

WMAN AM + FM

Program # 2015-18

Airdate: May 3

Time of Broadcast 7:30p

Producer: Sean Bratton

Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Psychology	16:00

Summary: Our guest discusses the importance of being in control of all aspects of your life rather than being controlled.

Guest: Dr Randy McDonald has been a coach and mentor for over 20 years. He's a charter member of the Association of Integrative Psychology and author of "It's All About Control" [www.holisticmanagement.net](http://www.holisticmanagement.net)

**Issues Covered: optimism, affirmations, tools**

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Health	7:00

Summary: Our guest says most of us want to eat healthier especially During the summer but they just don't know how. Part 2 of our series.

Guest: Jill Skeem is a certified macrobiotic health counselor, educator and chef. She's the author of "Comfort Foods Get A Vegan Makeover" [www.jillskeem.com](http://www.jillskeem.com)

**Issues Covered: diets, wellness, exercise**

29:00	Conclusion of Program	:30
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Program # 2015-26

Airdate: June 28 Time of Broadcast 7:30am

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Disaster Preparedness	16:00
	Summary: Our guest discusses how to take stock of the risks of earthquakes and how to be prepared.	
	Guest: Dr Peter Ward worked with the US Geological Survey developing the earthquake hazard reduction program. <a href="http://www.livingmoresafely.com">www.livingmoresafely.com</a>	
	<b>Issues Covered: building safety, action plan, predictions</b>	
19:00	SPOT BREAK #2	3:00
22:00	Segment #2- History	7:00
	Summary: Our guest discusses his role in the tv mini-series "Texas Rising" the story of Texas' fight for independence.	
	Guest: Rhys Coiro is a versatile actor who plays a member of the Texas Rangers in History's acclaimed mini-series "Texas Rising".	
	<b>Issues Covered: Alamo, colliding cultures, wild west</b>	
29:00	Conclusion of Program	:30