

WTGL(TV)

Most Significant Issues Programs List

January, February, March 2021

During the first quarter of 2021, WTGL(TV) broadcast the following Public Affairs series:

Hope Unabridged is a half hour series produced by WTGL in conjunction with moderators Kasey Brennan and Angie Elkins. Each week a special guest will discuss a significant issue facing the community. The guest will show how to identify, understand, and become equipped to deal with the circumstances of these specific topics utilizing a Christian perspective.

Wednesday 10:00 pm / 30 minutes

Friday 10:30 am / 30 minutes

Lifestyle Magazine is a half hour talk show focused on living a full, healthy, and balanced life. The show features panel discussions, interviews, and demonstration segments focused on whole life health which includes fitness, nutrition, relationships, outlook, and more ways to promote overall health. This multiple award-winning show features topics of interest to a wide age demographic and covers a wide variety of topics. The show features five expert hosts: Sharmini Long – Internal Medicine Specialist & Endocrinologist; Obi Obadike – Fitness expert & celebrity trainer; Lynell LaMountain – Mental outlook specialist; Mike Tucker – Relationship Expert and Personal Counseling. Each episode includes notable guests on topics that focus on the five key areas for creating a healthy lifestyle: medical, nutrition, fitness, attitude, and relationships.

Monday through Friday 11:00 pm / 22 minutes

<u>ISSUE</u>	<u>PROGRAM</u>	<u>DESCRIPTION</u>	<u>DATE/TIME /DUR</u>
Embracing Change	Hope Unabridged (HUN2101)	<p>Beginning Again While Embracing Change</p> <p>Guest: Zim Flores</p> <p>Our guest, Zim Flores, is a believer, traveler, speaker, and entrepreneur; she talks about the subject of change. Listen as Zim shares her thoughts on "beginning again" in this new year while embracing the changes that may come.</p>	<p>30 min</p> <p>Jan 01, 2021</p>
Communication with Grace	Hope Unabridged (HUN2010)	<p>How to Have Grace-Filled Conversations</p> <p>Guest: Pastor David Uth</p> <p>Our guest, Pastor David Uth, will discuss how to have grace-filled conversations with those you value and respect, although you may not agree with them on all positions. This is such an important topic. Overall, grace allows for open and honest communication and we are going to learn how to do just that with those we love, no matter their opinions.</p>	<p>30 min</p> <p>Jan 06, 2021</p>
Finding Peace in Parenting	Hope Unabridged (HUN2102)	<p>Peace and Parenting</p> <p>Guest: Becky Thompson</p> <p>Our special guest, author Becky Thompson, discusses the topics of peace and parenting. This conversation is so encouraging for parents, especially in this chaotic season that we are in. As we watch and listen Becky gives fresh ideas on how to approach parenting in a peaceful way.</p>	<p>30 min</p> <p>Jan 08, 2021</p>
Finding Hope During Suffering	Hope Unabridged (HUN2012)	<p>When Suffering Takes You By Surprise</p> <p>Guest: Ruth Schwenk</p>	<p>30 min</p> <p>Jan 13, 2021</p>

		Our guest, Ruth Schwenk, discusses how to handle suffering when it takes us by surprise. Her perspective on finding deep hope through our hurts is both profound and filled with encouragement.	
Encouragement for Dark Times	Hope Unabridged (HUN2103)	<p>How God Shows Up</p> <p>Guest: Jenn Hand</p> <p>Our special guest, Jenn Hand, discusses how God shows up in some of the darkest places in the world. Her story will encourage you, leave you craving adventure, and will make you wrestle with some hard truths.</p>	<p>30 min</p> <p>Jan 15, 2021</p>
Overcoming Struggles	Hope Unabridged (HUN2013)	<p>Clearing the Noise</p> <p>Guest: Jamie Grace</p> <p>Our special guest, singer/songwriter and author, Jamie Grace, talks about her struggles in life and how she came through them. Jamie's newest book, Finding Quiet, focuses on finding peace from God in the midst of life's noise. Listen as we lean into the journey God has led her on, and also learn how she overcame her struggles.</p>	<p>30 min</p> <p>Jan 20, 2021</p>
Leadership and Wisdom	Hope Unabridged (HUN2104)	<p>6 Lessons In Leadership From New Testament Women</p> <p>Guest: Erin Weidemann</p> <p>Our special guest, Erin Weidemann, discusses six lessons in leadership that we can learn from the Women of the New Testament. This episode is full of great nuggets of wisdom that we can pass on to our daughters.</p>	<p>30 min</p> <p>Jan 22, 2021</p>
Toxic People and Situations	Hope Unabridged (HUN2014)	<p>When to Walk Away: Finding Freedom From Toxic People</p> <p>Guest: Gary Thomas</p> <p>Our guest, best-selling author, Gary Thomas, shares with us how to recognize</p>	<p>30 min</p> <p>Jan 27, 2021</p>

		toxicity in people and situations in our lives. He also shares how to know when to walk away from these toxic people or situations.	
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Priorities	Hope Unabridged (HUN2105)	<p>Jesus Over Everything</p> <p>Guest: Lisa Whittle</p> <p>Our hosts, Kasey and Angie, speak with our guest, Lisa Whittle, on the subject of "<i>Jesus Over Everything</i>". Lisa is a wife and mother of three. She's written seven books and is the speaker and host of the <i>Jesus Over Everything Podcast</i>. Lisa is also passionate about training, equipping and encouraging other ministry leaders and does that through a ministry entitled "<i>Called Creatives</i>". Her latest book, <i>Jesus Over Everything</i>, is all about making Him a priority in your life above all else.</p>	30 min Jan 29, 2021
Mental Health	Hope Unabridged (HUN2007)	<p>Mental Health: The Silent Stigma Within the Church</p> <p>Guest: Betsy de Armas</p> <p>Our guest, Betsy de Armas, is a pastor's wife, a mother, and an author. She discusses the stigmas of mental health in the church and shares her own battle with mental illness. She teaches how we can understand and be better equipped to show love to those with their own battle of mental illness.</p>	30 min Feb 3, 2021
Racism	Hope Unabridged (HUN2005)	<p>Children & Racism: Part 1</p> <p>Guest: Catherine Ojala</p> <p>Our guest, Catherine Ojala, is an author and a mother, and she discusses the important topic of children and racism. Catherine will talk us through how to navigate our own biases as well as how to be transparent and comfortable talking about it with our children.</p>	30 min Feb 5, 2021
Racism	Hope Unabridged (HUN2006)	<p>Children & Racism: Part 2</p> <p>Guest: Catherine Ojala</p>	30 min Feb 12, 2021

		Our guest, Catherine Ojala, continues to discuss the important topic of children and racism. Catherine talks us through how to navigate our own biases as well as how to be transparent and comfortable talking about it with our children. She describes how our children are learning and hearing about racism in all walks of life and that we all need to be aware and an active participant in this discussion.	
Hope	Hope Unabridged (HUN2008)	<p>Finding Hope in Seasons of Doubt</p> <p>Guest: Morgan Harper Nichols</p> <p>Our guest, Morgan Harper Nichols, is an artist and poet and discusses how to find hope in seasons of doubt. Morgan inspires millions with her words of hope and meeting people where they are at through her heart and timely poetry.</p>	30 min Feb 17, 2020
Racism	Hope Unabridged (HUN2106)	<p>Colorblind to ColorFULL</p> <p>Guest: Dorena Williamson</p> <p>Our guest, Dorena Williamson, discusses how to have conversations with our children on racism. Tune in and see the world in the ColorFULL way that God intended it.</p>	30 min Feb 19, 2021
Prayer	Hope Unabridged (HUN2009)	<p>Praying Through the Broken</p> <p>Guest: Stacey Thacker</p> <p>Our guest, Stacey Thacker, discusses the power and meaning of prayer. She will talk us through how to find prayer rhythms throughout our week and to find times to seek him in the midst of our joy and pain.</p>	30 min Feb 24, 2021
Racism	Hope Unabridged (HUN2107)	<p>Racism in the Church</p> <p>Guest: Jemar Tisby</p> <p>Our guest, New York Times best-selling author, Jemar Tisby, discusses the issues</p>	30 min Feb 26, 2021

		of racism in the church. Join us as we make the journey towards racial justice.	
Communication w/grace	Hope Unabridged (HUN2010)	<p>How to Have Grace-Filled Conversations</p> <p>Guest: Pastor David Uth</p> <p>Our guest, Pastor David Uth, discusses how to have grace-filled conversations with those you value and respect, although you may not agree with them on all positions. This is such an important topic, especially as we head into the election season. Overall, grace allows for open and honest communication and we are going to learn how to do just that with those we love, no matter their opinions.</p>	<p>30 min</p> <p>Mar 03, 2021</p>
Healthy Marriage	Hope Unabridged (HUN2108)	<p>Marriage: Together Over Separate</p> <p>Guests: Jamie & Aaron Ivey</p> <p>On this episode of Hope Unabridged, we discuss the ins and outs of a healthy, strong marriage with best-selling author, Jamie Ivey, and her husband, Aaron.</p>	<p>30 min</p> <p>Mar 05, 2021</p>
Suffering	Hope Unabridged (HUN2012)	<p>When Suffering Takes You By Surprise</p> <p>Guest: Ruth Schwenk</p> <p>Our guest, Ruth Schwenk, discusses how to handle suffering when it takes us by surprise. Her perspective on finding deep hope through our hurts is both profound and filled with encouragement.</p>	<p>30 min</p> <p>Mar 10, 2021</p>
Beliefs	Hope Unabridged (HUN2109)	<p>The Lies We Are Told</p> <p>Guest: Hannah Brencher</p> <p>On this episode of Hope Unabridged, we discuss the lies we are told and the ones we tell ourselves with writer, TED speaker, and online educator, Hannah Brencher.</p>	<p>30 min</p> <p>Mar 12, 2021</p>
Overcoming	Hope	Clearing the Noise	30 min

g Struggles	Unabridged (HUN2013)	<p>Guest: Jamie Grace</p> <p>Our special guest, singer/songwriter and author, Jamie Grace, talks about her struggles in life and how she came through them. Jamie's newest book, Finding Quiet, focuses on finding peace from God in the midst of life's noise. Listen as we lean into the journey God has led her on, and also learn how she overcame her struggles.</p>	Mar 17, 2021
Mental Health	Hope Unabridged (HUN2007)	<p>Mental Health: The Silent Stigma Within the Church</p> <p>Guest: Betsy de Armas</p> <p>Our guest, Betsy de Armas, is a pastor's wife, a mother, and an author. She discusses the stigmas of mental health in the church and shares her own battle with mental illness. She teaches how we can understand and be better equipped to show love to those with their own battle of mental illness.</p>	30 min Mar 19, 2021
Toxic People and Situations	Hope Unabridged (HUN2014)	<p>When to Walk Away: Finding Freedom From Toxic People</p> <p>Guest: Gary Thomas</p> <p>Our guest, best-selling author, Gary Thomas, shares with us how to recognize toxicity in people and situations in our lives. He also shares how to know when to walk away from these toxic people or situations.</p>	30 min Mar 24, 2021 Mar 26, 2021
Finding Peace in Parenting	Hope Unabridged (HUN2102)	<p>Peace and Parenting</p> <p>Guest: Becky Thompson</p> <p>Our special guest, author Becky Thompson, discusses the topics of peace and parenting. This conversation is so encouraging for parents, especially in this chaotic season that we are in. As we watch and listen Becky gives</p>	30 min Mar 31, 2021

		fresh ideas on how to approach parenting in a peaceful way.	
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Vegan Health	Lifestyle Magazine (LSM2502)	<p>Vegan All-Star</p> <p>Guest: John Salley</p> <p>Most coaches and other sports professionals would argue that being a vegetarian as a professional athlete would be a career-killing move. However, our guest, four-time NBA Champion John Salley, would argue that is what extended his career and in many ways saved his life.</p>	<p>22 min</p> <p>Jan 01, 2021</p>
ADHD	Lifestyle Magazine (LSM2508)	<p>ADHD Without Drugs</p> <p>Guest: Dr. David Velkoff</p> <p>ADHD - over 5 million kids in the United States have it. But there's a lot of controversy over how to treat ADHD. Medication is the default solution, but is there a better way? We're about to find out. Our guest, Dr. David Velkoff, will tell us about ways of treating ADHD without using medication.</p>	<p>22 min</p> <p>Jan 06, 2021</p>
Bipolar	Lifestyle Magazine (LSM2509)	<p>Being Bipolar</p> <p>Guest: Maurice Benard; Dr. John Grienberger, Ph.D.</p> <p>Imagine knowing someone - a spouse, a friend, a family member - and having them suddenly shift their personality so dramatically that they seem like a whole new person. On today's show, actor Maurice Benard from "General Hospital" shares his personal experience with Bipolar Disorder, while Dr. John Grienberger, Ph.D. from PCH Treatment Center shares information on how to identify and manage this condition which affects over 6 million Americans.</p>	<p>22 min</p> <p>Jan 07, 2021</p>
Eating Clean for Health	Lifestyle Magazine (LSM2607)	<p>Eating Clean</p>	<p>22 min</p> <p>Jan 11,</p>

		<p>Guest: Tosca Reno</p> <p>Our guest, best-selling author Tosca Reno and certified nutritionist, lost 80 pounds at age 40, transforming her body and her life. She says, if she can do it, you can, too. She joins us today to explain the benefits of the Eat-Clean Diet® series.</p>	2021
Healthy Weight Loss	Lifestyle Magazine (LSM2701)	<p>The Cut - Healthy Weight Plan</p> <p>Guest: Morris Chestnut; Tiaja Pierre; Mike Hopper</p> <p>Weight loss is not easy, but actor Morris Chestnut from <i>The Best Man Holiday</i> and <i>Rosewood</i> shares how he got in shape after 40, then wrote a book <i>The Cut</i> with <i>Lifestyle Magazine</i> co-host Obi Obadike to show others how to do it. Tiaja Pierre and Mike Hopper share how they followed the program and changed their life as a result.</p>	22 min Jan 14, 2021
Skin Health	Lifestyle Magazine (LSM2703)	<p>Healthy Skin Starts Within</p> <p>Guest: Dr. Trevor Cates</p> <p>There is a multi-billion industry devoted to keeping this organ in our body looking great. But what if we could make it look better for less? The spa doctor, Dr. Trevor Cates, is going to show us how to keep our skin healthy from the inside out.</p>	22 min Jan 18, 2021
Cancer Journey	Lifestyle Magazine (LSM2706)	<p>Conquering Cancer</p> <p>Guest: Sean Swarner</p> <p>He's beaten cancer twice, was given only 14 days to live and was in a medically induced coma for a year, yet after all of that Sean Swarner has literally stood on top of the world at the summit of Mount Everest, conquering the 7 Summits, the Explorer's Grand Slam and more. Today we are going to hear about his incredible journey.</p>	22 min Jan 21, 2021

Human Trafficking	Lifestyle Magazine (LSM2710)	<p>Human Trafficking: The Take Down</p> <p>Guest: Timothy Ballard, Jessica Mass</p> <p>In the past three years of existence, Operation Underground Railroad has rescued over 650 victims and assisted in the arrests of more than 275 traffickers around the world. Founder and CEO, Timothy Ballard; and Director of Aftercare, Jessica Mass are here to share the unique rescue operations that are liberating these children from the sex trade.</p>	<p>22 min</p> <p>Jan 27, 2021</p>
Alzheimer's	Lifestyle Magazine (LSM2712)	<p>The Alzheimer's Challenge</p> <p>Guest: Amy Aquino; Monica Moreno</p> <p>Alzheimer's is a disease that impacts more than just the person who has it. Actress Amy Aquino from the shows ER and Bosch is here to share her family's personal experience with this degenerative disease while Monica Moreno from the Alzheimer's Association talks about caregiving a loved one with the disease.</p>	<p>22 min</p> <p>Jan 29, 2021</p>
Grief	Lifestyle Magazine (LSM2714)	<p>Loss Of A Spouse</p> <p>Guest: Mike Tucker</p> <p>How do you recover when you lose your spouse? Our executive producer Mike Tucker lost his wife of 40 years, Gayle Tucker, co-host of Lifestyle Magazine, and he shares his odyssey in grief over the course of the following year.</p>	<p>22 min</p> <p>Feb 2, 2021</p>
Thyroid Cancer	Lifestyle Magazine (LSM2717)	<p>Beating Cancer</p> <p>Guest: Dr.'s Sharmini and Joshua Long</p> <p>Our co-host Dr. Sharmini Long is joined with her husband, Dr. Joshua Long, as they share their journey of when she was</p>	<p>22 min</p> <p>Feb 5, 2021</p>

		diagnosed with metastatic papillary thyroid cancer. They discuss how their faith and trust in God helped them through this trial.	
Drug Addiction	Lifestyle Magazine (LSM2718)	<p>Drug Addiction</p> <p>Guest: Pastor Mathew Feeley</p> <p>Our guest, Pastor Mathew Feeley, shares his story with drug and alcohol addiction and how his life was totally transformed after the wakeup call that changed his life.</p>	22 min Feb 8, 2021
Faith and Tragedy	Lifestyle Magazine (LSM2719)	<p>Faith In Times Of Struggle</p> <p>Guest: Sergio and Sandra Amaral</p> <p>Sergio and Sandra Amaral have two sons. Ten years ago, when their older son Gabriel was 19 he had a brain hemorrhage due to a rare disease called Artery Vein Malformation (AVM). Tragedy often brings couples closer or tears them apart. They share their journey through this tragedy, how they were impacted by their trust in God, and how their choice to work together for Gabriel has made their marriage stronger.</p>	22 min Feb 9, 2021
Brain Cancer	Lifestyle Magazine (LSM2720)	<p>Secrets To A Gold Medal Life</p> <p>Guest: Scott Hamilton</p> <p>Olympic gold medalist Scott Hamilton is the most recognized male figure skating star in the world with over 70 titles and awards including 4 consecutive World Championships plus induction into the US Olympic and the World Figure Skating Hall of Fame. But even a top athlete like Scott had challenges, including cancer and brain tumors. In this episode, Scott shares how he overcame these challenges and other concepts from his new book <i>Finish First: How Winning Changes Everything</i>.</p>	22 min Feb 10, 2021

Diabetes	Lifestyle Magazine (LSM2726)	<p>Reversing Diabetes</p> <p>Guest: Dr. Paulette Higgins, Joan Beresford</p> <p>Our guest today Dr. Paulette Higgins, owner and operator of the All Dunamis Lifestyle Centre in Canada, talks about improving/reversing diabetes through lifestyle. She is joined by Joan Beresford who shares her experience of what happened when she changed her lifestyle to reverse her type 2 diabetes and improve her health with a plant-based diet, exercise and a balanced nervous system.</p>	22 min Feb 18, 2021
Forgiveness	Lifestyle Magazine (LSM2727)	<p>Forgiveness</p> <p>Guest: Kim Phuc</p> <p>Our topic today is rather serious. There is no other force on the planet that is as devastating as war. And of its victims, none are more seriously affected than the children. Our guest today, Kim Phuc, understands this first-hand. She is the subject of an iconic photograph that is found on the cover of the book that she has just released entitled <i>FireRoad</i>.</p>	22 min Feb 19, 2021
Auto-Immune Disease	Lifestyle Magazine (LSM2801)	<p>Auto-Immune Disease</p> <p>Guest: Andrea Beaman, Ryan Lee</p> <p>Our guest today, Andrea Beaman, has appeared with Barbara Walters on “The View.” She’s been on “Dr. Oz.” She’s written four books and is a passionate holistic health advocate. And she suffers from an auto-immune disease. Also, sharing his personal experience with psoriatic arthritis is Ryan Lee, founder of Rewind Today. They both share how a change in lifestyle and eating healthy improved their symptoms from their auto-immune disease.</p>	22 min Feb 23, 2021

Grief	Lifestyle Magazine (LSM2804)	<p>Healing Your Heart</p> <p>Guest: David Kessler, Pam Tucker</p> <p>Grief. It comes in all colors, shapes, and sizes; from the death of a loved one to the pain of divorce, or even the loss of a job. Sooner or later, everyone experiences it. But how do you move on? Our expert guest, David Kessler, one of the world's foremost authorities on grief and author of several books, including <i>The Needs of the Dying</i> and <i>On Grief and Grieving</i>, interviews Mike and Pam Tucker. They are here to tell us that there is hope beyond the hurt and the heart can truly heal.</p>	22 min Feb 26, 2021
Unwanted Terminally Ill Children	Lifestyle Magazine (LSM2806)	<p>Unwanted Children</p> <p>Guest: Mohamed Bzeek, Adel Rene</p> <p>Ten children, all fostered, died in his arms. One of his own sons died. His other son was born with brittle bones. His days are spent caring for unwanted children. We're about to meet the man who has one of the biggest hearts you've ever seen. Our first guest is Mohamed Bzeek, a foster parent who takes in terminally ill children, often caring for them until they die. He was recently given the International Benevolence Award.</p> <p>Also joining us is actress, Adel René, from Showtime's <i>Twin Peaks</i>. She will share her incredible story of caring for her brother when he was diagnosed with ALS. She's an active volunteer with the Christopher and Dana Reeve Foundation and the Make a Film Foundation.</p>	22 min Mar 02, 2021
Sleep	Lifestyle Magazine (LSM2807)	<p>Eyes Wide Open</p> <p>Guest: Dr. Michael Breus, Tammy</p> <p>How did you sleep last night? It's recommended we get eight hours of sleep,</p>	22 min Mar 03, 2021

		<p>but for up to 50 percent of the population, eight hours would be a luxury. They can't sleep because of insomnia. Today we're going find out what's going on during those sleepless nights, and hopefully, finally, get some sleep. We'll be talking to someone who really knows his stuff when it comes to sleep. Our expert guest is The Sleep Doctor, Dr. Michael Breus. He's a clinical psychologist and diplomat of the American Board of Sleep Medicine. He's written a book called <i>Good Night - The Sleep Doctor's 4-Week Program to Better Sleep and Better Health</i> and also the book <i>The Power of When</i>. Also, joining us is Tammy to share her story with insomnia since childhood.</p>	
<p>Social Media and Kids</p>	<p>Lifestyle Magazine (LSM2811)</p>	<p>Media Trauma</p> <p>Guest: Adam, Jenny, Brandon and Avery Black; Lori H. Schwartz</p> <p>The pressure is on for today's parents to understand the barrage of media their kids are confronted with every minute of every day. We're discussing social media today and the media trauma that is experienced depending on how much time is spent on entertainment/media on a personal device. Jenny Black is a licensed marriage and family therapist from Tennessee. She's joined by her husband, Adam, and their two children, Brandon and Avery, who were exhibiting signs of media trauma. They are Co-Founders of Media Trauma Care a volunteer group of professionals dedicated to bring awareness and resources to care for those impacted by media trauma. Also weighing in on how dangerous media trauma can be is CNN's technology contributor, Lori H. Schwartz, who was dubbed by Variety as one of 30 executives shaping the evolution of technology. She also is on the Board of Governors for the Interactive Media Peer Group for the Television Academy.</p>	<p>22 min</p> <p>Mar 09, 2021</p>

Lyme Disease	Lifestyle Magazine (LSM2813)	<p>Living With Lyme Disease</p> <p>Guest: Eric Lutes, Kortnye Hurst</p> <p>Actor Eric Lutes starred on the popular television show “Caroline in the City” and has a passion for painting fine art. We’re going to talk to him about his Lyme disease diagnosis and what he’s discovered on his road to wellness. Also joining us with her story is Lyme fighter Kortnye Hurst. Her career, as a model, was on the rise when she suddenly was diagnosed with Lyme disease.</p>	<p>22 min</p> <p>Mar 11, 2021</p>
COPD	Lifestyle Magazine (LSM2815)	<p>COPD</p> <p>Guest: Loni Anderson; Dr. James Krueger; Terry Ridgeway</p> <p>COPD, which includes chronic bronchitis and emphysema, is a lung disease often caused by smoking. More than 11 million people have COPD. It is the third leading cause of death in the United States. Our expert guest, Dr. James Krueger, a pulmonologist in private practice from Long Beach, California helps us understand COPD, also known as chronic obstructive pulmonary disease. Actress Loni Anderson, made famous from her role in the hit sitcom, WKRP in Cincinnati, and nominated for two Emmy awards and three Golden Globe awards, has been a spokesperson for COPD since 1999. She is passionate in creating awareness, especially to the young people on the dangers of smoking, since her experience with her parents suffering from COPD. Also sharing his story on COPD is Terry Ridgeway.</p>	<p>22 min</p> <p>Mar 15, 2021</p>
Diabetes	Lifestyle Magazine (LSM2816)	<p>Mastering Diabetes</p> <p>Guest: Cyrus Khambatta PhD, Robby Barbaro, Stephen Wickham</p>	<p>22 min</p> <p>Mar 16, 2021</p>

		<p>Our guests from Mastering Diabetes, an online group coaching program, are co-founders Dr. Cyrus Khambatta and Robby Barbaro. They teach people all around the world, living with all forms of diabetes on how to reverse insulin resistance by using a low fat, plant-based, whole food diet.</p> <p>We'll also be joined by Stephen Wickham, who'll tell us about a recent study by Yale University on Type 2 diabetes, which has impacted people that he works with in Grundy County. Stephen started a reversing diabetes program in Grundy, Tennessee, which had the highest incidences of diabetes in the state. That program turned around the entire surrounding community, which now has one of the best overall reductions in the prevalence of diabetes in the country that even the CDC has taken notice of these revolutionary results.</p>	
Cerebral Palsy	Lifestyle Magazine (LSM2903)	<p>Putting the Cerebral Back In Palsy</p> <p>Guest: Josh Blue, RJ Mitte</p> <p>Our guests on today's episode, are comedian Josh Blue and actor RJ Mitte. Both have cerebral palsy. One uses it to make you laugh, the other make you feel, but they both make you think. Josh won the fourth season of Last Comic Standing. His material comes from a reality he's been living with since birth. RJ got a big break in his acting career when he played in the acclaimed television series Breaking Bad as Walter White, Jr., who has cerebral palsy. It has enabled him to help change how people engage and interact with individuals with disabilities and helped open doors on equal opportunity.</p>	<p>22 min</p> <p>Mar 22, 2021</p>
Idyllic Mom vs. Single Mom	Lifestyle Magazine (LSM2904)	<p>My Days: Happy And Otherwise</p> <p>Guest: Marion Ross</p> <p>Marion Ross played Mrs. Cunningham on</p>	<p>22 min</p> <p>Mar 23, 2021</p>

		<p>the popular TV show, Happy Days, becoming one of America's favorite most iconic moms. But what was it like playing the idyllic mom while in real life being a single mom of two, divorced from an alcoholic husband? Find out as we talk to Mrs. C on this edition of Lifestyle Magazine.</p>	
Being Disabled	Lifestyle Magazine (LSM2905)	<p>CinemAbility</p> <p>Guest: Jenni Gold, Tobias Forrest</p> <p>It's rare when you see a film that accurately portrays the life of a person with a physical or mental disability. Today we're meeting a director who happens to be disabled that's changing that. Our guest is documentarian, Jenni Gold, director and producer of CinemAbility The Art of Inclusion, a film that explores the history of how disability is portrayed in media and the power that the media has to shape people's perceptions. The film includes an incredible cast of A-list stars; Ben Affleck, Jamie Foxx, Geena Davis, Gary Sinise, Jane Seymour and many more. We will also meet actor Tobias Forrest who was able bodied for about 22 years and then had a spinal cord injury. We'll hear his perspective on being both able-bodied and disabled.</p>	<p>22 min</p> <p>Mar 24, 2021</p>
Faith and Bullying	Lifestyle Magazine (LSM2906)	<p>What's Your Why?</p> <p>Guest: Alec Penix, Cole Marcus</p> <p>We have two men on the show today with very different careers. One is a personal trainer, the other is a drummer. They both talk about merging their faith with their passions. Alec Penix, author of <i>Seven Sundays</i>, and celebrity trainer who has worked with the likes of singer and fitness model, Shawn Mendes, and Julianne and Derek Hough from <i>Dancing with the Stars</i> shares his spiritual journey with us. Also, prodigy drummer</p>	<p>22 min</p> <p>Mar 25, 2021</p>

		and winner of America's Most Talented Kids joins us. Cole Marcus co-starred in the movie <i>I Can Only Imagine</i> as the drummer "Robby" for the band MercyMe. He's a drummer, composer and actor. He shares his story as a person of faith. As a kid both guests were bullied and share their perspective to bullying.	
Hollywood Actor and Father; Hollywood Actor and Cerebral Palsy	Lifestyle Magazine (LSM2908)	<p>Hollywood To Real Life</p> <p>Guest: Wally Kurth, Geri Jewell</p> <p>We have two guests today both with inspiring stories. Actor and musician Wally Kurth very well may be the only actor to simultaneously play recurring roles on two different soap operas, <i>Days Of Our Lives</i> and <i>General Hospital</i>. However, he maintains that the most important roles he plays are husband and father.</p> <p>Actor, comedian and author, Geri Jewell shattered the glass ceiling for people with disabilities on television as being the first person with a disability to be cast on network television. As a star with cerebral palsy, she shares her experiences from the <i>The Facts Of Life</i> and the <i>Deadwood</i> television series.</p>	22 min Mar 29, 2021
A Strong Marriage	Lifestyle Magazine (LSM2909)	<p>Marriage</p> <p>Guest: Bill Hayes, Susan Seaforth Hayes</p> <p>Our guests today are actors Bill Hayes and Susan Seaforth Hayes. These daytime award-winning stars from <i>Days of Our Lives</i> share their stories about being married on television, but also in real life. This super couple talk about secrets that keep their marriage strong.</p>	22 min Mar 30, 2021
Drowsy Driving	Lifestyle Magazine (LSM2910)	<p>Drowsy Driving</p> <p>Guest: Anson Williams</p>	22 min Mar 31, 2021

		<p>Falling asleep at the wheel is more of a problem than drunk driving. Our guest, Anson Williams from the popular show Happy Days is with us and we're going to hear how he almost lost his life falling asleep while driving. This horrific experience inspired him to make a commitment to create a solution to drowsy driving.</p>	
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