

**Blue Mountain Television
Community Issues Program List
4th Quarter 2021**

Issue: Conservation

Secret Life of the Forest – A series about the Blue Mountains and how nature works together for survival. The series also looks at how humans can do their part in protecting the environment.

Sundays – 7 pm

Wednesdays – 9:30 am

Thursdays – 6 pm

Issue: Finances

Stupid Money - Join John Mathews as he experiences the jobs real people do, asking them about the stupid things they've done with their money, and what they learned. Some are serious learning experiences and some are just funny. You will wonder, "What were they thinking?"

Mondays – 12:30 pm

Tuesdays – 5:30 am

Lifestyle Magazine

Time and Money in Marriage: Laura Vanderkam, author of 168 Hours, explains that you Have More Time Than You Think, has advice on fitting everything into your life.

October 26 – 3 pm

Money Vs. Marriage: Financial expert Greg Johnson, founder of New Era Financial Services, offers some advice on how to stop those arguments.

November 22 – 3 pm

Issue: Parenting

Help! I'm a Parent - A program designed to encourage parents, grandparents, and caregivers to become disciple-makers of their children.

Mondays – 1 pm

Tuesdays – 8 am

Lifestyle Magazine

Parenting the New Teenager: Dr. Foster Cline, co-founder of the Love & Logic Institute, offers tips to overcome challenges of parenting teenagers.

October 5 – 3 pm

The Fatherhood Initiative: Roland Warren, President of the National Fatherhood Initiative, shares resources for dads working to become strong fathers.

November 29 – 3 pm

The Smart Step-Dad: Author, marriage & family therapist and founder of SmartStepFamilies.com, Ron Deal, is here to help stepparents succeed.

December 20 – 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.

October 11 – 5:30 pm

Issue: Mental Health

Valley Viewpoint

Mental Health in the Walla Walla Valley: Dan Solis interviews Alayna Brinton, the Executive Director for the Blue Mountain Health Cooperative, who is working for an organization to help those who are working for an organization to help those who are depressed and in need of help.

December 30 – 5:30 pm & 9 pm

This Week from Blue Mountain Broadcasting Association

Lynelle Ellis will be interviewing Dan Gabbart who will be presenting a seminar on mental health at the Stateline Church.

October 7 – 6:30 pm

October 8 – 8 am

Pastor Steve Walikonis offers hopes to those who may be struggling during the holiday season.

December 16 – 6:30 pm

December 17 – 8 am

Lifestyle Magazine

Who Switched Off My Brain? - Dr. Caroline Leaf, author of Who Switched Off My Brain? tells how to avoid toxic thought & achieve our greatest potential.

October 25 – 3pm

Issue: Health

It Is Written

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

December 5 – 10 am

December 10 – 9 pm

Lifestyle Magazine

Milk-Does it do a Body Good?: Dr. John McDougall; & Shira Lane share about dairy in the eye-opening documentary, Got the Facts on Milk?

October 12 – 3 pm

The Best Medicine There Is: Dr. Matthew Lederman & Dr. John McDougall, both doctors on Forks Over Knives, explain how food is good medicine for health.

November 10 – 3 pm

The Starch Solution for Diabetes: John A McDougall, M.D., and his guest Frank Gonzales, share how to gain optimal health through the Starch Solution.

December 7 – 3 pm

This Week from Blue Mountain Broadcasting Association

Lynelle Ellis interviews Ricky Kearns who is promoting an incredible health seminar coming the Village Church called "The Law of Life".

October 14 – 6:30 pm

October 15 – 8 am

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 – Thursday 11 am & 7 pm

Simply Amazing Health: Based on Biblical and medical studies, Simply Amazing Health provides the message of health and healing that this world needs to hear. Presented by Ron Meinhardt, a registered nurse.

Tuesdays – 6 pm

Fridays – 8:30 am

Issue: Depression

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.

October 3 – 3 pm

October 7 – 3 pm

October 8 – 6 am

December 5 – 3 pm

December 9 – 3 pm

December 10 – 6 am

Issue: Grief

Lifestyle Magazine

Celebrate Change: Dr. Wanda Turner, motivational speaker & author of Celebrate Change, explains why its important to embrace change in times of grief

October 4 - 3 pm

October 6 – 3 pm

Loss of a Child: Elizabeth Brown, author of Surviving the Loss of a Child, will show us some specific steps toward grief recovery.

October 27 – 3 pm

Issue: Fire Safety

Valley Viewpoint

Fire Safety: Dan Solis interviews John Boose, Fire Marshall for the city of College Place, WA about fire safety.

October 7 – 5:30 & 9 pm

November 4 – 5:30 & 9 pm

December 2 - 5:30 & 9 pm

Issue: Helping Others

This Week from Blue Mountain Broadcasting Association

Operation Christmas Child: Dan Clark, Area Coordinator for Operation Christmas Child, will be our special guest today talking about how we can share a gift to a child in need.

November 4 – 6:30 pm

November 5 – 8 am

Valley Giving Guide: Kol Medina, the President and CEO of Blue Mountain Community Foundation, shares what the foundation does and how it supports the Walla Walla Valley.

December 2 – 6:30 pm

December 3 – 8 am

Christian Ai Center: Jason Wicklund, Executive Director of the Christian Aid Center, shares what the Christian Aid Center does for the community and how you can help.

December 9 – 6:30 pm

December 10 – 8 am

Issue: Marriage

Real Family Talk - This program is a place to talk about family dynamics and share tools to strengthen our marriages and families.

Sundays – 3:30 pm

Tuesdays – 9 pm

Thursdays – 9:30 am

Lifestyle Magazine

Marriage Intensive Movement: Amy Smalley, & her husband Michael, have created the Marriage Intensive Movement; giving us some effective ways to work through conflict resolution.

October 13 – 3 pm

The Power of Commitment: Scott Stanley, Ph.D., shares how committing to a lifetime partner can be powerful and rewarding in many ways.

November 8 – 3 pm

When Opposites Stop Attracting: David & Teresa Ferguson, authors of Never Alone – Devotions for Couples, show how opposites can make marriage work.

November 9 – 3 pm

The Stranger Beside You: Husband-and-wife physician and therapist Paul & Teri Reisser focus on the issue of feeling like your spouse is a stranger.

November 15 – 3 pm

Love Isn't Supposed to Hurt: Christi Paul tells her personal story of a devastating abusive marriage; and, about her book, Love Isn't Supposed to Hurt

November 16 – 3 pm

The Best Marriage Dates: David and Claudia Arp, founders of Marriage Alive International, share why it's necessary to still date your spouse!

November 17 – 3 pm

The Biggest Mysteries of the Opposite Sex: Dr. Terri Orbach, also known as The Love Doctor, is here to share why we don't understand the opposite sex.

November 24 – 3 pm

How to Make a Happy Marriage: Jeff and Juli Strametz share their personal secrets to a happy marriage.

December 1 – 3 pm

Bringing Spirituality into Your Marriage: Claudio & Pamela Consuegra, Directors of Family Ministries for the NAD of SDA's, share on spiritual intimacy.

December 6 – 3 pm

Jumping The Marriage Hurdles: Tony and Alisa DiLorenzo, tell their story, and about helping others with their ONE Extraordinary Marriage workshops.

December 8 – 3 pm

Novel Marriages: Popular romance novelist, Susan May Warren, raises intriguing questions like, "What if your marriage life was like a romance novel?"

December 14 – 3 pm

Different Backgrounds in Marriage: Mike & Gayle Tucker demonstrate how to fight fairly with your spouse. Martin & Ari Garcia join them.

December 15 – 3 pm

Words That Can Change Your Marriage: Will and Susie Davis teach us that words can actually change your marriage.

December 15 – 3 pm

Issue: Stress

Lifestyle Magazine

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

October 24 – 3 pm

October 28 – 3 pm

October 29 – 6 am