonding with the Byrds:** The fear of losing a loved one, especially a spouse, is a harrowing experience. But today's guest chose to battle what life's thrown at them.

**February 20 - 3 pm**

## Country Wisdom

**Marriage 101:** How do you have a successful life together? It's all about allowing the Lord to be the center figure of your relationship.

**January 23 - 7:30 am**

**Marriage: Can We Talk? :** In the eyes of God, marriage has been sacred from the beginning. Join us to discover how it can be a haven of rest and joy.

**March 5 - 7:30 am**



**The Gender & Marriage Wars** : Everyone has an opinion. Marriage, genders... the confusion is real BUT that confusion will disappear when you discover what God shares in His word.

**March 31 - 6 pm**