January through March 2013

Date and Time	Program	Talent	Description
2013-01-01 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber ,	Dick Nunez and helpers demonstrate simple
		Matthew Hard	home exercises to reduce neck pain.
2013-01-01 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses celebrating.
2013-01-02 02:00!	Celebrating Life in	Cheri Peters *, Jason & Rachael Bickal	Cheri Peters, Jason, and Rachael Bickal
2013-01-02 05:00*	Recovery Families for Heaven	Alanzo & June Smith	discuss keep on workin'. Alanzo & June Smith discuss the topic of
			suicide.
2013-01-02 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2013-01-02 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses pasta bilities.
2013-01-02 14:00*	Action 4 Life	Casio Jones *, Monique	Casio Jones and Monique Anderson discuss
0040 04 00 00 00	Ha Olasa	Anderson	Florida wellness center.
2013-01-03 03:00!	·	Shelley Quinn	Shelly Quinn discuss balancing work and family.
2013-01-03 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses celebrating.
2013-01-03 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2013-01-03 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.
2013-01-03 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-01-03 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss metabolic syndrome.
2013-01-03 11:00!	Celebrating Life in Recovery	Cheri Peters *, Jason & Rachael Bickal	Cheri Peters, Jason, and Rachael Bickal discuss keep on workin'.
2013-01-03 13:30*	Let's Cook Together	Angela Lomacang *, MarVella Burton	Angela Lomacang and MarVella Burton prepare an easy breakfast.
2013-01-03 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2013-01-04 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
2013-01-04 10:00*	Health for a Lifetime	Don Mackintosh *, Neil Nedley	Dr. Neil Nedley and Don Mackintosh review present Health Updates.
2013-01-04 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses a marriage for all times.
2013-01-04 13:30*		Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on how to build up your immunity.
2013-01-04 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2013-01-06 03:30*	Help Yourself to Health	_	Dr. Agatha Thrash and Don Miller discuss 14 Natural Laws of Health.

January through March 2013

Date and Time	Program	Talent	Description
2013-01-06 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez ,	Dick Nunez and helpers shows simple home
		Rick Nunez	exercises and addresses the subject of
0040 04 00 44 00*	D 10 ::: (N)		Cancer.
2013-01-06 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy	Lyndi Schwartz, Nancy Diaz, and Tami
2012 01 07 01:001	Colobrating Life in	Diaz , Tami Bivens Cheri Peters *, Raven	Bivens discuss strengthening in the legs. Cheri Peters with Raven White discuss
2013-01-07 01:00!	Recovery	White	controlling addiction in a segment titled Live
	Recovery	vviiite	for Me.
2013-01-07 05:30*	Wonderfully Made	Claudio Japas , Hildemar	Claudio Japas with Hildermar Dos Santos
		Dos Santos	discuss metabolic syndrome.
2013-01-07 06:00*	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunez with Jane Baker demonstrate
	,	·	exercise routines to help with knee pain.
2013-01-07 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis Eakins and Paula Eakins talk
			surprisingly about How to weaken your
			immunity.
2013-01-07 14:00*	Action 4 Life	Casio Jones *, Nadine	Casio Jones and Nadezda Stortz discuss
		Brooks	reducing body fat sensibly and demonstrate
2013-01-07 18:30*	Issues and Answers	Shalloy Quinn * Carol	excercises
2013-01-07 16.30	issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism,
		Carrion	workaholism).
2013-01-07 19:00!	Celebrating Life in	Cheri Peters *, Raven	Cheri Peters with Raven White discuss
	Recovery	White	controlling addiction in a segment titled Live
	,		for Me.
2013-01-08 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber,	Dick Nunez and helpers shows simple home
		Matthew Hard	exercises and discusses the subject of fats.
2013-01-08 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	
0040 04 00 44 00*			Natural Laws of Health.
2013-01-08 11:00^	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss
		Cannon	addictions, part 2 (perfectionism, workaholism).
2013-01-08 13:30*	Let's Cook Together	Angela Lomacang *,	Angela Lomacang and MarVella Burton
2010 01 00 10.00	Let's Cook Together	MarVella Burton	demonstrate preparing healthy foods that are
			oil free, sugar free, and meatless.
2013-01-08 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	Andi Hunsaker, Lyndi Schwartz, and Nancy
		Schwartz , Nancy Diaz	Diaz discuss waving with confidence.
2013-01-08 17:30*	Marriage in God's	Willie and Wilma Lee	Willie and Wilma Lee discusses a marriage
	Hands		for all times.
2013-01-09 02:00!	Celebrating Life in	Cheri Peters *, Raven	Cheri Peters with Raven White discuss
	Recovery	White	controlling addiction in a segment titled Live
2042 04 00 05:00*	Comiliae for Heaven	Alongo S. Lung Conido	for Me.
2013-01-09 05:00	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2013-01-09 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunez with Alex Hinez and Jonathon
2010 01 00 00.00	body and opini	Jonathon Hopkins	Hopkins demonstrate 10-sec training
		Coauton Hopkino	exercises
2013-01-09 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula revisit the joys and
	J		convienience of crock-pot cooking for the
			busy family.

January through March 2013

Date and Time	Program	Talent	Description
2013-01-09 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the
			options of bicycles
	Up Close	Gerard McLane	Gerard McLane discusses obesity and diet.
2013-01-10 04:00*	Marriage in God's	Willie and Wilma Lee	Willie and Wilma Lee discusses a marriage
0040 04 40 00:00*	Hands	Daalas Carlesa Drittana	for all times.
2013-01-10 06:00*	Body and Spirit Aerobics	Nunez , Dick Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines
		Nullez , Dick Nullez	especially for Women.
2013-01-10 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
	Ctop Ccim.g Cc	2117	clinic.
2013-01-10 10:00*	Wonderfully Made	Claudio Japas , Hildemar	Claudio Japas with Hildermar Dos Santos
	·	Dos Santos	discuss cancer prevention.
2013-01-10 11:00!	Celebrating Life in	Cheri Peters *, Raven	Cheri Peters with Raven White discuss
	Recovery	White	controlling addiction in a segment titled Live
			for Me.
2013-01-10 13:30*	Let's Cook Together	Angela Lomacang *,	Angela Lomacang and MarVella Burton
0040 04 40 44.00*	Dody and Chirit (Navy)	MarVella Burton	prepare some Light and Filling foods. Lyndi Schwartz, Nancy Diaz, and Tami
2013-01-10 14.00	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Bivens discuss the core of the matter.
2013-01-11 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunez with Alex Hinex and Brittany
2010 01 11 00.00	Body and opini	Brittany Nunez	Nunez demonstrate exercise routines for
		, , ,	lower back training.
2013-01-11 10:00*	Health for a Lifetime	Don Mackintosh *, Hans	Don Mackintosh and Hans Diehl discuss
		Diehl	deadly plaques.
2013-01-11 13:00*	_	Willie and Wilma Lee	Willie and Wilma Lee discuss forgiveness in
	Hands		marriage.
2013-01-11 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the
			difference between CRP and CPR for a healthy life.
2013-01-11 14:00*	Action 4 Life	Casio Jones *, Nadine	Casio Jones with Nadine Brooks discuss
2010 01 11 14.00	AOUON 4 LIIC	Brooks	running benefits.
2013-01-11 17:00*	NEWSTART Now	Ron Giannoni *, Krista	Ron Giannoni and Krista Quillin discuss
		Quillin	crohn's disease in remission.
2013-01-13 03:00*	NEWSTART Now	Ron Giannoni *, Krista	Ron Giannoni and Krista Quillin discuss
		Quillin	crohn's disease in remission.
2013-01-13 03:30*	Help Yourself to Health	•	Dr. Agatha Thrash, Don Miller and Justina
		, Justina Thomas	Thomas review and demonstrate the
2042 04 42 00:00*	Dady and Chirit Asymbias	Dealer Carbar Drittan	importance of exercise.
2013-01-13 06:00"	Body and Spirit Aerobics		Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses
		Nunez , Dick Nunez	and leads exercise routings with Jane Baker
			and Jonathon Hopkins
2013-01-13 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	Andi Hunsaker, Lyndi Schwartz, and Nancy
, , , , , , , , , , , , , , , , , , , ,	- x, p ()	Schwartz , Nancy Diaz	Diaz discuss quick start cardio.
2013-01-14 01:00!	Celebrating Life in	Cheri Peters *, Lee & Amy	Cheri Peters with Lee and Amy Wellard
	Recovery	Wellard	discuss recovering from addiction in a
			segment titled Crossing Paths.
2013-01-14 05:30*	Wonderfully Made	Claudio Japas , Hildemar	Claudio Japas with Hildermar Dos Santos
		Dos Santos	discuss cancer prevention.

January through March 2013

Date and Time	Program	Talent	Description
2013-01-14 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
2013-01-14 13:30*	Abundant Living	Paula and Curtis Eakins	For those who are a Gluten for Punishment, Curtis and Paula Eakins discuss.
2013-01-14 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2013-01-14 19:00!	Celebrating Life in Recovery	Cheri Peters *, Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2013-01-15 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2013-01-15 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas review and demonstrate the importance of exercise.
2013-01-15 11:30*	NEWSTART Now	Ron Giannoni *, Krista Quillin	Ron Giannoni and Krista Quillin discuss crohn's disease in remission.
2013-01-15 13:30*	Let's Cook Together	Cari Christian *, Maria Ronquillo	Cari Christian and Maria Ronquillo demonstrate preparing some foods from South America.
2013-01-15 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2013-01-15 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss forgiveness in marriage.
2013-01-16 02:00!	Celebrating Life in Recovery	Cheri Peters *, Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2013-01-16 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-01-16 06:00*	Body and Spirit	Dick Nunez *, 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.
2013-01-16 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins cook up a yummy but healthy dinner for two.
2013-01-16 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .
2013-01-17 03:00! 2013-01-17 04:00*	Up Close Marriage in God's Hands	Jason Seiber Willie and Wilma Lee	Jason Seiber discusses taming your tv. Willie and Wilma Lee discuss forgiveness in marriage.
2013-01-17 06:00*	Body and Spirit Aerobics		Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2013-01-17 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

January through March 2013

Date and Time	Program	Talent	Description
2013-01-17 10:00*	Wonderfully Made	Claudio Japas , Hildemar	Claudio Japas with Hildermar Dos Santos
		Dos Santos	discuss ways to save your heart.
2013-01-17 11:00!	•	Cheri Peters *, Lee & Amy	Cheri Peters with Lee and Amy Wellard
	Recovery	Wellard	discuss recovering from addiction in a
0040 04 47 40 00*	Late Oak Transfer	On dollar to the Marke	segment titled Crossing Paths.
2013-01-17 13:30"	Let's Cook Together	Cari Christian *, Maria	Cari Christian and Maria Ronquillo
2012 01 17 14:00*	Body and Spirit (New)	Ronquillo Andi Hunsaker M.D. *,	demonstrate preparing some Mexican food.
2013-01-17 14.00	body and Spirit (New)	Lauren Rittenhouse , Lyndi	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with
		Schwartz M.D.	endurance.
2013-01-18 06:00*	Body and Spirit	Dick Nunez *, Brittany	Dick Nunez with Brittany Nunez and Jane
2010 01 10 00.00	body and opini	Nunez , Jane Baker	Baker demonstrate exercise routines
		Trance, dance baker	especially for Women.
2013-01-18 10:00*	Health for a Lifetime	Don Mackintosh *, Hans	Don Mackintosh and Hans Diehl discuss
		Diehl	reversing deadly plaques.
2013-01-18 13:00*	Marriage in God's	Willie and Wilma Lee	Willie and Wilma Lee discuss sexuality in
	Hands		marriage.
2013-01-18 13:30*	Abundant Living	Paula Eakins *, Curtis	Curtis and Paula Eakins cook up a grab bag
		Eakins	delight.
2013-01-18 14:00*	Action 4 Life	Casio Jones *, Nadine	Casio Jones with Nadine Brooks discuss
0040 04 00 00 00*		Brooks	exercise to improve balance.
2013-01-20 03:30"	Help Yourself to Health	Agatha Thrash ", Don Miller	Dr. Agatha Thrash and Don Miller explain
2013-01-20 06:00*	Body and Spirit Aerobics	Dick Nunez * Jonathan	aspects of sleep. Dick Nunez and Jonathan Hopkins and
2013-01-20 00.00	Body and Spirit Aerobics	Hopkins and Megan Frasier	Megan Frasier discuss youth fitness.
2013-01-20 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi	
2010 01 20 11.00	Body and opinit (11011)	Hunsaker M.D., Lauren	and Lauren Rittenhouse show stepping
		Rittenhouse	excercises for osteoporosis.
2013-01-21 01:00!	Celebrating Life in	Cheri Peters *, Jeremy &	Cheri Peters with Jeremy and Heidi discuss
	Recovery	Heidi Summerlin	addictive behaviour and the resulting twisted
			life. Part I.
2013-01-21 05:30*	Wonderfully Made	Claudio Japas , Hildemar	Claudio Japas with Hildermar Dos Santos
		Dos Santos	discuss ways to save your heart.
2013-01-21 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez ,	Getting enough of the proper rest is as import
		Jane Baker	as proper exercise. Dick Nunez discusses
			and leads exercise routings with Jane Baker
2013-01-21 13:30*	Abundant Living	Paula Eakins *, Curtis	and Jonathon Hopkins Curtis and Paula Eakins demonstrate
2013-01-21 13.30	Abundant Living	Eakins	cooking with the Cancer Fighters.
2013-01-21 14:00*	Action 4 Life	Casio Jones *, Frances	Casio Jones and Frances Czeizinger
2010 01 21 11.00	Action 1 Lilo	Czeizinger	demonstrate exercise techniques.
2013-01-21 19:00!	Celebrating Life in	Cheri Peters *, Jeremy &	Cheri Peters with Jeremy and Heidi discuss
	Recovery	Heidi Summerlin	addictive behaviour and the resulting twisted
	•		life. Part I.
2013-01-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Richard	Dick Nunez with Richard Nelson and Janet
		Nelson and Janet Nelson	Nelson demonstrate exercises to help with
			heart disease.
2013-01-22 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller explain
			aspects of sleep.

January through March 2013

Date and Time	Program	Talent	Description
2013-01-22 13:30*	Let's Cook Together	Cari Christian *, Maria	Cari Christian and Maria Ronquillo
	_	Ronquillo	demonstrate preparing Mexican delicacies.
2013-01-22 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi	Lyndi Schwartz M.D., Andi Hunsaker M.D.,
	,	Hunsaker M.D., Lauren	and Lauren Rittenhouse show areobic
		Rittenhouse	excercises than can be done in the home.
2013-01-22 17:30*	Marriage in God's	Willie and Wilma Lee	Willie and Wilma Lee discuss sexuality in
	Hands		marriage.
2013-01-23 02:00!	Celebrating Life in	Cheri Peters *, Jeremy &	Cheri Peters with Jeremy and Heidi discuss
	Recovery	Heidi Summerlin	addictive behaviour and the resulting twisted
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		life. Part I.
2013-01-23 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients
2010 01 20 00.00	r arrimes for risaver.	7 Halles & Galle Gillian	to a happy marriage.
2013-01-23 06:00*	Body and Spirit	Dick Nunez *, Jane Baker ,	Dick Nunez show exercises for body toning.
2010 01 20 00.00	Body and opine	Jonathon Hopkins	Dick is assisted by Jane Baker and Jonathon
		Condition riopkins	Hopking.
2013-01-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression
2010 01 20 10.00	Abdridant Living	Curus a radia Editiris	and unveiling the culprits.
2013-01-23 14:00*	Action 4 Life	Casio Jones *, Dee	Casio Jones and Dee Hilderbrand
2010 01 20 11.00	7 totion 1 Elio	Hilderbrand	demonstrate exercise techniques.
2013-01-24 03:00!	Un Close	Marti Jones	Marti Jones with guests discuss recovering
2010 01 21 00.00.	op 0.000	Walti conco	from the pain of divorce.
2013-01-24 04:00*	Marriage in God's	Willie and Wilma Lee	Willie and Wilma Lee discuss sexuality in
2010 01 21 01.00	Hands	vime and vimia 200	marriage.
2013-01-24 06:00*	Body and Spirit Aerobics	Dick Nunez * Cindy	Dick Nunez with Jonathan Babb and Megan
2010 01 21 00.00	Dody and Opinit / torosiles	Hanson and Megan Frasier	Frasier demonstrate exercise routines to help
		Transon and mogan radio	with knee pain.
2013-01-24 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
	Ctop Cincinng Cinne	211711111111111111111111111111111111111	clinic.
2013-01-24 10:00*	Wonderfully Made	Claudio Japas , Hildemar	Claudio Japas with Hildermar Dos Santos
	,	Dos Santos	discuss weight management.
2013-01-24 11:00!	Celebrating Life in	Cheri Peters *, Jeremy &	Cheri Peters with Jeremy and Heidi discuss
	Recovery	Heidi Summerlin	addictive behaviour and the resulting twisted
	,		life. Part I.
2013-01-24 13:30*	Let's Cook Together	Jill Morikone *, Maria	Jill Morikone and Maria Ronquillo talk about
	3	Ronquillo	and show healthy breakfast foods.
2013-01-24 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *,	Andi Hunsaker M.D., Lauren Rittenhouse and
		Lauren Rittenhouse , Lyndi	Lyndi Schwartz discuss the joy of
		Schwartz	excercising.
2013-01-25 06:00*	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez, Jonathon Hopkins and Omar
		Hopkins, Omar Mosquera	Mosquera show exercise routines for
			shoulder training.
2013-01-25 10:00*	Health for a Lifetime	Don Mackintosh *, Hans	Don Mackintosh and Hans Diehl discuss
		Diehl	hypertension.
2013-01-25 13:00*	Marriage in God's	Willie and Wilma Lee	Willie and Wilma Lee discusses children.
_3.0 0. 20 10.00	Hands		
2013-01-25 13:30*	Abundant Living	Paula Eakins *, Curtis	Curtis and Paula Eakins discuss
_5.0 0. 20 10.00		Eakins	Depression's Drugs and alternatives.
2013-01-25 14:00*	Action 4 Life	Casio Jones *, Marcie	Casio Jones and Marcie English discuss
_5.0 0. 20 100		English	circuit / time in the gym.
		English	on oak / timo in the gym.

January through March 2013

Date and Time	Program	Talent	Description
2013-01-25 17:00*	NEWSTART Now	Ron Giannoni *, Renee Thomason	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Fibromyalgia and panic attacks.
2013-01-27 03:00*	NEWSTART Now	Ron Giannoni *, Renee Thomason	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Fibromyalgia and panic attacks.
	Help Yourself to Health		Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 1)
2013-01-27 06:00*	Body and Spirit Aerobics	Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2013-01-27 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence Marshall , Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2013-01-28 01:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2013-01-28 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss weight management.
2013-01-28 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2013-01-28 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression.
2013-01-28 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2013-01-28 19:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2013-01-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2013-01-29 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 1)
2013-01-29 11:30*	NEWSTART Now	Ron Giannoni *, Renee Thomason	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Fibromyalgia and panic attacks.
2013-01-29 13:30*	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.
2013-01-29 14:00*	Body and Spirit (New)	Jeanie Weaver *, Frances Czeizinger , Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2013-01-29 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses children.
2013-01-30 02:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2013-01-30 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1

January through March 2013

Date and Time	Program	Talent	Description
2013-01-30 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	Dick Nunez, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work.
2013-01-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression. (Part 2)
2013-01-30 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2013-01-31 03:00!	Up Close	Rick Howard	Rick Howard discusses the dangers of the occult.
2013-01-31 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses children.
2013-01-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2013-01-31 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-01-31 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss stress management.
2013-01-31 11:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2013-01-31 13:30*	Let's Cook Together	Angela Lomacang *, Jennifer White	Jill Morikone and Jennifer White talk about and show how to prepare a healthy lunch box.
2013-01-31 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2013-02-01 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Brittany Nunez	Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for young people.
2013-02-01 10:00*	Health for a Lifetime	Don Mackintosh *, Hans Diehl	Don Mackintosh and Hans Diehl discuss reversing over weight.
2013-02-01 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses richer/poor.
2013-02-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the Blues.
2013-02-01 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2013-02-03 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 2)
2013-02-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2013-02-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2013-02-04 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bobbie Hartman , Haylee Staton , Tammy Hartman	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2013-02-04 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss stress management.

January through March 2013

Date and Time	Program	Talent	Description
2013-02-04 06:00*	Body and Spirit	Dick Nunez *, Johnathon	Dick Nunez with Johnathon Hopkins and Leif
		Hopkins & Leif Sjoren	Sjoren discuss and demonstrate how to
			preclude heart disease through proper
			exercise.
2013-02-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects
0040 00 04 44.00*	A -4: A :f -	Onein James * Trent	of sadness and how it affects the body.
2013-02-04 14:00*	Action 4 Life	Casio Jones *, Trent	Casio Jones with Trent Chance discuss and
2013-02-04 19:00!	Colobrating Life in	Chance Cheri Peters *, Bobbie	demonstrate exercises for body repair. Cheri Peters with Bobbie Hartman, Haylee
2013-02-04 19.00:	Recovery	Hartman, Haylee Staton,	Staton, and Tammy Hartman discuss the
	recovery	Tammy Hartman	affects a mother's death has on a daughter's
		ranning riantinan	love.
2013-02-05 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez with Janet Nelson and Cindy
	, ,	and Cindy Hanson	Hanson show exercise routines to help with
		•	fibromyalgia.
2013-02-05 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss
			gastrointestinal problems. (Part 2)
2013-02-05 13:30*	Let's Cook Together	Angela Lomacang *,	Angela Lomacang and Jennifer White show
	5 1 10 11 (11)	Jennifer White	making food in a flash.
2013-02-05 14:00 [^]	Body and Spirit (New)	Jeanie Weaver *, Pam	Jeanie Weaver, Pam Turner, and Summer
		Turner , Summer Boyd	Boyd show several exercises that should be
2013-02-05 17:30*	Marriage in God's	Willie and Wilma Lee	done daily. Willie and Wilma Lee discusses richer/poor.
2013-02-03 17.30	Hands	Willie and Willia Lee	willie and willia Lee discusses nonel/poor.
2013-02-06 02:00!	Celebrating Life in	Cheri Peters *, Bobbie	Cheri Peters with Bobbie Hartman, Haylee
	Recovery	Hartman , Haylee Staton ,	Staton, and Tammy Hartman discuss the
	·	Tammy Hartman	affects a mother's death has on a daughter's
			love.
2013-02-06 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for
			dealing with a tragedy when it strikes. Part 2
2013-02-06 06:00*	Pady and Chirit	Dick Nuncz * Kylo Cobbort	Dick Nunez with helpers Kyle Gabbert and
2013-02-00 00.00	Body and Spirit	& Jonathon Hopkins	Jonathon Hopkins show a high-Intensity
		a containen riopkins	workout for those who are ready.
2013-02-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning
	3		into Vegetarianiam.
2013-02-06 14:00*	Action 4 Life	Casio Jones *, Trent	Casio Jones and Trent Chance discuss the
		Chance	benefits of massage.
2013-02-07 03:00!	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with
0040 00 07 04 00#			loneliness.
2013-02-07 04:00*	_	Willie and Wilma Lee	Willie and Wilma Lee discusses richer/poor.
2013-02-07 04:30*	Hands Issues and Answers	J. D. Quinn *, Troy	L.D. Quinn and Troy Fitzgorold discuss
2013-02-07 04.30	issues and Answers	Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we
		Titzgeraid	got.
2013-02-07 06:00*	Body and Spirit Aerobics	Dick Nunez *. Jonathon	Dick Nunez with Jonathon Hopkins and
	,		Richard Nelson show exercise routines to
		,	help with lower back problems.
2013-02-07 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
			clinic.

January through March 2013

Date and Time	Program	Talent	Description
2013-02-07 10:00*	Wonderfully Made	Claudio Japas , Hildemar	Claudio Japas and Hildemar Dos Santos
2012 02 07 11,001	Colobrating Life in	Dos Santos	discuss health evangelism. Cheri Peters with Bobbie Hartman, Haylee
2013-02-07 11:00!	Recovery	Cheri Peters *, Bobbie Hartman , Haylee Staton ,	Staton, and Tammy Hartman discuss the
	Recovery	Tammy Hartman	affects a mother's death has on a daughter's
		,	love.
2013-02-07 13:30*	Let's Cook Together	Jill Morikone *, JoAnn	Jill Morikone and JoAnn Rachor discuss how
		Rachor	to freely eat and feel better.
2013-02-07 14:00*	Body and Spirit (New)	Jeanie Weaver *, LaDonna	Jeanie Weaver, LaDonna Terrill, and Tim
		Terrill, Tim Tiernan	Tiernan show how to do strenght training exercises.
2013-02-08 06:00*	Body and Spirit	Dick Nunez *, Brittany	Dick Nunez with helpers Brittany Nunez and
2010 02 00 00.00	Dody and Opin		Steven Lingenfelter demonstrate how to
		ğ	exercise but avoid the pitfalls of overtraining.
2013-02-08 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Nedley	studies in premature birth, std's, etc
2013-02-08 13:00*	_	Willie and Wilma Lee	Willie and Wilma Lee discuss sickness and
2013-02-08 13:30*	Hands Abundant Living	Curtis & Paula Eakins	health in marriage. Curtis and Paula Eakins discuss the effects
2010 02 00 10.00	Abundant Living	Curtis & Fadia Eakins	of coffee on the body.
2013-02-08 14:00*	Action 4 Life	Casio Jones *, Ben	Casio Jones with Ben Burkhamer discuss
		Burkhamer	hypertension, health, and exercise.
2013-02-08 17:00*	NEWSTART Now	Ron Giannoni *, Alberta	Ron Giannoni and Alberta Sampson discuss
0040 00 40 00 00*	NEWOTA DT N	Sampson	how to abate numerous health problems.
2013-02-10 03:00*	NEWSTART NOW	Ron Giannoni *, Alberta Sampson	Ron Giannoni and Alberta Sampson discuss how to abate numerous health problems.
2013-02-10 03:30*	Help Yourself to Health	•	•
2010 02 10 00.00	Troip Tourous to Trouses	, , , , , , , , , , , , , , , , , , , ,	children and teen issues. (Part 1)
2013-02-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and
		Hopkins and Megan Frasier	Megan Frasier demonstrate exercise routines
0040 00 40 44 00*	Deller 10 del (Ne.)	1	for strength training.
2013-02-10 14:00°	Body and Spirit (New)	Jeanie Weaver *, Teresa Bonilla , Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your
		Donilla, filli fleman	waisline.
2013-02-11 01:00!	Celebrating Life in	Cheri Peters *, Marcia	Cheri Peters and Marcia Armstead discuss
	Recovery	Armstead	rebellion.
2013-02-11 05:30*	Wonderfully Made	Claudio Japas , Hildemar	Claudio Japas and Hildemar Dos Santos
0040 00 44 00 00*	D 1 10 17	Dos Santos	discuss health evangelism.
2013-02-11 06:00*	Body and Spirit	Dick Nunez *, Amy	Dick Nunez with Amy Andersen and
		Andersen & Jonathon Hopkins	Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2013-02-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein -
	3		Without the Bologna.
2013-02-11 14:00*	Action 4 Life	Casio Jones *, Monique	Casio Jones and Monique Anderson discuss
		Anderson	the exercise benefits of mall walking.
2013-02-11 18:30*	Issues and Answers	J. D. Quinn *, Troy	J. D. Quinn and Troy Fitzgerald discuss
		Fitzgerald	getting what we expect, or expecting what we got.
2013-02-11 19:00!	Celebrating Life in	Cheri Peters *, Marcia	Cheri Peters and Marcia Armstead discuss
	Recovery	Armstead	rebellion.
	- -		

January through March 2013

Date and Time	Program	Talent	Description
2013-02-12 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2013-02-12 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 1)
2013-02-12 11:00*	Issues and Answers	J. D. Quinn *, Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2013-02-12 11:30*	NEWSTART Now	Ron Giannoni *, Alberta Sampson	Ron Giannoni and Alberta Sampson discuss how to abate numerous health problems.
	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show and discussthe basics of cooking in a slow cooker
2013-02-12 14:00*	Body and Spirit (New)	Jeanie Weaver *, Tim Tiernan , Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2013-02-12 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss sickness and health in marriage.
2013-02-13 02:00!	Celebrating Life in Recovery	Cheri Peters *, Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2013-02-13 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2013-02-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for Picnic Time.
2013-02-13 14:00*		Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the bennefits of pool exercise.
2013-02-14 03:00! 2013-02-14 04:00*	Up Close Marriage in God's Hands	Marti Jones Willie and Wilma Lee	Marti Jones talks about dealing with death. Willie and Wilma Lee discuss sickness and health in marriage.
2013-02-14 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: the secret to perfect peace and happiness.
2013-02-14 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2013-02-14 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-02-14 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the Good News of Diabetes it can be controlled.
2013-02-14 11:00!	Celebrating Life in Recovery	Cheri Peters *, Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2013-02-14 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show how to do fast cooking in a slow cooker.
2013-02-14 14:00*	Body and Spirit (New)	Jeanie Weaver *, Ralph Sanchez , Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2013-02-15 06:00*	Body and Spirit	Dick Nunez *, Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.

January through March 2013

Date and Time	Program	Talent	Description
2013-02-15 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in caffeine, vitamin d, and exercise.
2013-02-15 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses rejoice.
2013-02-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss adventist advantage.
2013-02-15 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2013-02-17 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 2)
2013-02-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb disscuss the use of supplements and demonstrate exercise routines for health.
2013-02-17 14:00*	Body and Spirit (New)	Jeanie Weaver *, Lynette Jaque , Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2013-02-18 01:00!	Celebrating Life in Recovery	Cheri Peters *, Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2013-02-18 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the Good News of Diabetes it can be controlled.
2013-02-18 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2013-02-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about foods for joint health.
2013-02-18 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2013-02-18 18:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: the secret to perfect peace and happiness.
2013-02-18 19:00!	Celebrating Life in Recovery	Cheri Peters *, Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2013-02-19 06:00*	•	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson disscuss the subject of colesterol and demonstrate exercise routines for health.
2013-02-19 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 2)
2013-02-19 11:00*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: the secret to perfect peace and happiness.
2013-02-19 13:30*	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain discuss confronting cholesterol.
2013-02-19 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.

January through March 2013

Date and Time	Program	Talent	Description
2013-02-19 17:30*	<u> </u>	Willie and Wilma Lee	Willie and Wilma Lee discusses rejoice.
2013-02-20 02:00!	Hands Celebrating Life in Recovery	Cheri Peters *, Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2013-02-20 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2013-02-20 06:00*	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2013-02-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some easy healthy breakfast ideas.
2013-02-20 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2013-02-21 03:00!	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2013-02-21 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses rejoice.
2013-02-21 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes a marriage happier.
2013-02-21 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson disscuss demonstrate exercises for the lower back challenge.
2013-02-21 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-02-21 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.
2013-02-21 11:00!	Celebrating Life in Recovery	Cheri Peters *, Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2013-02-21 13:30*	-	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain show making the old standard macaroni and cheese.
2013-02-21 14:00*	Body and Spirit (New)	Jeanie Weaver *, Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2013-02-22 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.
2013-02-22 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in diabetes, cholesterol and stroke.
2013-02-22 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go into making healthy marriages
2013-02-22 13:30*		Curtis & Paula Eakins	Curtis and Paula Eakins talk about problems with Poultry.
2013-02-22 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2013-02-22 17:00*	NEWSTART Now	Ron Giannoni *, Norman Kraft	Ron Giannoni and Norman Kraft discuss how an inoperapble hernia can be relieved through a new lifestyle.

January through March 2013

Date and Time	Program	Talent	Description
2013-02-24 03:00*	NEWSTART Now	Ron Giannoni *, Norman	Ron Giannoni and Norman Kraft discuss how
		Kraft	an inoperapble hernia can be relieved
			through a new lifestyle.
2013-02-24 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	
			Syndrome X.
2013-02-24 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathon Hopkins and Cindy
		Hopkins and Cindy Hanson	Hanson disscuss the subject of protein and
0040 00 04 44 00*	D 10 14 (N)		demonstrate exercise routines for health.
2013-02-24 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy	Jeanie Weaver, Betsy Sajdak, and Donna
2042 02 25 04.001	Calabratian Life in	Sajdak , Donna Hall	Hall show us how to do body stretches.
2013-02-25 01:00!	Celebrating Life in	Cheri Peters *, Ashley	Cheri Peters and Ashley Desormeau discuss
	Recovery	Desormeau	how feelings of not being good enough are harmful to self esteem.
2013-02-25 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott	Lee Wellard and Dr. Scott Grivas discuss
2013-02-23 03.30	Worldendily Made	Grivas	heart disease and ways to prevent or curb it.
		Glivas	neart disease and ways to prevent or curb it.
2013-02-25 06:00*	Body and Spirit	Dick Nunez *, Jonathon	For lower back problems, Dick Nunez shows
	,	Hopkins & Brittany Nunez	exercises that will help. Assisting are
		, , , , , , , , , , , , , , , , , , , ,	Jonathon Hopkins and Brittany Nunez.
2013-02-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss debriefing
	· ·		the beef.
2013-02-25 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate
			exercise techniques.
2013-02-25 18:30*	Issues and Answers	J. D. Quinn *, Gregory L.	J. D. Quinn and Gregory L. Jackson discuss
		Jackson	surrender: how it makes a marriage happier.
2013-02-25 19:00!	Celebrating Life in	Cheri Peters *, Ashley	Cheri Peters and Ashley Desormeau discuss
	Recovery	Desormeau	how feelings of not being good enough are
2013-02-26 06:00*	Pady and Spirit Aprobias	Dick Nuncz * Janet Nalcon	harmful to self esteem.
2013-02-20 00.00	body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2013-02-26 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	
2010 02 20 10.00	Tiolp Tourson to Treatin	Agatha Thiaon , Borr Willor	Syndrome X.
2013-02-26 11:00*	Issues and Answers	J. D. Quinn *, Gregory L.	J. D. Quinn and Gregory L. Jackson discuss
		Jackson	surrender: how it makes a marriage happier.
2013-02-26 11:30*	NEWSTART Now	Ron Giannoni *, Norman	Ron Giannoni and Norman Kraft discuss how
		Kraft	an inoperapble hernia can be relieved
			through a new lifestyle.
2013-02-26 13:30*	Let's Cook Together	Angela Lomacang *, Robin	Angela Lomacang and Robin Swain show
		Swain	making salad dressings and salads.
2013-02-26 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren	Andi Hunsaker, Lauren Rittenhouse, and
		Rittenhouse , Lyndi	Lyndi Schwartz discuss tips for better health.
0040 00 00 47 00*		Schwartz	A
2013-02-26 17:30*	_	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go
2042 02 07 02:00!	Hands	Chari Datara * Ashlau	into making healthy marriages
2013-02-27 02:00!	Celebrating Life in	Cheri Peters *, Ashley	Cheri Peters and Ashley Desormeau discuss
	Recovery	Desormeau	how feelings of not being good enough are harmful to self esteem.
2013-02-27 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of
2013-02-21 UJ.UU	i aiiiiiles iui i leaveli	AIGHZO & JUHE SHIIIII	divorce and the emotional effects.
			uivorce and the emblichal effects.

January through March 2013

Date and Time	Program	Talent	Description
2013-02-27 06:00*	Body and Spirit	Dick Nunez *, 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.
2013-02-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about the benefits of squash.
2013-02-27 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2013-02-28 03:00!	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
2013-02-28 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go into making healthy marriages
2013-02-28 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life fulfilling.
2013-02-28 06:00*	Body and Spirit Aerobics	Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-02-28 10:00*	·	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss overweight.
2013-02-28 11:00!	Celebrating Life in Recovery	Cheri Peters *, Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2013-02-28 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making lunch.
2013-02-28 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2013-03-01 06:00*	Body and Spirit	Dick Nunez *, Amy Anderson and Leif Sjoren	Temdon injury can be helped with proper exercise. Dick Nunez with Amy Anderson and Leif Sjoren show how.
2013-03-01 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in child iq, stroke, heat exhaustion, etc
2013-03-01 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about dysfunctional family patterns.
2013-03-01 13:30*		Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2013-03-01 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2013-03-03 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about a prenatal program.
2013-03-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2013-03-03 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom abdominal muscle strengthening exercises.

January through March 2013

Date and Time	Program	Talent	Description
2013-03-04 01:00!	Celebrating Life in Recovery	Cheri Peters & C. A. Murray	Cheri Peters and C. A. Murray discuss season 8 highlights.
2013-03-04 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott	Lee Wellard and Dr. Scott Grivas discuss
2013-03-04 06:00*	Body and Spirit	Grivas Dick Nunez *, Amy Anderson and Brittany	overweight. Dick Nunez and helpers demonstrate simple home exercises to promote fitness for
2013-03-04 13:30*	Abundant Living	Nunez Curtis & Paula Eakins	teenage girls Curtis and Paula Eakins give advice on PMS relief.
2013-03-04 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2013-03-04 18:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life fulfilling.
2013-03-04 19:00!	Celebrating Life in Recovery	Cheri Peters & C. A. Murray *	Cheri Peters and C. A. Murray discuss season 8 highlights.
2013-03-05 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2013-03-05 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about a prenatal program.
2013-03-05 11:00*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life fulfilling.
2013-03-05 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making appetizers and dinner.
2013-03-05 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2013-03-05 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about dysfunctional family patterns.
2013-03-06 02:00!	Celebrating Life in Recovery	Cheri Peters & C. A. Murray	Cheri Peters and C. A. Murray discuss season 8 highlights.
2013-03-06 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-03-06 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Leif Sjoren	Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.
2013-03-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.
2013-03-06 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the
2013-03-07 03:00!	Up Close	Donna Teat	choosing the right bicycycle. Donna Teat discusses issues of teenage
2013-03-07 04:00*	_	Alanzo Smith , June Smith	Alanzo and June Smith talk about
2013-03-07 06:00*	Hands Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	dysfunctional family patterns. Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.

January through March 2013

Date and Time	Program	Talent	Description
2013-03-07 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
0040 00 07 40 00*	Maria da Artin Maria	Las Mallas LO Da Osari	clinic.
2013-03-07 10:00*	vvonderrully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.
2013-03-07 11:00!	Celebrating Life in	Cheri Peters & C. A. Murray	Cheri Peters and C. A. Murray discuss
2010 00 07 11.00.	Recovery	*	season 8 highlights.
2013-03-07 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and
	_		demonstrate preparing main entrees.
2013-03-07 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz, Andi Hunsaker, and Lauren
		Hunsaker, Lauren	Rittenhouse perfrom core strengthening
2013-03-08 06:00*	Body and Spirit	Rittenhouse Dick Nunez *, Kye Gabbert	exercises. Dick Nunez and helpers demonstrate simple
2013-03-06 00.00	Body and Spirit	and Luther Whiting	home exercises to help lessen the effects of
		and Edition virtuing	arthritis.
2013-03-08 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Nedley	studies in stds, secrets of aging, etc.
2013-03-08 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss Progressive
2013-03-08 13:30*		Curtis & Paula Eakins	Marriages. Curtis and Paula Eakins discuss cause for
2010 00 00 10.00	Abdition Living	Cartio a Fadia Editirio	the pause.
2013-03-08 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the
			option of a fitness center workout.
2013-03-08 17:00*	NEWSTART Now	Ron Giannoni *, Milton	Ron Giannoni and Milton Buehner discuss
2013-03-10 03:00*	NEWSTART Now	Buehner Ron Giannoni *, Milton	ideas on how to break food addictions. Ron Giannoni and Milton Buehner discuss
2010 00 10 00.00	NEWOTAKI NOW	Buehner	ideas on how to break food addictions.
2013-03-10 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	
			Men's Health Issues.
2013-03-10 06:00*	Body and Spirit Aerobics	•	Dick Nunez with Bobby Jo Murphy and
		Murphy and Jonathon Hopkins	Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2013-03-10 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren	Andi Hnusaker with Lauren Rittehnouse and
2010 00 10 11.00	Body and Opini (Now)	Rittenhouse , Lyndi	Lyndi Schwartz discuss matters of the heart.
		Schwartz	,
2013-03-11 01:00!	•	Cheri Peters *, Melody	Cheri Peters and Melody Prettyman discuss
0040 00 44 07 651	Recovery	Prettyman	food vs. god - who wins?.
2013-03-11 05:30*	vvonderfully Made	Lee Wellard & Dr. Scott	Lee Wellard and Dr. Scott Grivas discuss the
2013-03-11 06:00*	Body and Spirit	Grivas Dick Nunez *, Betty Garner	body's need for vitamin D and its effects. Dick Nunez with helpers shows compression
2010 00 11 00.00	Dody and Opini	Diok Number , Delly Camer	exercises to help with osteoporosis
2013-03-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that
	-		prevent Power Surges during the day.
2013-03-11 14:00*	Action 4 Life	Casio Jones *, Dan	Casio Jones and Dan Summers demonstrate
0040 00 44 40:001	Colobration Life in	Summers	exercise techniques.
2013-03-11 19:00!	Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-03-12 06:00*	Body and Spirit Aerobics		Dick Nunez with Richard Nelson and Cindy
_5.0 00 12 00.00	x, a p / 10100100	Nelson and Cindy Hanson	Hanson discusses motivation and
		•	demonstrates fitness exercises.

January through March 2013

Date and Time	Program	Talent	Description
2013-03-12 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about
		-	Men's Health Issues.
2013-03-12 11:30*	NEWSTART Now	Ron Giannoni *, Milton	Ron Giannoni and Milton Buehner discuss
0040 00 40 40 00*		Buehner	ideas on how to break food addictions.
2013-03-12 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate
2012 02 12 14.00*	Dady and Chirit (Naw)	Andi Llungokor * Louron	preparing a quick lunch.
2013-03-12 14:00	Body and Spirit (New)	Andi Hunsaker *, Lauren	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping
		Rittenhouse , Lyndi Schwartz	exercises.
2013-03-12 17:30*	Marriage in God's	Alanzo Smith , June Smith	Alanzo and June Smith discuss Progressive
2010 00 12 17.00	Hands	7 danie Grinari	Marriages.
2013-03-13 02:00!	Celebrating Life in	Cheri Peters *, Melody	Cheri Peters and Melody Prettyman discuss
	Recovery	Prettyman	food vs. god - who wins?.
2013-03-13 05:00*	•	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients
			to a happy marriage.
2013-03-13 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert	
		and Steven Lingenfelter	exercises to help reduce hypertension.
2013-03-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about Indian
			Cuisine.
2013-03-13 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss
0040 00 44 00:001	Lie Olese	Kan Di	Nutrition
2013-03-14 03:00!	Up Close	Kay Rizzo	Kay Rizzo offers a special disscussion for the distressed. Is suicide really a way out?
2013-03-14 04:00*	Marriage in God's	Alanzo Smith , June Smith	Alanzo and June Smith discuss Progressive
2010 00 14 04.00	Hands	Alanzo Gillian , June Gillian	Marriages.
2013-03-14 06:00*		Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and
		Hopkins and Megan Frasier	Megan Frasier discusses attitude and
			demonstrates fitness exercises.
2013-03-14 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
			clinic.
2013-03-14 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott	Lee Wellard and Dr. Scott Grivas discuss
		Grivas	physiology of health.
2013-03-14 11:00!	•	Cheri Peters *, Melody	Cheri Peters and Melody Prettyman discuss
0040 00 44 40 00*	Recovery	Prettyman	food vs. god - who wins?.
∠013-03-14 13:30°	Let's Cook Together	Jill Morikone *, Mary Bernt	Jill Morikone and Mary Bernt discuss and show how to Roll it up with Tofu.
2013-03-1/ 1/:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Ron Giannoni with Dr. Richard Lukens and
2013-03-14 14.00	Body and Spirit (New)	Hunsaker, Lauren	Joe Westbury disscuss the pitfalls of the
		Rittenhouse	American Lifestyle on health.
2013-03-15 06:00*	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Garner and Brittany
		and Brittany Nunez	Nunez discuss fitness for everyone.
2013-03-15 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Nedley	new start.
2013-03-15 13:00*	Marriage in God's	Alanzo Smith , June Smith	Alanzo and June Smith talk about different
	Hands		conflicts in marriage.
2013-03-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling
			high blood pressure.
2013-03-15 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise
			by cycling.

January through March 2013

Date and Time	Program	Talent	Description
2013-03-17 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about meal menu planning.
2013-03-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel
2013-03-17 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Hopkins discuss diet for a new economy. Lyndi Schwartz, Andi Hunsaker, and Tami Diverse discuss welking in the entit
2013-03-18 01:00!	<u> </u>	Hunsaker , Tami Bivens Cheri Peters *, Guests from	
2013-03-18 05:30*	Recovery Wonderfully Made	Miracle Meadows Lee Wellard & Dr. Scott	Meadows discuss miracle meadows. Lee Wellard and Dr. Scott Grivas discuss
2013-03-18 06:00*	Body and Spirit	Grivas Dick Nunez , Michael Webb	physiology of health. Dick Nunez and helpers show aerobics
2013-03-18 13:30*	Abundant Living	, Miles Scruggs Curtis & Paula Eakins	exercises for health. Curtis and Paula Eakins talk about some
2013-03-18 14:00*	Action 4 Life	Casio Jones *, Galen	ideas for controlling cholesterol. Casio Jones with Galen Comstock discuss
2013-03-18 19:00!	<u> </u>	Comstock Cheri Peters *, Guests from	
2013-03-19 06:00*	Recovery Body and Spirit Aerobics	•	Meadows discuss miracle meadows. Dick Nunez, Brittany Nunez and Zak
2013-03-19 10:00*	Help Yourself to Health	Nunez , Zak Oberholster Agatha Thrash *, Don Miller	-
2013-03-19 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	meal menu planning. Jill Morikone and Bev Condy discuss and
2013-03-19 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	show making breakfast. Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss mix it up cardiovascular training.
2013-03-19 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about different conflicts in marriage.
2013-03-20 02:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	<u> </u>
2013-03-20 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2013-03-20 06:00*	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2013-03-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2013-03-20 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2013-03-21 03:00!	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2013-03-21 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about different conflicts in marriage.
2013-03-21 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2013-03-21 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

January through March 2013

2013-03-21 11:001 Vonderfully Made Crivas	Date and Time	Program	Talent	Description
2013-03-21 11:001 Recovery 2013-03-21 13:30* Lefs Cook Together Miracle Meadows 2013-03-21 14:00* Body and Spirit (New) 2013-03-21 14:00* Body and Spirit (New) 2013-03-22 10:00* Health for a Lifetime Nedley 2013-03-22 10:00* Health for a Lifetime Nedley 2013-03-22 10:00* Health for a Lifetime Nedley 2013-03-22 10:00* Author Hands 2013-03-22 10:00* Health for a Lifetime Nedley 2013-03-22 10:00* New Start New New Start New Nedley 2013-03-24 03:00* New Start New New	2013-03-21 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott	Lee Wellard and Dr. Scott Grivas discuss
Recovery Meadows discuss miracle meadows. Jill Morikone *, Bev Condy Jill Morikone and Bev Condy discuss and show making lunch. Lyndi Schwartz *, Andi Hunsaker, Andi Hunsa				
2013-03-21 14:00* Body and Spirit (New) 2013-03-21 14:00* Body and Spirit (New) 2013-03-22 06:00* Body and Spirit 2013-03-22 06:00* Body and Spirit 2013-03-22 10:00* Body and Spirit 2013-03-22 10:00* Health for a Lifetime 2013-03-22 10:00* Health for a Lifetime 2013-03-22 10:00* Health for a Lifetime 2013-03-22 10:00* Body and Spirit 2013-03-22 10:00* Health for a Lifetime 2013-03-22 10:00* Body and Spirit 2013-03-22 10:00* Health for a Lifetime 2013-03-22 10:00* Body and Spirit 2013-03-22 10:00* Several Spirit 2013-03-24 03:00* Several Spirit 2013-03-25 01:00* Several Spirit 2013-03	2013-03-21 11:00!	_	Cheri Peters *, Guests from	
Show making lunch. 2013-03-21 14:00* Body and Spirit (New) Lyndi Schwartz *, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength. 2013-03-22 06:00* Body and Spirit 2013-03-22 10:00* Body and Spirit 2013-03-22 10:00* Body and Spirit 2013-03-22 10:00* Health for a Lifetime 2013-03-22 13:30* Marriage in God's Hands 2013-03-22 13:30* Marriage in God's Hands 2013-03-22 14:00* Action 4 Life 2013-03-22 17:00* Action 4 Life 2013-03-22 17:00* NEWSTART Now 2013-03-22 17:00* NEWSTART Now 2013-03-24 03:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-25 01:00! Celebrating Life in Recovery 2013-03-25 01:00! Celebrating Life in Recovery 2013-03-25 13:30* Abundant Living 2013-03-25 13:30* Abundant Living 2013-03-25 13:30* Abundant Living 2013-03-25 01:00! Celebrating Life in Recovery 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Brard Peters 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Frances Clark demonstrate severcises to help. Clark 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Frances Clark demonstrate outpolics.				
2013-03-21 14:00° Body and Spirit (New) Lyndi Schwartz , Andi Lyndi Schwartz , Andi Hunsaker, and Nanoy Diaz discuss cardiovascular training / balance and strength.	2013-03-21 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	
Hunsaker , Nancy Diaz Diaz discuss cardiovascular training / balance and strength.				-
2013-03-22 06:00* Body and Spirit Pick Nunez , Greg Morikone Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture. 2013-03-22 13:00* Marriage in God's Hands 2013-03-22 13:00* Action 4 Life 2013-03-22 14:00* Action 4 Life 2013-03-22 14:00* Action 4 Life 2013-03-22 17:00* NEWSTART Now Bourne 2013-03-24 03:00* NEWSTART Now Ron Giannoni 7, Una Bourne 2013-03-24 03:00* NEWSTART Now Bourne 2013-03-24 03:00* NEWSTART Now Ron Giannoni 7, Una Bourne 2013-03-24 06:00* Body and Spirit (New) 2013-03-25 01:00! Celebrating Life in Recovery 2013-03-25 05:30* Wonderfully Made 2013-03-25 05:30* Monderfully Made 2013-03-25 19:00! Celebrating Life in Recovery 2013-03-25 06:00* Body and Spirit Chemital Recovery 2013-03-26 06:00* Body and Spirit Aerobics Cario Nunez *, Grivas Dick Nunez *, Brad Peters *, Bridemic. 2013-03-25 06:00* Body and Spirit Aerobics Cario Nunez *, Brad Peters *, B	2013-03-21 14:00*	Body and Spirit (New)	•	
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Learnan demonstrate exercise routines designed to help with posture.				•
Contact Cont	2013-03-22 06:00*	Body and Spirit	_	=
2013-03-22 10:00* Health for a Lifetime Nedley Nedley			, John Leaman	
Nedley Alanzo Smith , June Smith Alanzo and June Smith talk about seven costly mistakke parents make.	0040 00 00 40 00*	The difference of the Const	Dec Mariliana & De Nail	
2013-03-22 13:00* Marriage in God's Hands 2013-03-22 13:30* Abundant Living 2013-03-22 14:00* Action 4 Life 2013-03-22 17:00* Action 4 Life 2013-03-22 17:00* NEWSTART Now 2013-03-24 03:00* NEWSTART Now 2013-03-25 03:00* NEWSTART Now 2013-03-25 01:00! New	2013-03-22 10:00^	Health for a Lifetime		•
Curtis & Paula Eakins alk about stroke prevention. 2013-03-22 14:00* Action 4 Life Casio Jones *, Barry Bayles & Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises. 2013-03-22 17:00* NEWSTART Now Ron Giannoni *, Una Bourne Bourne Bourne Agatha Thrash *, Don Miller Diazy Nunez, Corrie Sample Nunez *, Errances Clark demonstrate exercises for women. 2013-03-24 03:00* NEWSTART Now Ron Giannoni *, Una Bourne discuss solving muscular problems. 2013-03-24 03:00* Body and Spirit Aerobics Dick Nunez *, Brittany Nunez, Ron Giannoni and Una Bourne discuss solving muscular problems. 2013-03-24 03:00* Body and Spirit Aerobics Dick Nunez *, Brittany Nunez, Ron Giannoni and Una Bourne discuss solving muscular problems. 2013-03-24 03:00* Body and Spirit (New) Agatha Thrash *, Don Miller Dick Nunez, Brittany Nunez, Ron Giannoni and Una Bourne discuss solving muscular problems. 2013-03-24 14:00* Body and Spirit (New) Andi Hunsaker *, Lyndi Schwartz, Nancy Diaz Ciscuss total fitness. 2013-03-25 01:00! Celebrating Life in Recovery Cheri Peters *, Brad Peters Caris Abundant Living Curtis & Paula Eakins Curtis & Paula Eakins Curtis & Paula Eakins discusses fitness level and demonstrates exercises to help. 2013-03-25 13:30* Action 4 Life Casio Jones *, Galen Comstock Corrie Peters *, Brad Peters North Recovery Curtis & Paula Eakins Curtis & Paula Eakins discuss Diabetes - An Epidemic. 2013-03-25 19:00! Celebrating Life in Recovery Curtis & Paula Eakins Dick Nunez with helpers discusses on hundredth program. 2013-03-26 06:00* Body and Spirit Aerobics Dick Nunez *, Frances Clark demonstrates exercises to help. Curtis and Paula Eakins discuss Diabetes - An Epidemic. 2013-03-26 19:00! Help Yourself to Health Agatha Thrash *, Don Miller Dick Peters and Brad Peters discuss one hundredth program. 2013-03-26 10:00* Help Yourself to Health Agatha Thrash *, Don Miller Dick Peters and Brad Peters discuss one hundredth program. 2013-03-26 11:30* NEWSTART Now Ron Giannoni *, Una Ror Giannoni and Una Bou	0040 00 00 40-00*	Manuiana in Oadla	•	
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January through March 2013

Date and Time	Program	Talent	Description
2013-03-26 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Cook prepare a healthy
2013-03-26 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	dinner. Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2013-03-26 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about seven costly mistakes parents make.
2013-03-27 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-03-27 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-03-27 06:00*	Body and Spirit	Dick Nunez *, Barbara Nolen , Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2013-03-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss diabetes and carbohydrates.
2013-03-27 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2013-03-28 03:00!	Up Close	Shelley Quinn *, Dr. David Wilkins , Jay Gallimore	Shelly Quinn discuss facing the tough times.
2013-03-28 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about seven costly mistakes parents make.
2013-03-28 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2013-03-28 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-03-28 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses diabetes.
2013-03-28 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-03-28 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook prepare ethnic salads.
2013-03-28 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Lyndi Schwartz , Nancy Diaz	Lyndi Schwartz, Lyndi Schwartz, and Nancy Diaz discuss just for kicks.
2013-03-29 06:00*	Body and Spirit		Dick Nunez with helpers shows exercises for strength training for women.
2013-03-29 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc
2013-03-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2013-03-29 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2013-03-31 03:30*	Help Yourself to Health		Dr. Agatha Thrash and Don Miller discuss modern society diseases. (Part 1)
2013-03-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2013-03-31 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Lyndi Schwartz , Tami Bivens	Lyndi Schwartz, Lyndi Schwartz, and Tami Bivens discuss interval jogging.