AIR DATE	TRT	PROGRAM TITLE	SHOW#	TOPIC	CONTINUITY
10/9/23	15:00:00	In Depth TV	1009 IDTV	BREAST CANCER AWARENESS	Dr. George Finn talks about some of the causes of breast cancer, such as being 55 or older increases your risk. Being female as women are more likely to get breast cancer than men, although men can get it also. Family history and genetics or a family history of breast cancer. Smoking tobacco increases your risk of getting cancer as well as drinking alcohol. Being overweight, radiation exposure. He also talks of ways to reduce risks of getting the disease, limit alcohol consumption, stop smoking completely, maintain a healthy weight, be active and exercise, breast feeding for mothers can reduce risks, and limit postmenopausal hormone therapy.
10/11/23	29:00:00	Senior Focus with Sunny Ross	1011 SFOC	HELPING SENIORS LIVE A BETTER LIFE WITH MORE EDUCATION	Host Sunny Ross discusses senior living and how to make the golden years shine. Her guest Dan Murrell director of planned giving at University of Memphis. They talk about what is offered to seniors age 60 as far as classes with no tuition, and age 65 and over for credited classes the tuition is half price per hour is half the cost. These classes are for alumni or anyone interested in finishing their education through the senior citizens office program.
10/12/23	29:00:00	Memphis Makers	1012 HALD	HELPING THE LESS FORTUNATE with MENTAL ILLNESS	Host Ally Luciano talks with leaders of non-profit and charitable organizations, whose sole purpose is to help the less fortunate around the city. Debra Dillon director of (NAMI) National alliance on mental illness in Memphis, is a nonprofit that ensures that no one is alone on their mental journey. They offer classes for family's and caregivers to help understand what is going on with the people effected by mental illness and where to seek help and find support groups.
10/13/23	29:00:00	Health Awareness with Lynn Doyle	1013 MMAL	GOOD HEALTH BREAST CANCER AWARENESS	Lynn Doyle of Delta Medical Group hosts an informative panel of doctors, nurses, and medical directors to discuss a wide variety of health topics to stay healthy, both physically and mentally, With October being Breast Cancer Awareness month, she discusses the importance of every woman to get screened and the importance of self-examinations. She gives a list of places offering free mammograms around the city.
10/15/23	28:00:00	We Believe in Memphis	1015 WBIM	FIGHTING POVERTY	Reggie Davis of Street Ministries is on to talk about how 43% of kids in Memphis live in poverty, the worst in the country. They believe that a firm spiritual foundation in a safe and positive environment, with caring adults in their lives are what kids need most to achieve their God given potential. The organization has been providing opportunities and resources to help them find their path to academic, spiritual, and physical achievement for almost 30 years and now serves nearly 400 students daily. They are also promoting their golf tournament later in the month to help raise money.
10/16/23	15:00:00	In Depth TV	1016 IDTV	SELF EXAMS and MAMMOGRAMS	Dr. George Flinn goes over the importance for every woman to know how to do self-exams to check for any lumps in the breast tissue in order to find any abnormalities early so they can get to the doctor for a mammogram. Mammograms are still the leading way to detect breast cancer early and should be done every 2 years, that is why self-exams can be so important. He also says the women should start getting them at age 40.

10/17/23	29:00:00	Power Up Memphis	1017 PUM	INTRODUCING KIDS TO EDUCATIONAL PROGRAMS TO HELP SHAPE THEIR ADULT CAREERS	Produced by Memphis Light Gas and Water to inform customers of new innovations and events of the Memphis utility company plus helpful tips of how to save energy and reduce monthly bills. Host Gale Jones-Carson talks about the MLGW's STEM Education Program which aims to raise awareness about STEM related careers globally, especially within the utilities industry. Students in grades 3 <sup>rd</sup> to 5 <sup>th</sup> from the Memphis area schools are invited to attend starting October 22 <sup>nd</sup> and will meet one Saturday a month until May of 2024.
10/18/23	29:00:00	Senior Focus with Sunny Ross	1018 SFOC	HELPING SENIORS LIVE A BETTER LIFE FINANCIAL PLANNING	Host Sunny Ross discusses senior living and how to make the golden years shine. Guest Earl T Young a financial services professional talks about the importance of planning for your senior years. He tells the viewers about investments that everyone can get involved in to help provide wealth after retirement. He also talks about the importance of having a will to provide for loved ones after you are gone. The main thing to know is what you want you are looking to do as you age and what you want to happen when you are no longer around
10/19/23	29:00:00	Memphis Makers	1019 MMAL	HELPING THE LESS FORTUNATE with MENTAL ILLNESS	Host Ally Luciano talks with leaders of non-profit and charitable organizations, whose sole purpose is to help the less fortunate around the city. Debra Dillon director of (NAMI) National alliance on mental illness in Memphis, is a nonprofit that ensures that no one is alone on their mental journey. They offer classes for family's and caregivers to help understand what is going on with the people effected by mental illness and where to seek help and find support groups.
10/20/23	29:00:00	Health Awareness with Lynn Doyle	1020 HALD	GOOD HEALTH BREAST CANCER AWARENESS	Lynn Doyle of Delta Medical Group hosts an informative panel of doctors, nurses, and medical directors to discuss a wide variety of health topics to stay healthy, both physically and mentally, With October being Breast Cancer Awareness month, she discusses the importance of every woman to get screened and the importance of self-examinations. She gives a list of places offering free mammograms around the city for all of October
10/22/23	28:30:00	We Believe in Memphis	1022 WBIM	HUMAN TRAFFICING	Rachel Haaga, Exec. Director of Restore Corps. Explains that 100,000 kids are exploited every year and over 100 cases of trafficking are reported locally in Shelby County. Their mission is to eradicate human trafficking around the world by empowering survivors, equipping communities to recognize and understand the problem so they can fight against it, and seeking justice through systemic change with stiffer penalties for traffickers and buyers.
		•		VACCINES FOR THE FLU SEASON	Dr. George Flinn talks about the importance for everyone to get their flu vaccines, as it is predicted to be a bad flu season. He also talks about the safety of the new COVIC vaccine. The new vaccine counters both strands of the virus, and he encourages viewers to get the RSV vaccine as well. He also discusses the importance of staying home if you or your children are feeling sick, keeping your hands washed and sanitized to help stop the spread of the viruses.
10/24/23	29:00:00	Power Up Memphis	1024 PUM	HOW THE POWER COMPANY WORKS, HOW TO SAVE ENERGY AND MONEY	Produced by Memphis Light Gas and Water to inform customers of new innovations and events of the Memphis utility company plus helpful tips of how to save energy and reduce monthly bills. Host Gale Jones-Carson talks to Will Williams lead energy technician residential department to go over space heater safety now that the colder weather is here and what customers can do to keep the cold air out.

10/26/23	29:00:00	Memphis Makers	1026 MMAL	HELPING THE LESS FORTUNATE HELPING JUVENILES LEARN A TRADE	Host Ally Luciano talks with leaders of non-profit and charitable organizations, whose sole purpose is to help the less fortunate around the city. Her guest Lauren Young owner of LaLa's bakery in Memphis. She talks about how she chose to partner with JIFF (a Juvenile Intervention Program) to offer youth who have graduated from the program a place to learn about baking and how to run a business. The program helps kids stay off the streets and out of trouble. All while teaching them a trade they can use throughout their life.
10/27/23	29:00:00	Health Awareness with Lynn Doyle	1027 HALD	HELPING FIRST RESPONDERS	Lynn Doyle of Delta Medical Group hosts an informative panel of doctors, nurses, and medical directors to discuss a wide variety of health topics to stay healthy, both physically and mentally, Guest Terry Thompson lead counselor of the mid-south first responders network talks about the programs to help first responders health and wellness, both mentally and physically.
10/29/23	28:30:00	We Believe in Memphis	1029 WBIM	FAMILY MATTERS	Carol Jackson program director at Families Matter which is a nonprofit organization in Memphis that works in the community to help strengthen families based on Biblical principles. They work with fathers to build healthy families, mentor teens to keep them from a life of crime. With families dealing with high crime, poverty, and domestic violence all rising, Families Matter's mission is to ensure everyone has a chance to live a healthy and safe life.
11/8/23	28:30:00	Senior Focus with Sunny Ross	1108SFOC	HELPING SENIORS LIVE A BETTER LIFE	Host Sunny Ross discusses senior living and how to make the golden years shine. Mia Henely is the new executive director of Creative Aging in the Mid-South. They talk about all of the new things happening and what they are doing to help seniors live a better life. They are now offering artistic performances in retirement communities and nursing homes around the Mid-South. As people live longer, seniors benefit from keeping active and stimulating their minds through art programs meant to encourage, entertain, and educate.
11/09/23	29:00:00	Memphis Makers	1109 MMAL	HELPING THE LESS FORTUNATE HELPING JUVENILES STAY OUT OF A LIFE OF CRIME	Host Ally Luciano talks with leaders of non-profit and charitable organizations, whose sole purpose is to help the less fortunate around the city. Richard Graham of JIFF. Juvenile intervention and Faith based follow up. He talks of how JIFF works with the courts to help kids stay out of trouble to help them learn a trade. They work with troubled youth in the community to help steer them away from crime and show them their full potential in a Faith based environment.
11/10/23	29:00:00	Health Awareness with Lynn Doyle	1110 HALD	GOOD HEALTH VACCINATING THE HOMEBOUND	Lynn Doyle of Delta Medical Group hosts an informative panel of doctors, nurses, and medical directors to discuss a wide variety of health topics to stay healthy, both physically and mentally. Guest Melanie Keller president of Meritan, a nonprofit regional medical service provider. She talks about their mission to vaccinate the home bound individuals with the FLU and RSV shots. Meritan also helps to fill service gaps and meet unmet needs and to provide services that benefit humanity and the community.
11/12/23	28:30:00	We Believe in Memphis	1112 WBIM	FIGHTING POVERTY	Guest Noah Gray of Binghampton Development Corp. is a Christian nonprofit that works with local Churches to fight generational and systemic poverty with job training, improving quality of life, mentoring youth, and building equity in people and property. As a faith-based entity BDC, works to be an instrument of God's love to reach those in economic oppression.

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11/15/23	29:00:00	Senior Focus with Sunny Ross	1115 SFOC	HELPING SENIORS LIVE A BETTER LIFE	Host Sunny Ross discusses senior living and how to make the golden years shine. Guests Melanie Keller president and Chessie Biggam development and communications director of Metitan. They talk about their vaccination campaign to vaccinate seniors who can't get out to get vaccinated and their silver bells campaign that provides gifts for 300 frail and home bound seniors to brighten their holiday.
11/16/23	29:00:00	Memphis Makers	1116 MMAL	HELPING THE LESS FORTUNATE MENTORING CHILDREN	Host Ally Luciano talks with leaders of non-profit and charitable organizations, whose sole purpose is to help the less fortunate around the city. Guest Susan George of Big Brothers Big Sisters talks about how they help children reach their potential and power. They have 2 signature programs, community-based and school-based and they discuss how both work to help keep kids off of drugs, keep away from alcohol, and stay in school. She also provides info on how to become a big brother or a big sister.
11/17/23	29:00:00	Health Awareness with Lynn Doyle	1117 HALD	GOOD HEALTH HELPING VETERANS	Lynn Doyle of Delta Medical Group hosts an informative panel of doctors, nurses, and medical directors to discuss a wide variety of health topics to stay healthy, both physically and mentally. David K Dunning medical director of the VA Hospital is on to talk about what the VA does to help our heroes that served in the military. Serving in the military himself he knows what vets go through. He talks of what they do to help heal both the physical wounds but also the mental effects of going thru what our soldiers do to keep our country free and the rest of the world a safer place.
11/19/23	28:30:00	We Believe in Memphis	1119 WBIM	STOPPING UNWANTED PREGNANCY	Guest Claudia Haltom of A Step Ahead Foundation is on to discuss empowering women to reach their life goals by eliminating barriers to voluntary long-term birth control. The foundation offers free birth control to women of the mid-south along with sessions to help teach about abstinence, healthy relationships and effective birth control. They also offer sessions for guys which talks about consent and how the male reproductive system works. They also provide them a career and life road map.
11/22/23	28:30:00	Senior Focus with Sunny Ross	1122 SFOC	HELPING SENIORS LIVE A BETTER LIFE FINANCIAL PLANNING	Host Sunny Ross discusses senior living and how to make the golden years shine. Guest Earl T Young a financial services professional talks about the importance of planning for your senior years. He tells the viewers about investments that everyone can get involved in to help provide wealth after retirement. He also talks about the importance of having a will to provide for loved ones after you are gone. The main thing to know is what you want you are looking to do as you age and what you want to happen when you are no longer around
11/23/23	29:00:00	Memphis Makers	1123 MMAL	HELPING THE LESS FORTUNATE PEOPLE IN CRISIS	Host Ally Luciano talks with leaders of non-profit and charitable organizations, whose sole purpose is to help the less fortunate around the city. Michael LaBonte executive director of Memphis Crisis Center is on to talk about for 40 years the center has been the voice for thousands of people who have lost their jobs, their family, or lost their way. They are here to help people feel better about the situation they are in.
11/24/23	28:30:00	Health Awareness with Lynn Doyle	1124 HALD	GOOD HEALTH	Lynn Doyle of Delta Medical Group hosts an informative panel of doctors, nurses, and medical directors to discuss a wide variety of health topics to stay healthy, both physically and mentally. Erskine Gillespie donor recruitment of Lifeblood of the mid-south is on to discuss the need for people to give blood during the holidays. Blood shortages have been at an all-time high since COVID in 2020 and he

					encourages everyone to donate, it's easy, pain free, and can help save the lives of so many people in need.
11/26/23	28:30:00	We Believe in Memphis	1126 WBIM	LIFE CHOICES OF MEMPHIS	Sue Parker of Life Choices of Memphis is on to talk about what services offered. since laws have changed Life Choices is ready to help those women in need of pregnancy counseling, help with practical needs, counseling regarding options like adoption. They also have HOPE Ministry at Life Choices designed to help women who struggle with an abortion in their past. Life Choices is a nonjudgmental and confidential place to help by offering God's hope and healing in your life.
12/6/23	28:30:00	Senior Focus with Sunny Ross	1206 SFOC	HELPING SENIORS LIVE A BETTER LIFE	Host Sunny Ross discusses senior living and how to make the golden years shine. Her guest Floyd Fields financial agent with New York Life insurance and annuity talks about the importance of planning ahead for your future. He discusses what to look for in an agent and an investment company, also what you want for your senior years. He talks about having life insurance, having a will, and you need to plan ahead now to be able to live out your golden years with security and worry free.
12/7/23	29:00:00	Memphis Makers	1207 MMAL	HELPING THE LESS FORTUNATE BLOOD DRIVES	Host Ally Luciano talks with leaders of non-profit and charitable organizations, whose sole purpose is to help the less fortunate around the city. Debra Brown manager of Lifeblood in Memphis talks about the need for donors during the holidays. With people traveling out of town and are not thinking about donating. Life blood helps all local area hospitals and during the holidays people give 6000 units less donations during the holiday seasons, so the need is great. Debra gives a list of where viewers can go to give to give blood.
12/8/23	28:30:00	Health Awareness with Lynn Doyle	1208 HALD	GOOD HEALTH FIGHTING DRUG AND ALCOHOL ADDICITION	Lynn Doyle of Delta Medical Group hosts an informative panel of doctors, nurses, and medical directors to discuss a wide variety of health topics to stay healthy, both physically and mentally. Her guest Tamuno George from the Delta Specialty Hospital, where they provide in and out patient care for drug and alcohol addiction. With the stress and pressure of the pandemic there has been a rise in overdoses across the country. DSH works to help those that have lost their way and can't help themselves. They also work with families to help them better understand the disease of addiction
12/10/23	29:00:00	We Believe in Memphis	1210 WBIM	RED ZONE MINISTRIES HELPING UNDER SERVED YOUTH	Howard Eddings Jr. Exec. Director at Red Zone Ministries, which targets urban youth ages 9 to 18 who live in one of Memphis's underserved areas. Young people at this age are making decisions that will affect them the rest of their lives, and Red Zone Ministries is there to help them make good decisions, stay in school, not to use drugs, stay away from a life of crime with social enhancement, academic encouragement, economic development, and spiritual guidance.
12/13/23	28:30:00	Senior Focus with Sunny Ross	1214 SFOC	HELPING SENIORS LIVE A BETTER LIFE	Host Sunny Ross discusses senior living and how to make the golden years shine. Her guest Terrie Kirksey Director of programs at Creative Aging of Memphis says there are 129,000 seniors in Shelby county over 65 and 29% live alone. She tells viewers the importance of engaging seniors with creative ideas to keep them motivated and active. Their programs promote healthy, vital aging, combat isolation, and offer seniors opportunities to stay connected.

12/14/23	29:00:00	Memphis Makers	1215 MMAL	HELPING THE LESS FORTUNATE	Host Ally Luciano talks with leaders of non-profit and charitable organizations, whose sole purpose is to help the less fortunate around the city. Guest Randa Lipman of the Midsouth Transplant Foundation is on to tell viewers why they need their help. There are 4000 people in our area that are in need of a lifesaving transplant. She says that one organ donor could save 8 separate lives. The founder Dr. Louis Britt preformed the first kidney transplant in Memphis in 1970. Everyone can become a donor, you can sign up to become a donor when you renew your drivers license.
12/17/23	29:00:00	We Believe in Memphis	1217 WBIM	MID SOUTH FOOD BANK FEEDING THE NEEDY	Cathy Pope of the mid-south food bank is on to talk about the need to stamp out hunger. They are partnering with the Post Office and letter carriers to pick up food donations all the month of December. The program is also taking cash donations, a \$10.00 donation can provide 30 healthy meals to those in need. They are also partnering with many retail store for food donations thru out the county, and a list of those can be found on their web site