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HEALTH & WELLNESS



Talk Time with Trish
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May 10th 2013: Sweethearts and Heroes

"95% of all bully's...get away with it!" About 40 years after Christopher Columbus discovered America, the word "Bully" was born. Ironically, it originally meant "Sweetheart". "Sweethearts & Heroes" is a one of a kind Anti-Bullying organization. We don't have a bullying problem in America. What we have is a lack of Sweethearts & Heroes. This group is working to create 16th century "Sweethearts". Tune in as Trish Forante talks with Sweethearts & Heroes co-founder, Thomas Murray and spokesperson Jessica "Jag" Aguilar. Both are top ranked professional MMA competitors.

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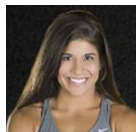
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Featured Guests



Jessica "Jag" Aguilar

A type "A" go girl who is on a mission! Jessica is an amazing individual in terms of her priorities in life, passionate work ethic, how she is continually seeking out others to help, is greatly appreciated for her huge heart; and in addition to just being incredible warm and caring human being – Jessica is also an extremely fierce competitor

[Read more](#)



Thomas Murphy

Thomas Murphy was born and raised in Philadelphia, PA. At 12-years of age Tom and his family relocated to Cooperstown, NY where he graduated from Cooperstown High School.

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