

**Blue Mountain Television  
Community Issues Program List  
2nd 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.

**April 3 - 3 pm**

**June 21 - 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.

**April 10 - 3 pm**

**June 28 - 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.

**May 8 - 3 pm**

**June 11 - 6 pm**

**June 14 - 6:30 pm**

**June 15 - 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.

**June 18 - 10 am**

**June 19 - 5:30 pm**

**June 23 - 9 pm**

**Issue: Mental Health**

**Lifestyle Magazine**

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

**May 16 - 3 pm**

**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

**May 7 - 10 am**

**May 8 - 5:30 pm**

**May 12 - 9 pm**

**Issue: Grief**

**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.

**April 19 - 3 pm**

**April 23 - 6 pm**

**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!

**June 20 - 3 pm**

**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.

**April 9 - 6 pm**

**April 11 - 3 pm**

**June 29 - 3 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.

**April 12 - 3 pm**

**April 16 - 6 pm**

**April 19 - 6:30 pm**

**April 20 - 3 pm**

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

**May 17 - 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.

**May 30 - 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.

**June 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.

**May 3 - 6 am**

**Turning it Around: Blood Pressure and Health:** Almost half of all adults in the United States have high blood pressure, and billions of dollars are spent each year on medication. Learn about preventative steps in "Turning It Around: Blood Pressure and Health" with Pastor John Bradshaw and special guests Dr. David DeRose and Dr. Greg Steinke.

**April 21 - 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.

**May 8 - 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.

**June 4 - 10 am**

**June 5 - 5:30 pm**

**June 9 - 9 pm**

**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.

**May 29 - 6 am**

**June 11 - 8 am**

**June 12 - 5:30 pm**

**June 16 - 9 pm**

**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."

**June 12 - 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.

**May 17 - 5:30 & 9 pm**

## **Daily Bread**

**The Methuselah Factor** - Do you want to live longer and better? Join Dr. David DeRose as he shares health principles found in the bible.

**May 31 - 6:30 am & 9:30 pm**

## **Amazing Facts with Doug Batchelor**

**Healing, Health, and Holiness, Part 1:** God says we are to treat our bodies as a temple of the Holy Spirit and to not defile our bodies.

**April 17 - 12 pm**

**Healing, Health, and Holiness, Part 2:** God says we are to treat our bodies as a temple of the Holy Spirit and to not defile our bodies.

**April 18 - 12 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 Others, Serving Jesus:** Hear how The Center for Humanitarian Engagement is making a big impact in the community during times of need.

**June 22 - 5:30 & 9 pm**

**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.

**May 4 - 5:30 & 9 pm**

**June 1 - 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.

**May 17 - 5:30 & 9 pm**

**June 8 - 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.

**April 7 - 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 worshipping the blessings themselves.

**April 17 - 6 am**