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Wednesday at 4 PM Pacific

May 25th 2016: Porn Alarm, Effective Apologies, In My Sister's Garden

A growing number of young men who grew up with available porn on their mobile devices are convinced that their sexual responses have been sabotaged by brains marinated in porn in their teens years. Health Matters Host, Heather Brittany brings you the report.

It's hard to apologize but when you are in the wrong, it's the right thing to do. Find out effective "sorry" strategies from Lifestyle coach, Cynthia Brian.

Cynthia Brian honors her younger sister with a visit through her sister's country western drought resistant garden. Although this story was published in the newspaper

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