

**Blue Mountain Television
Community Issues Program List
3rd 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.

September 17 - 3 pm

September 20 - 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.

July 19 - 3 pm

It Is Written

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

July 9 - 6 am

September 20 - 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

September 11 - 6 am

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?

July 5 - 6 am

September 15 - 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.

July 16 - 10 am

July 17 - 5:30 pm

July 21 - 9 pm

September 16 - 6 am

Issue: Health

Lifestyle Magazine

Teeth Talk - Did you know one key that could totally change your life, is a toothbrush? Our guest today is YouTube sensation, Whitney DiFoggio, the creator and star of Teeth Talk, who will talk with us about how this one brush could change your whole life!

September 10 - 3 pm

September 13 - 6:30 pm

Flexible Dieting - Are you looking to lead a more healthy, active lifestyle, but don't know where to begin? Researching diets and exercise routines can be a daunting task. How do you separate the fads from what will actually work for you? Join us today as we meet with nutrition and fitness expert, Alan Aragon and his wife Jeana and discuss how his investigation into science-based health is paving the way for the fitness movement.

July 3 - 3 pm

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

July 27 - 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.

July 23 - 3 pm

August 7 - 3 pm

COPD - COPD, which includes chronic bronchitis and emphysema, is a lung disease often caused by smoking. Dr. James Krueger helps us understand COPD.
September 19 - 3 pm

The Gift of Throat Cancer - Rob Paulsen is here to share his experiences and insights on facing cancer with a positive attitude.
August 15 - 3 pm

Starch Diet to Save the Planet - We have a veteran and beloved Lifestyle Magazine family member joining us today, Dr. John McDougall.
August 23 - 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.
August 24 - 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.
August 4 - 6 am

Controlling Your Blood Pressure: Join John Bradshaw and Dr. David DeRose, as they discuss biblical health principles to combat high blood pressure.
July 2 - 10 am
July 3 - 5:30 pm
July 7 - 9 pm
July 12 - 6 am
September 23 - 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.
August 5 - 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.

August 13 - 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.

August 14 - 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."

August 23 - 6 am

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

July 13 - 6 am

September 24 - 6 am

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

July 16 - 6 am

September 29 - 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.

July 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.

July 21 - 6 am

Valley Viewpoint

Shedding Light on Eye Health - Dr. Art Geibel shares with Julie Sanders Keymer important things we can do to help protect our eyes.

July 20 - 5:45 & 9:15 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

Tuesday - 7 pm

Thursday - 7 pm

Issue: Helping Others

Valley Viewpoint

Serving the Community: Dan Solis interviews Stan Arlt, Co-Director, Riverview Adventist Community Services, about the mission the community food bank that Pasco Riverview SDA Church operates in Pasco Washington. Learn about the impact this book bank is having on their local community.

July 13 - 5:30 & 9 pm

Impact Hope: Liz Thomsen and Kari Stoldt join Julie Sanders Keymer to share the impact that Impact Hope is having on the refugees in Rwanda. They also share how you can help.

July 20 - 5:30 & 9 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.

July 28 - 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.

August 2 - 6 am

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.

July 16 - 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.

September 5 - 3 pm