

**Blue Mountain Television
Community Issues Program List
3rd 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

It Is Written

The Collapse of Creation: In recent years, alarming environmental trends have developed in our world. Are these issues a wakeup call to our planet?

July 10 – 4 am

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

This Week from Blue Mountain Broadcasting - Lynelle interviews Robert VanDorn from Trust Services of the Upper Columbia Conference. VanDorn gives some excellent thoughts to consider when it comes to leaving this earth and how we can still help advance God's kingdom.

August 19 – 6:30 pm

August 20 – 8 am

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

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 depressed and in need of help.

July 8 – 5:30 pm & 9 pm

August 12 – 5:30 pm & 9 pm

Issue: Health

It Is Written

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.

July 11 – 10 am

July 16 – 9 pm

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 1 – 10 am

August 6 – 9 pm

Risk Factors: The Bible says our bodies are wonderfully made. But in today's affluent society, there are risk factors that threaten our health. Thousands are dying each year in this country due to lifestyle diseases such as heart attack, stroke, cancer, and more. Is there a solution to this epidemic?

August 21 – 4 am

The Big C: A memorable phrase that far too many people have heard is, "I regret to inform you that it's cancer."

September 18 – 4 am

Cancer: Is There Hope?: Thousands die of cancer every year, begging the question: are there things we can do to help prevent cancer?

September 25 – 4 am

This Week from Blue Mountain Broadcasting - Lynelle interviews Meghan DeBolt, Executive Director for Blue Zones Project Walla Walla, about the work the Blue Zones Project is doing in our local valley.

September 16 – 6:30 pm

September 17 – 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: Legal Council for Youth

Valley Viewpoint – Legal Council for Youth: Naiomy shares some resources for youth experiencing legal issues.

August 27 – 5:30 pm & 9 pm

Issue: Grief

It Is Written

From Grief to Grace: Meet a woman whose life was struck by terrible random tragedy, who then found strength in God through the power of His grace.

July 5 – 5:30 pm

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?

August 8 – 10 am

August 13 – 9 pm

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.

August 15 – 10 am

August 20 – 9 pm