

Community Program Issues List

July through September 2022

All times are Central Time Zone. Programs marked * are 30 min. and ! are 1 hour

| | | | |
|-------------------|------------------------------|--|---|
| 2022-07-01 03:30* | Live to Be Well | | discusses unconditional commitment. |
| 2022-07-01 04:30* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises.. |
| 2022-07-01 05:30* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss beets. |
| 2022-07-01 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Omar Mosquera | Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression. |
| 2022-07-01 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system. |
| 2022-07-01 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses corn chowder & others. |
| 2022-07-03 03:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss when the heart attacks. |
| 2022-07-03 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez with helpers shows compression exercises to help with osteoporosis. |
| 2022-07-03 12:00* | Live to Be Well | | discusses a new vision. |
| 2022-07-03 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz | Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and |
| 2022-07-04 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Stacey Bekkela | Cheri Peters (Host) and Stacey Bekkela discuss the trailer life. |

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| 2022-07-04 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican chile con haba et al. |
| 2022-07-04 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker | Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines. |
| 2022-07-04 13:30* | Abundant Living | | discusses mom's special breakfast. |
| 2022-07-04 14:00* | Action 4 Life | Casio Jones (Host), Idalia Dinzey | Casio Jones and Idalia Dinzey discuss the options of bicycles |
| 2022-07-05 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system. |
| 2022-07-05 05:30* | Wonderfully Made | Daniel Miller (Host), James Marcum | Daniel Miller and Jim Marcum discuss heart valves; how they work and how they may fail. |
| 2022-07-05 06:00* | Body and Spirit Aerobics | Mrs. Ford, Dick Nunez | Dick Nunez with helpers shows aerobics exercises designed for the elderly. |
| 2022-07-05 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses healthy finger food. |
| 2022-07-05 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness. |
| 2022-07-06 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise. |
| 2022-07-06 08:00! | Today Cooking | | discusses simply fresh. |
| 2022-07-06 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Stacey Bekkela | Cheri Peters (Host) and Stacey Bekkela discuss the trailer life. |
| 2022-07-06 13:30* | Abundant Living | | discusses malignancies of matrons & misses. |

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| 2022-07-06 14:00* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss running benefits. |
| 2022-07-06 15:00! | Today Cooking | | discusses simply fresh. |
| 2022-07-06 20:00! | Today Cooking | | discusses simply fresh. |
| 2022-07-06 23:00! | Today Cooking | | discusses simply fresh. |
| 2022-07-07 06:00* | Body and Spirit Aerobics | Dick Nunez, Becky Garber, Fred Garber | Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers. |
| 2022-07-07 10:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss when the heart attacks. |
| 2022-07-07 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss sesame and pumpkin seeds. |
| 2022-07-07 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Tami Bivens | Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout. |
| 2022-07-08 03:30* | Live to Be Well | | discusses a new vision. |
| 2022-07-08 04:30* | Action 4 Life | Casio Jones (Host), Dan "Curly" Summers | Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy. |
| 2022-07-08 05:30* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss sesame and pumpkin seeds. |
| 2022-07-08 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Brittany Nunez | Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis. |
| 2022-07-08 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system. |

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| 2022-07-08 09:30* | Cook 30 | Jeremy Dixon | Nick Evenson (Host) and Dr. James Marcum discuss food is medicine. |
| 2022-07-10 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Schubert Palmer discuss blood, the current of life. |
| 2022-07-10 06:00* | Body and Spirit Aerobics | Dick Nunez, Elora Ford | Senior Citizen Fitness involves appropriate |
| 2022-07-10 12:00* | Live to Be Well | | discusses the unexpected turn. |
| 2022-07-10 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life. |
| 2022-07-11 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Richie & Timari Brower | Cheri Peters and Stacey Bekkela discuss the trailer life. |
| 2022-07-11 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses jacket potatoes w/mushroom & lentils. |
| 2022-07-11 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Omar Mosquera | Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders. |
| 2022-07-11 13:30* | Abundant Living | | discusses sunshine vitamin. |
| 2022-07-11 14:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones with Marcie English discuss Kayaking . |
| 2022-07-12 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system. |
| 2022-07-12 05:30* | Wonderfully Made | Daniel Miller, James Marcum | Daniel Miller and Jim Marcum discuss sleep as a medicine. |
| 2022-07-12 06:00* | Body and Spirit Aerobics | Dick Nunez, Mrs. Ford | Dick Nunez with Mrs. Ford shows and discusses Senior Exercise. |

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| 2022-07-12 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican. |
| 2022-07-12 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Alane Waters and Tom Waters discuss prayers of love. |
| 2022-07-13 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training. |
| 2022-07-13 08:00! | Today Cooking | | discusses holidays made simple. |
| 2022-07-13 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Richie & Timari Brower | Cheri Peters and Stacey Bekkela discuss the trailer life. |
| 2022-07-13 13:30* | Abundant Living | | discusses mixed berry recipes. |
| 2022-07-13 14:00* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss exercise to improve balance. |
| 2022-07-13 15:00! | Today Cooking | | discusses holidays made simple. |
| 2022-07-13 20:00! | Today Cooking | | discusses holidays made simple. |
| 2022-07-13 23:00! | Today Cooking | | discusses holidays made simple. |
| 2022-07-14 06:00* | Body and Spirit Aerobics | Brittany Nunez, Dick Nunez, Rick Nunez | Dick Nunez with helpers show and talk about exercises for autoimmune disease. |
| 2022-07-14 10:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Schubert Palmer discuss blood, the current of life. |
| 2022-07-14 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss flax seed. |

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| 2022-07-14 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands. |
| 2022-07-15 03:30* | Live to Be Well | | discusses the unexpected turn. |
| 2022-07-15 04:30* | Action 4 Life | Casio Jones (Host), Frances Czeizinger | Casio Jones and Frances Czeizinger demonstrate exercise techniques. |
| 2022-07-15 05:30* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss flax seed. |
| 2022-07-15 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Omar Mosquera | Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health. |
| 2022-07-15 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system. |
| 2022-07-15 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast. |
| 2022-07-17 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss is red meat really red?. |
| 2022-07-17 06:00* | Body and Spirit Aerobics | Dick Nunez, Andrew Hard, Rick Nunez | Dick Nunez with helpers show and talk about exercises for beginners. |
| 2022-07-17 12:00* | Live to Be Well | | discusses medicine for the mind. |
| 2022-07-17 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs. |
| 2022-07-18 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Richie & Timari Brower | Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1. |

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| 2022-07-18 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mega stir fry. |
| 2022-07-18 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Omar Mosquera | Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain. |
| 2022-07-18 13:30* | Abundant Living | | discusses sista, can we talk?. |
| 2022-07-18 14:00* | Action 4 Life | Casio Jones (Host), Dee Hilderbrand | Casio Jones and Dee Hilderbrand demonstrate exercise techniques. |
| 2022-07-19 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system. |
| 2022-07-19 05:30* | Wonderfully Made | Daniel Miller, James Marcum | Daniel Miller and Jim Marcum discuss the need to get moving by exercise. |
| 2022-07-19 06:00* | Body and Spirit Aerobics | Rick Nunez, Dick Nunez, Andrew Hard | Dick Nunez with helpers show and talk about exercises for toning your muscles.. |
| 2022-07-19 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous. |
| 2022-07-19 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence. |
| 2022-07-20 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins | Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity. |
| 2022-07-20 08:00! | Today Cooking | | discusses authentic indian cuisine. |
| 2022-07-20 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Richie & Timari Brower | Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1. |

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| 2022-07-20 13:30* | Abundant Living | | discusses relieving power surges. |
| 2022-07-20 14:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones and Marcie English discuss circuit / time in the gym. |
| 2022-07-20 15:00! | Today Cooking | | discusses authentic indian cuisine. |
| 2022-07-20 20:00! | Today Cooking | | discusses authentic indian cuisine. |
| 2022-07-20 23:00! | Today Cooking | | discusses authentic indian cuisine. |
| 2022-07-21 06:00* | Body and Spirit Aerobics | Matthew Hard, Fred Garber, Dick Nunez | Dick Nunez with helpers show and talk about workout excercises for men. |
| 2022-07-21 10:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss is red meat really red?. |
| 2022-07-21 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss kiwi and other fruits. |
| 2022-07-21 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter. |
| 2022-07-22 03:30* | Live to Be Well | | discusses medicine for the mind. |
| 2022-07-22 04:30* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones (Host) and Mindy Isaacs discuss full body / abdominal workout. |
| 2022-07-22 05:30* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss kiwi and other fruits. |
| 2022-07-22 06:00* | Body and Spirit | Dick Nunez (Host), Jane Bake | Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain. |
| 2022-07-22 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system. |

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|-------------------|------------------------------|--|---|
| 2022-07-22 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pumpkin & cranberry fillets et al. |
| 2022-07-24 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss how clean is unclean?. |
| 2022-07-24 06:00* | Body and Spirit Aerobics | Dick Nunez, Fred Garber | For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. |
| 2022-07-24 12:00* | Live to Be Well | | discusses made up mind. |
| 2022-07-24 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D. | Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking. |
| 2022-07-25 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Janelle & Donald Owen | Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.2. |
| 2022-07-25 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses gourmet dahl. |
| 2022-07-25 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises |
| 2022-07-25 13:30* | Abundant Living | | discusses a woman's heart. |
| 2022-07-25 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss full body / abdominal workout. |
| 2022-07-26 02:00* | Optimize 4 Life | Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system. |
| 2022-07-26 05:30* | Wonderfully Made | Christine Salter, John Dinsley | Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 1. |

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|-------------------|---------------------------------|---|---|
| 2022-07-26 06:00* | Body and Spirit Aerobics | Dick Nunez, Brittany Nunez, Becky Garber | Dick Nunez and helpers demonstrate simple home exercises for women. |
| 2022-07-26 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls. |
| 2022-07-26 14:00* | Body and Spirit (New) | Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse | Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance. |
| 2022-07-27 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Brittany Nunez | Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training. |
| 2022-07-27 08:00! | Today Cooking | | discusses attacking insulin resistance with food. |
| 2022-07-27 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Janelle & Donald Owen | Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.2. |
| 2022-07-27 13:30* | Abundant Living | | discusses reversing heart failure. |
| 2022-07-27 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss pure health gym. |
| 2022-07-27 15:00! | Today Cooking | | discusses attacking insulin resistance with food. |
| 2022-07-27 20:00! | Today Cooking | | discusses attacking insulin resistance with food. |
| 2022-07-27 23:00! | Today Cooking | | discusses attacking insulin resistance with food. |
| 2022-07-28 06:00* | Body and Spirit Aerobics | Brittany Nunez, Becky Garber, Dick Nunez | Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets. |
| 2022-07-28 10:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss how clean is unclean?. |

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| 2022-07-28 12:00* | Ultimate Prescription | | discusses why we are sick. |
| 2022-07-28 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D. | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis. |
| 2022-07-29 03:30* | Live to Be Well | | discusses made up mind. |
| 2022-07-29 04:30* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss buddy workout. |
| 2022-07-29 05:30* | Ultimate Prescription | | discusses why we are sick. |
| 2022-07-29 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Omar Mosquera | Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health. |
| 2022-07-29 09:00* | Optimize 4 Life | Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system. |
| 2022-07-29 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses nachos. |
| 2022-07-31 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss please pass the sugar. |
| 2022-07-31 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Andrew Hard | Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate excercises that are appropriate with diabetes. |
| 2022-07-31 12:00* | Live to Be Well | | discusses attitude of gratitude. |
| 2022-07-31 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home. |
| 2022-08-01 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Damas Manderson | Cheri Peters, Janelle, and Donald Owen discuss self abuse. |

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| 2022-08-01 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses italian tomato pasta & salads. |
| 2022-08-01 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins | Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins. |
| 2022-08-01 13:30* | Abundant Living | | discusses crockpot cooking. |
| 2022-08-01 14:00* | Action 4 Life | Casio Jones (Host), Mindy Issacs, Bradley Hite | Casio Jones and Mindy Isaacs discuss a great workout!. |
| 2022-08-02 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system. |
| 2022-08-02 05:30* | Wonderfully Made | Christine Salter, John Dinsley | Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 2. |
| 2022-08-02 06:00* | Body and Spirit Aerobics | Fred Garber, Matthew Hard, Dick Nunez | Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home. |
| 2022-08-02 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses the ultimate breakfast and lunch preparation. |
| 2022-08-02 14:00* | Body and Spirit (New) | Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse | Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising. |
| 2022-08-03 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Brittany Nunez | Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women. |
| 2022-08-03 08:00! | Today Cooking | | discusses simple soups and sides. |
| 2022-08-03 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Damas Manderson | Cheri Peters, Janelle, and Donald Owen discuss self abuse. |

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| 2022-08-03 13:30* | Abundant Living | | discusses the master gland. |
| 2022-08-03 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones (Host) and Mindy Isaacs discuss a pair of dumbbells and yourself! |
| 2022-08-03 15:00! | Today Cooking | | discusses simple soups and sides. |
| 2022-08-03 20:00! | Today Cooking | | discusses simple soups and sides. |
| 2022-08-03 23:00! | Today Cooking | | discusses simple soups and sides. |
| 2022-08-04 06:00* | Body and Spirit Aerobics | Becky Garber, Brittany Nunez, Dick Nunez | Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease. |
| 2022-08-04 10:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss please pass the sugar. |
| 2022-08-04 12:00* | Ultimate Prescription | | discusses why we are sick. |
| 2022-08-04 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan | Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees. |
| 2022-08-05 03:30* | Live to Be Well | | discusses attitude of gratitude. |
| 2022-08-05 04:30* | Action 4 Life | Casio Jones (Host), Zion Judea Hamilton | Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself! |
| 2022-08-05 05:30* | Ultimate Prescription | | discusses why we are sick. |
| 2022-08-05 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jane Baker | Getting enough of the proper rest is as important as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins |
| 2022-08-05 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea satay et al. |

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| 2022-08-07 03:30* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health. |
| 2022-08-07 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez and helpers demonstrate simple home exercises focused on Ab training. |
| 2022-08-07 12:00* | Live to Be Well | | discusses not looking back pt 1. |
| 2022-08-07 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan | Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back. |
| 2022-08-08 01:00! | Celebrating Life in Recovery | Cheri Peters, Fred and Brenda Stoeker | Cheri Peters and Fred and Brenda Stoeker discuss the sinner's need of christ. |
| 2022-08-08 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses supercharged savory breakfast bowl. |
| 2022-08-08 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Jonathon Hopkins | Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking. |
| 2022-08-08 13:30* | Abundant Living | | discusses thyroid recovery!. |
| 2022-08-08 14:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball. |
| 2022-08-09 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | discusses disease that can't be cured. |
| 2022-08-09 05:30* | Wonderfully Made | Neil Nedley, Rise Rafferty | Dr. Neil Nedly and Rise Rafferty discuss heart disease. Part 1. |
| 2022-08-09 06:00* | Body and Spirit Aerobics | Andrew Hard, Dick Nunez, Rick Nunez | Dick Nunez and helpers discuss and demonstrate choosing the right workout. |
| 2022-08-09 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses root vegetable & cos salad. |

Community Program Issues List

July through September 2022

All times are Central Time Zone. Programs marked * are 30 min. and ! are 1 hour

| | | | |
|-------------------|------------------------------|---|--|
| 2022-08-09 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan | Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back. |
| 2022-08-10 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins, Omar Mosquera | Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training. |
| 2022-08-10 08:00! | Today Cooking | | discusses international cuisine. |
| 2022-08-10 12:00! | Celebrating Life in Recovery | Cheri Peters, Fred and Brenda Stoeker | Cheri Peters and Fred and Brenda Stoeker discuss the sinner's need of christ. |
| 2022-08-10 13:30* | Abundant Living | | discusses mom's special breakfast. |
| 2022-08-10 14:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss exciting workout with the medicine ball. |
| 2022-08-10 15:00! | Today Cooking | | discusses international cuisine. |
| 2022-08-10 20:00! | Today Cooking | | discusses international cuisine. |
| 2022-08-10 23:00! | Today Cooking | | discusses international cuisine. |
| 2022-08-11 06:00* | Body and Spirit Aerobics | Dick Nunez, Fred Garber, Matthew Hard | Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain. |
| 2022-08-11 10:00* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health. |
| 2022-08-11 12:00* | Ultimate Prescription | | discusses light. |
| 2022-08-11 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark | Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders. |
| 2022-08-12 03:30* | Live to Be Well | | discusses not looking back pt 1. |

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| | | | |
|-------------------|---------------------------------|--|---|
| 2022-08-12 04:30* | Action 4 Life | Casio Jones (Host), Monica Flowers | Casio Jones and Monica Flower discuss focus on the midsection. |
| 2022-08-12 05:30* | Ultimate Prescription | | discusses light. |
| 2022-08-12 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises. |
| 2022-08-12 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | discusses disease that can't be cured. |
| 2022-08-12 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses salad mix. |
| 2022-08-14 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2022-08-14 06:00* | Body and Spirit Aerobics | Fred Garber, Dick Nunez | For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. |
| 2022-08-14 12:00* | Live to Be Well | | discusses not looking back pt 2. |
| 2022-08-14 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Pam Turner, Summer Boyd | Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily. |
| 2022-08-15 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Fred and Brenda Stoeker | Cheri Peters (Host) and Fred and Brenda Stoeker discuss repentance. |
| 2022-08-15 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses salad bar special. |
| 2022-08-15 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez | Dick Nunez, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work. |
| 2022-08-15 13:30* | Abundant Living | | discusses malignancies of matrons & misses. |

Community Program Issues List

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All times are Central Time Zone. Programs marked * are 30 min. and ! are 1 hour

| | | | |
|-------------------|---------------------------------|--|--|
| 2022-08-15 14:00* | Action 4 Life | Casio Jones (Host), Tyler Flower | Casio Jones and Monica Flowers discuss who doesn't like to stretch?. |
| 2022-08-16 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life. |
| 2022-08-16 05:30* | Wonderfully Made | Neil Nedley, Rise Rafferty | Dr. Neil Nedly and Rise Rafferty discuss heart disease. Part 2. |
| 2022-08-16 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Andrew Hard | Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer. |
| 2022-08-16 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses french lentil ragout. |
| 2022-08-16 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan | Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises. |
| 2022-08-17 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Brittany Nunez | Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for young people. |
| 2022-08-17 08:00! | Today Cooking | | discusses brain powering breakfasts. |
| 2022-08-17 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Fred and Brenda Stoeker | Cheri Peters (Host) and Fred and Brenda Stoeker discuss repentance. |
| 2022-08-17 13:30* | Abundant Living | | discusses sunshine vitamin. |
| 2022-08-17 14:00* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Izhar Buendia discuss park exercises. |
| 2022-08-17 15:00! | Today Cooking | | discusses brain powering breakfasts. |
| 2022-08-17 20:00! | Today Cooking | | discusses brain powering breakfasts. |
| 2022-08-17 23:00! | Today Cooking | | discusses brain powering breakfasts. |

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| | | | |
|-------------------|-----------------------------|--|--|
| 2022-08-18 06:00* | Body and Spirit Aerobics | Fred Garber, Dick Nunez, Matthew Hard | Dick Nunez and helpers shows simple home exercises and discusses the subject of fats. |
| 2022-08-18 10:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2022-08-18 12:00* | Ultimate Prescription | | discusses light. |
| 2022-08-18 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan | Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline. |
| 2022-08-19 03:30* | Live to Be Well | | discusses not looking back pt 2. |
| 2022-08-19 04:30* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Curtis Eakins discuss nutrition, health, and exercise. |
| 2022-08-19 05:30* | Ultimate Prescription | | discusses light. |
| 2022-08-19 06:00* | Body and Spirit | Dick Nunez (Host), Johnathon Hopkins & Leif Sjoren | Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise. |
| 2022-08-19 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life. |
| 2022-08-19 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses asian. |
| 2022-08-21 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure. |
| 2022-08-21 06:00* | Body and Spirit Aerobics | Dick Nunez, Becky Garber, Brittany Nunez | Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women. |

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| | | | |
|-------------------|------------------------------|--|--|
| 2022-08-21 12:00* | Live to Be Well | | discusses refusing to compromise. |
| 2022-08-21 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell | Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet. |
| 2022-08-22 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Cliff and Freddie Harris | Cheri Peters (Host) and Cliff and Freddie Harris discuss confession. |
| 2022-08-22 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses unique international dishes. |
| 2022-08-22 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Jonathon Hopkins | Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready. |
| 2022-08-22 13:30* | Abundant Living | | discusses mixed berry recipes. |
| 2022-08-22 14:00* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones with Trent Chance discuss and demonstrate exercises for body repair. |
| 2022-08-23 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout. |
| 2022-08-23 05:30* | Wonderfully Made | Neil Nedley, Rise Rafferty | Dr. Neil Nedly and Rise Rafferty discuss our brain's frontal lobe. |
| 2022-08-23 06:00* | Body and Spirit Aerobics | Brittany Nunez, Becky Garber, Dick Nunez | Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins |
| 2022-08-23 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses beetroot risotto & others. |

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| | | | |
|-------------------|------------------------------|---|---|
| 2022-08-23 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan | Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness. |
| 2022-08-24 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez & Steven Lingenfelter | Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining. |
| 2022-08-24 08:00! | Today Cooking | | discusses south american favorites. |
| 2022-08-24 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Cliff and Freddie Harris | Cheri Peters (Host) and Cliff and Freddie Harris discuss confession. |
| 2022-08-24 13:30* | Abundant Living | | discusses frequently asked questions. |
| 2022-08-24 14:00* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones and Trent Chance discuss the benefits of massage. |
| 2022-08-24 15:00! | Today Cooking | | discusses south american favorites. |
| 2022-08-24 20:00! | Today Cooking | | discusses south american favorites. |
| 2022-08-24 23:00! | Today Cooking | | discusses south american favorites. |
| 2022-08-25 06:00* | Body and Spirit Aerobics | Rick Nunez, Dick Nunez, Andrew Hard | Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol |
| 2022-08-25 10:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure. |
| 2022-08-25 12:00* | Ultimate Prescription | | discusses movement part 1. |

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| | | | |
|-------------------|------------------------------|--|---|
| 2022-08-25 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell | Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis. |
| 2022-08-26 03:30* | Live to Be Well | | discusses refusing to compromise. |
| 2022-08-26 04:30* | Action 4 Life | Casio Jones (Host), Ben Burkhamer | Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise. |
| 2022-08-26 05:30* | Ultimate Prescription | | discusses movement part 1. |
| 2022-08-26 06:00* | Body and Spirit | Dick Nunez (Host), Amy Andersen & Jonathon Hopkins | Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders |
| 2022-08-26 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout. |
| 2022-08-26 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses curried zucchini fritters et al. |
| 2022-08-28 03:30* | From Sickness to Health | Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food. |
| 2022-08-28 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Hopkins and Richard Nelson | Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired. |
| 2022-08-28 12:00* | Live to Be Well | | discusses not living with excuses. |
| 2022-08-28 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Donna Hall, Betsy Sajdak | Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises. |
| 2022-08-29 01:00! | Celebrating Life in Recovery | Cheri Peters, Ed McClure | Cheri Peters and Ed McClure discuss consecration. |

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| | | | |
|-------------------|------------------------------|---|---|
| 2022-08-29 05:30* | Cook 30 | Jeremy Dixon | Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?. |
| 2022-08-29 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Luther Whiting | Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes. |
| 2022-08-29 13:30* | Abundant Living | | discusses drugs dark side. |
| 2022-08-29 14:00* | Action 4 Life | Casio Jones (Host), Monique Anderson | Casio Jones and Monique Anderson discuss the exercise benefits of mall |
| 2022-08-30 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices. |
| 2022-08-30 05:30* | Wonderfully Made | Neil Nedley, Rise Rafferty | Neil Nedley and Rise Rafferty discuss the truth will set you free pt.1. |
| 2022-08-30 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Hopkins and Megan Frasier | Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness. |
| 2022-08-30 13:30* | Cook 30 | Jeremy Dixon | Curtis Eakins and Paula Eakins discuss friends and family. |
| 2022-08-30 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Garland & Donna Blanton | Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture. |
| 2022-08-31 06:00* | Body and Spirit | Dick Nunez (Host), Art Garner & Betty Garner | Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors. |
| 2022-08-31 08:00! | Today Cooking | | discusses colorful supper ideas. |
| 2022-08-31 12:00! | Celebrating Life in Recovery | Cheri Peters, Ed McClure | Cheri Peters and Ed McClure discuss consecration. |

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| | | | |
|-------------------|-----------------------------|---|--|
| 2022-08-31 13:30* | Abundant Living | | discusses h for herbal medicine. |
| 2022-08-31 14:00* | Action 4 Life | Casio Jones (Host), Frances Clark | Casio Jones with Frances Clark discuss the benenefits of pool exercise. |
| 2022-08-31 15:00! | Today Cooking | | discusses colorful supper ideas. |
| 2022-08-31 20:00! | Today Cooking | | discusses colorful supper ideas. |
| 2022-08-31 23:00! | Today Cooking | | discusses colorful supper ideas. |
| 2022-09-01 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Cindy Hanson and Megan Frasier | Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain. |
| 2022-09-01 10:00* | From Sickness to Health | Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food. |
| 2022-09-01 12:00* | Ultimate Prescription | | discusses movement part 2. |
| 2022-09-01 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Betsy Sajdak, Donna Hall | Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches. |
| 2022-09-02 03:30* | Live to Be Well | | discusses not living with excuses. |
| 2022-09-02 04:30* | Action 4 Life | Casio Jones (Host), Lynne Thompson Cundiff | Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises. |
| 2022-09-02 05:30* | Ultimate Prescription | | discusses movement part 2. |
| 2022-09-02 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Leif Sjoren | Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma. |
| 2022-09-02 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices. |

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| | | | |
|-------------------|--------------------------|--|---|
| 2022-09-02 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai. |
| 2022-09-04 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Camille Clark | Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise. |
| 2022-09-04 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Babb, Megan Frasier | Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain. |
| 2022-09-04 12:00* | Live to Be Well | | discusses no more fear. |
| 2022-09-04 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz | Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health. |
| 2022-09-05 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses healthy finger food. |
| 2022-09-05 06:00* | Body and Spirit | Dick Nunez (Host), Art Garner | Dick Nunez and Art Gamer show exercises for Senior Men. |
| 2022-09-05 13:30* | Abundant Living | | discusses e for eating. |
| 2022-09-05 14:00* | Action 4 Life | Casio Jones (Host), Lynne Thompson Cundiff | Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises. |
| 2022-09-06 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm. |
| 2022-09-06 05:30* | Wonderfully Made | Neil Nedley, Rise Rafferty | Neil Nedley and Rise Rafferty discuss the truth will set you free pt.2. |
| 2022-09-06 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins | Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity. |
| 2022-09-06 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses spinach, ginger, curry & others. |

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| | | | |
|-------------------|-----------------------------|--|--|
| 2022-09-06 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker | Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle. |
| 2022-09-07 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Luther Whiting | Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done. |
| 2022-09-07 08:00! | Today Cooking | | discusses simply brunch. |
| 2022-09-07 13:30* | Abundant Living | | discusses a is for adoration. |
| 2022-09-07 14:00* | Action 4 Life | Casio Jones (Host), Lynne Thompson Cundiff | Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises. |
| 2022-09-07 15:00! | Today Cooking | | discusses simply brunch. |
| 2022-09-07 20:00! | Today Cooking | | discusses simply brunch. |
| 2022-09-07 23:00! | Today Cooking | | discusses simply brunch. |
| 2022-09-08 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson | Dick Nunez and Janet Nelson show exercise routines for senior training. |
| 2022-09-08 10:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Camille Clark | Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise. |
| 2022-09-08 12:00* | Ultimate Prescription | | discusses water. |
| 2022-09-08 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse | Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght. |
| 2022-09-09 03:30* | Live to Be Well | | discusses no more fear. |
| 2022-09-09 04:30* | Action 4 Life | Casio Jones (Host), Kevin Toms | Casio Jones and Kevin Toms demonstrate exercising with a Trike. |
| 2022-09-09 05:30* | Ultimate Prescription | | discusses water. |

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| | | | |
|-------------------|-----------------------------|--|---|
| 2022-09-09 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez | For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez. |
| 2022-09-09 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm. |
| 2022-09-09 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses goulash et al. |
| 2022-09-11 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Camille Clark, and Thomas Jackson discuss stress. |
| 2022-09-11 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins | Dick Nunez with Jonathon Hopkins show exercise routines for team training. discusses positive reflection. |
| 2022-09-11 12:00* | Live to Be Well | | |
| 2022-09-11 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse | Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises. |
| 2022-09-12 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses zoodles. |
| 2022-09-12 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins and Brittany Nunez | Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol. discusses I for liquids. |
| 2022-09-12 13:30* | Abundant Living | | |
| 2022-09-12 14:00* | Action 4 Life | Casio Jones (Host), Kevin Toms | Casio Jones and Kevin Toms demonstrate exercise techniques. |

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| | | | |
|-------------------|-----------------------------|--|--|
| 2022-09-13 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system. |
| 2022-09-13 05:30* | Wonderfully Made | Stephen Campbell | Stephen Campbell discusses Crisis Intervention. |
| 2022-09-13 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson and Cindy Hanson | Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia. |
| 2022-09-13 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea pizza & others. |
| 2022-09-13 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse | Andi Hunsaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises. |
| 2022-09-14 06:00* | Body and Spirit | Dick Nunez (Host), Amy Anderson and Leif Sjoren | Dick Nunez with Amy Anderson and Leif Sjoren show how tendon injury can be helped with proper exercise. |
| 2022-09-14 08:00! | Today Cooking | | discusses authentic indian cuisine. |
| 2022-09-14 13:30* | Abundant Living | | discusses healthy heart cooking. |
| 2022-09-14 14:00* | Action 4 Life | Casio Jones (Host), Larry McLucas | Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures. |
| 2022-09-14 15:00! | Today Cooking | | discusses authentic indian cuisine. |
| 2022-09-14 20:00! | Today Cooking | | discusses authentic indian cuisine. |
| 2022-09-14 23:00! | Today Cooking | | discusses authentic indian cuisine. |
| 2022-09-15 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins and Richard Nelson | Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems. |

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|-------------------|--------------------------|---|---|
| 2022-09-15 10:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Camille Clark, and Thomas Jackson discuss stress. |
| 2022-09-15 12:00* | Ultimate Prescription | | discusses nutrition for diabetes. |
| 2022-09-15 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse | Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health. |
| 2022-09-16 03:30* | Live to Be Well | | discusses positive reflection. |
| 2022-09-16 04:30* | Action 4 Life | Casio Jones (Host), Idalia Dinzey | Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet. |
| 2022-09-16 05:30* | Ultimate Prescription | | discusses nutrition for diabetes. |
| 2022-09-16 06:00* | Body and Spirit | Dick Nunez (Host), Amy Anderson and Brittany Nunez | Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls |
| 2022-09-16 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system. |
| 2022-09-16 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses greek potato cake et al. |
| 2022-09-18 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance. |
| 2022-09-18 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins and Megan Frasier | Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training. |

Community Program Issues List

July through September 2022

All times are Central Time Zone. Programs marked * are 30 min. and ! are 1 hour

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|-------------------|-----------------------------|---|---|
| 2022-09-18 12:00* | Live to Be Well | | discusses genuine friendship. |
| 2022-09-18 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens | Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit. |
| 2022-09-19 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses minty split-pea soup. |
| 2022-09-19 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins and Leif Sjoren | Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training. |
| 2022-09-19 13:30* | Abundant Living | | discusses e for exercise. |
| 2022-09-19 14:00* | Action 4 Life | Casio Jones (Host), Barry Bayles | Casio Jones with Barry Bayles discuss the benefits of running exercises. |
| 2022-09-20 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system. |
| 2022-09-20 05:30* | Wonderfully Made | Stephen Campbell | Stephen Campbell discusses Crisis Intervention for teens and young adults. |
| 2022-09-20 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson and Richard Nelson | Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis. |
| 2022-09-20 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses corn chowder & others. |
| 2022-09-20 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz | Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and |
| 2022-09-21 06:00* | Body and Spirit | Dick Nunez (Host), Kye Gabbert and Luther Whiting | Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis. |
| 2022-09-21 08:00! | Today Cooking | | discusses mexican made simple. |

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|-------------------|-----------------------------|--|---|
| 2022-09-21 13:30* | Abundant Living | | discusses r for rest. |
| 2022-09-21 14:00* | Action 4 Life | Casio Jones (Host), Dora Bayles | Casio Jones and Dora Bayles discuss the choosing the right bicycle. |
| 2022-09-21 15:00! | Today Cooking | | discusses mexican made simple. |
| 2022-09-21 20:00! | Today Cooking | | discusses mexican made simple. |
| 2022-09-21 23:00! | Today Cooking | | discusses mexican made simple. |
| 2022-09-22 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Cindy Hanson and Megan Frasier | Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression. |
| 2022-09-22 10:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance. |
| 2022-09-22 12:00* | Ultimate Prescription | | discusses nutrition for cardiovascular health. |
| 2022-09-22 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness. |
| 2022-09-23 03:30* | Live to Be Well | | discusses genuine friendship. |
| 2022-09-23 04:30* | Action 4 Life | Casio Jones (Host), Kevin Toms | Casio Jones and Kevin Toms discuss the option of a fitness center workout. |
| 2022-09-23 05:30* | Ultimate Prescription | | discusses nutrition for cardiovascular health. |
| 2022-09-23 06:00* | Body and Spirit | Dick Nunez (Host), Betty Garner | Dick Nunez with helpers shows compression exercises to help with osteoporosis |

Community Program Issues List

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|-------------------|------------------------------|--|
| 2022-09-26 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), James Marcum and Charles Michael and Latisha Mills discuss happiness. Fa'asoa |
| 2022-09-26 05:30* | Cook 30 | Jeremy Dixon Jeremy Dixon discusses indian curries. |
| 2022-09-26 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert and Steven Lingenfelter Dick Nunez and helpers show simple home exercises to help reduce hypertension. |
| 2022-09-26 13:30* | Abundant Living | discusses meals in minutes. |
| 2022-09-26 14:00* | Action 4 Life | Casio Jones (Host), Dan Summers Casio Jones and Dan Summers demonstrate exercise techniques. |
| 2022-09-27 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system. |
| 2022-09-27 05:30* | Wonderfully Made | Stephen Campbell Stephen Campbell discusses Crisis Intervention for older adults. |
| 2022-09-27 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins and Richard Nelson Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health. |
| 2022-09-27 13:30* | Cook 30 | Jeremy Dixon Nick Evenson (Host) and Dr. James Marcum discuss food is medicine. |
| 2022-09-27 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life. |
| 2022-09-28 06:00* | Body and Spirit | Dick Nunez (Host), Art Garner and Brittany Nunez David DeRose and John Clark discusses hope and healing. |
| 2022-09-28 08:00! | Today Cooking | discusses improving your immune response with food. |

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July through September 2022

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|-------------------|------------------------------|--|
| 2022-09-28 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), James Marcum and Charles Michael and Latisha Mills discuss happiness. Fa'asoa |
| 2022-09-28 13:30* | Abundant Living | discusses s for sunlight. |
| 2022-09-28 14:00* | Action 4 Life | Casio Jones (Host), Casio Jones with Tom Mann discuss Nutrition |
| 2022-09-28 15:00! | Today Cooking | discusses improving your immune response with food. |
| 2022-09-28 20:00! | Today Cooking | discusses improving your immune response with food. |
| 2022-09-28 23:00! | Today Cooking | discusses improving your immune response with food. |
| 2022-09-29 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge. |
| 2022-09-29 10:00* | From Sickness to Health | Rico Hill (Host), Rico Hill, Laverne Jackson, Thomas Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing. |
| 2022-09-29 12:00* | Ultimate Prescription | discusses brain health (part 1). |
| 2022-09-29 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens Alane Waters and Tom Waters discuss prayers of love. |
| 2022-09-30 03:30* | Live to Be Well | discusses total sacrifice music therapy. |
| 2022-09-30 04:30* | Action 4 Life | Casio Jones (Host), Casio Jones and Kevin Tom discuss exercise by cycling. |
| 2022-09-30 05:30* | Ultimate Prescription | discusses brain health (part 1). |
| 2022-09-30 06:00* | Body and Spirit | Dick Nunez (Host), Charles Mills and Dr. James Marcum discuss the rhythm of life, pt.1. |

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|-----------------------------------|---|---|
| 2022-09-30 09:00* Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system. |
| 2022-09-30 09:30* Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast 2. |