



## Episode Synopses for October, 2019

Week of Oct. 07, 2019		
07-Oct.	BALA-3101-556	We're back with a new episode of <i>The Balancing Act!</i> Stay tuned as we go behind the scenes of the record-breaking musical, <i>Cats</i> . We also join celebrity chef Ralph Pagano as he takes to the streets with another edition of <i>Ralph on the Road!</i>
08-Oct.	BALA-3102-557	Buckle up! We're exploring two unique destinations – Turks & Caicos and Calle Ocho – with celebrity chef Ralph Pagano.
09-Oct.	BALA-3103-558	On this episode of <i>The Balancing Act</i> , we're getting serious about our health – covering everything from eye protection to prostate cancer.
10-Oct.	ACHL-0054-559	We're back with another episode of <i>The Balancing Act: Access Health</i> . Stay tuned as we dive into GOLO, a proven weight loss solution that has helped more than 1 million people live healthier lives. Plus, we're learning about 23andMe and an innovative new treatment to provide powerful knee pain relief.
11-Oct.	BALA-2918-334	Go back to school for your master's at Colorado Christian University, try out some chicken casserole with Maruchan and be safe on the road with tips from TA and Petro Travel Centers. Don't miss this episode of <i>The Balancing Act</i> .



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Week of Oct. 14, 2019		
14-Oct.	BALA-2920-335	Learn more about holistic drug and alcohol addiction treatment, the importance of preventative veterinary care and putting your best foot forward in college - all on today's episode of <i>The Balancing Act</i> .
15-Oct.	BALA-2921-336	Our wedding special continues with experts from The American Wedding, who go over every detail of the perfect invitation. Not to mention a look at what one of their wedding gurus did for her own wedding!
16-Oct.	BALA-2922-337	Get motivated to complete your college degree, learn how to be safe on the road and get the recipe for a delicious Thai noodle soup, all on this episode of <i>The Balancing Act</i> .
17-Oct.	BALA-2768-156	Today's show tackles tough carpet stains, talks firearm safety and tips for becoming a homeowner.
18-Oct.	BALA-3008-454	On this buzz worthy edition of <i>The Balancing Act</i> , hosts Amber Milt and Olga Villaverde dive into the hive, exploring the fascinating world of bees, and showing how we all do our part to Feed a Bee.



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Week of Oct. 21, 2019		
21-Oct.	BALA-3009-455	Tips on the importance of vitamins supplement for pet health; Protecting your skin from the sun; Quick Bytes with Chef Ralph Pagano – Tilapia; Tips on the home loan process and all you need to know about Clubfoot.
22-Oct.	BALA-3010-456	On today's show we're helping all the foodies out there with entertaining tips! From pairing the perfect wine with your meal, stirring up some quick meals for your guests, and creating the perfect and adorable cookie bar!
23-Oct.	BALA-3068-523	On this episode of <i>The Balancing Act</i> , we're covering all things health—from narcolepsy to neck pain.
24-Oct.	BALA-3069-524	On this special-edition of <i>The Balancing Act</i> , we're focusing on issues affecting today's youth—seen and produced through the eyes of <i>The Balancing Act's</i> production interns.
25-Oct.	BALA-3070-525	On this episode of <i>The Balancing Act</i> , we're covering everything from caregiving and fertility treatments, to delicious slow cooker recipes with celebrity chef Ingrid Hoffmann.



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Week of Oct. 28, 2019		
28-Oct.	BALA-3011-457	Keeping your body, car, and home with tip top shape with advice from experts you can trust!
29-Oct.	BALA-3012-458	Everything you need to know about cord blood banking. Maggi Liquid Magic in a bottle! What to look for when choosing sunscreen.
30-Oct.	BALA-3087-540	On this episode of <i>The Balancing Act</i> , we're covering everything from skin care and shoes, to the legendary Montel Williams, who was recently named the newest host of <i>Military Makeover</i> .
31-Oct.	BALA-3088-541	A comprehensive look at colorectal cancer. Delicious cookies that are sugar free. Phan Thi Kim Phuc: How the Vietnam War's Napalm Girl found hope after tragedy.
01-Nov.	BALA-3019-466	This episode of <i>The Balancing Act</i> focuses on breast cancer awareness.