

**Blue Mountain Television
Community Issues Program List
4th Quarter 2023**

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

Wednesdays – 9 am

Thursdays – 6 pm

Issue: Parenting

Lifestyle Magazine

Balancing Fatherhood and Career - How do you maintain a successful career, physical wellness and healthy relationships all at the same time? Best known for Baywatch, actor David Chokachi joins us to talk about how he does it.

October 3 - 3 pm

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.

October 30 - 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.

October 9 - 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.

November 21 - 6 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
December 1 - 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.
November 6 - 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?
December 3 - 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.
December 4 - 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.
October 17 - 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.

October 10 - 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.

October 19 - 3 pm

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

November 7 - 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.

November 15 - 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.

November 19 - 3 pm

December 28 - 8:30 pm

The Gift of Throat Cancer - Rob Paulsen is here to share his experiences and insights on facing cancer with a positive attitude.

November 23 - 3 pm

Starch Diet to Save the Planet - We have a veteran and beloved Lifestyle Magazine family member joining us today, Dr. John McDougall.

December 4 - 3 pm

Work Out with Obi - Obi Obadike is here to help us discover how to lose weight and gain muscle right there in your home.

December 5 - 3 pm

Fit Body-Mind-Soul-Boot Camp - When the masses panic, some see opportunity. Some even find purpose in panic. Bedros is one of those rare individuals.

December 11 - 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.

December 17 - 3 pm

December 21 - 8:30 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.

December 31 - 3 pm

It Is Written

The Methuselah Factor - John Bradshaw and Dr. David DeRose discuss blood fluidity, its 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.

October 19 - 6 am

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

December 10 - 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.

October 1 - 10 am

October 3 - 8:30 pm

October 7 - 12:30 pm

October 20 - 6 am

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.

October 27 - 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.

October 28 - 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."

November 5 - 10 am
November 7 - 8:30 pm
November 11 - 12:30 pm

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

December 11 - 6 am

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

December 16 - 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.

October 1 - 6 am

December 18 - 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.

October 4 - 6 am

December 21 - 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.

December 3 - 10 am

December 5 - 8:30 pm

December 9 - 12:30 pm

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.

October 1 - 3 pm

October 5 - 8:30 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.

October 15 - 3 pm

October 19 - 8:30 pm

Addiction the Aftermath: Actor Eric Roberts & his wife share his experience with addiction. Eric also shares how he repaired damage afterwards.

December 27 - 3 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.

October 12 - 6 am

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.

October 11 - 6 am

December 30 - 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.

October 16 - 6 am

Daily Bread

Money Matters: The Bible has a lot of advice on the topic of money. Join Pastor Steve Walikonis as he looks at some of that advice.

October 16 - 6:30 am & 9:30 pm

Issue: Stress

How Stress Affects Your Tribe: We all deal with stress. But what happens when our stress begins to affect those around us? Well, today we'll be talking with Trent Fequet, a man who's learned to manage his own stress.

November 14 - 3 pm

August 3 - 3 pm

Scheduling Anxiety Away: Today, to help us better understand anxiety, we are pleased to chat with Temple Grandin and Michael Leip.

December 14 - 3 pm

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.

October 5 - 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.

December 10 - 3 pm

December 14 - 8:30 pm

Issue: Depression

It Is Written

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.

October 15 - 10 am

October 17 - 8:30 pm
October 21 - 12:30 pm
November 29 - 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.

October 22 - 10 am
October 24 - 8:30 pm
October 28 - 12:30 pm
November 30 - 6 am

Lifestyle Magazine

Finding Peace: Warrick Dunn was one of the first football players to publicly admit struggling with depression. He shares his journey to find peace.

November 29 - 3 pm