### July through September 2013

Date and Time	Program	Talent	Description
2013-07-01 01:00!	•	Cheri Peters *, Annette	Cheri Peters, Annette Washington, and Pam
2012 07 04 05-00*	Recovery	Washington , Pam Talley	Talley discuss the love of a grandparent.
2013-07-01 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fibroids.
2013-07-01 06:00*	Body and Spirit	Amiee Walker , Barbara	Dick Nunez with Megan Fraiser and Cindy
	•	Nolen , Dick Nunez	Hanson demonstrate exercises routines for
0040.5= -:	1.00	0	strength training for women.
2013-07-01 07:30*	Ultimate Prescription	Charles Mills & James	Charles Mills and James Marcum discuss
2013-07-01 13:30*	Abundant Living	Marcum Curtis & Paula Eakins	from the darkness. Curtis and Paula Eakins talk about problems
_0.0 07 01 10.00		Janus & Faulu Eanlis	with Poultry.
2013-07-01 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the
0015.5			options of bicycles
2013-07-01 18:30*	Issues and Answers	Shelley Quinn *, Janice	Shelley Quinn and Janice Browne discuss
2013-07-01 19:00!	Celebrating Life in	Browne Cheri Peters *, Annette	impossible dreams made possible. Cheri Peters, Annette Washington, and Pam
2010 01-01 18.00!	Recovery	Washington , Pam Talley	Talley discuss the love of a grandparent.
2013-07-02 06:00*	Body and Spirit Aerobics	•	Getting enough of the proper rest is as import
		Nunez , Dick Nunez	as proper exercise. Dick Nunez discusses
			and leads exercise routings with Jane Baker
2012-07 02 40:00*	Halp Voursalf to Hash	Agatha Throch * Don Miller	and Jonathon Hopkins  Agatha Thrash, Don Miller, and Justina
2013-07-02 10:00°	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash, Don Miller, and Justina Thomas discuss heart disease.
2013-07-02 11:00*	Issues and Answers	Shelley Quinn *, Janice	Shelley Quinn and Janice Browne discuss
		Browne	impossible dreams made possible.
2013-07-02 11:30*	NEWSTART Now	Ron Giannoni *, Rich John	Ron Giannoni and Rich John discuss lifestyle
2012-07 02 42:20*	Latic Cook Togothor	lill Marikana * Maria	changes that solve undiagnosed illnesses.  Jill Morikone and Marie McCalla discuss
2010-01-02 13.30"	Let's Cook Together	Jill Morikone *, Marie McCalla	ethnic variations.
2013-07-02 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Lyndi	Lyndi Schwartz, Lyndi Schwartz, and Tami
	. , ,	Schwartz , Tami Bivens	Bivens discuss interval jogging.
2013-07-02 17:30*	Marriage in God's	Willie Oliver *, Elaine Oliver	
2012-07 02 24:20*	Hands Ultimate Prescription	Charles Mills 9 James	Angry. Charles Mills and James Marcum discuss
2013-07-02 21:30*	Ultimate Prescription	Charles Mills & James Marcum	from the darkness.
2013-07-03 01:30*	Ultimate Prescription	Charles Mills & James	Charles Mills and James Marcum discuss
	·	Marcum	from the darkness.
2013-07-03 02:00!		Cheri Peters *, Annette	Cheri Peters, Annette Washington, and Pam
2012-07 02 0E+00*	Recovery Families for Heaven	Washington , Pam Talley Alanzo & June Smith	Talley discuss the love of a grandparent.
2013-07-03 05:00*	rammes for meaven	MIGHZU & JUHE SITHER	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-07-03 06:00*	Body and Spirit	Dick Nunez , Mike Wilson	Dick Nunez and helpers demonstrate
2010 01 00 00.00	Joay and Opin	DION HOLIOZ , WING WIISUII	exercises that can help control hypertension.
2013-07-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss debriefing
	•		the beef.
2013-07-03 14:00*	Action 4 Life	Casio Jones *, Nadine	Casio Jones with Nadine Brooks discuss
2012-07 04 02:00	Un Close	Brooks Shelley Quinn	running benefits.
2013-07-04 03:00!	op olose	Shelley Quinn	Shelly Quinn discuss balancing work and family.

### July through September 2013

Date and Time	Program	Talent	Description
2013-07-04 04:00*	Marriage in God's	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Married and
	Hands		Angry.
2013-07-04 04:30*	Issues and Answers	Shelley Quinn *, Yvonne	Shelley Quinn and Yvonne Lewis discuss
		Lewis	new-age deception.
2013-07-04 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez ,	Dick Nunez discusses cholesterol. With
		Rick Nunez	Jonathon Hopkins and Brittany Nunez he
			leads you through exercises to help lower
			bad cholesterol.
2013-07-04 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
0040 07 04 40:00*	Manada Mada	A NA/alland Obania Lan	clinic.
2013-07-04 10:00*	vvonderfully Made	Amy Wellard , Cherie Lon	Amy Wellard and Cherie Lon Fernandez
2012 07 04 11,001	Colobrating Life in	Fernandez	discuss menopause.
2013-07-04 11:00!	Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2012-07-04 12:00*	Ultimate Prescription	Charles Mills & James	Charles Mills and James Marcum discuss
2013-07-04 12.00	Oillinate Frescription	Marcum	from the darkness.
2013-07-04 13:30*	Let's Cook Together	Jill Morikone *, Marie	Jill Morikone and Marie McCalla show how to
2010 07 04 10.00	Lot o Cook Together	McCalla	prepare some sweet treats with a twist.
2013-07-04 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	Andi Hunsaker, Lyndi Schwartz, and Tami
	Dody and Opini (11011)	Schwartz , Tami Bivens	Bivens discuss walk for life.
2013-07-05 06:00*	Body and Spirit		Dick Nunez and helpers demonstrate
	, ,	, 3	exercises that can help with hip pain.
2013-07-05 10:00*	Health for a Lifetime	Don Mackintosh, Glen	Don Mackintosh and Glen Wiltse discuss
		Wiltse	healthy hearts.
2013-07-05 13:00*	Marriage in God's	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver talk about Forgive or
	Hands		Forget in marriage.
2013-07-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about the
0040 07 05 44 00*	A - C A 1 'C -	O'- I * D   O -	benefits of squash.
2013-07-05 14:00*	Action 4 Life	Casio Jones *, Dan "Curly"	Casio Jones and Dan "Curly" Summers
2012 07 07 02:20*	Help Yourself to Health	Summers Agatha Throch * Don Miller	discuss Florida hospital massage therapy.  Agatha Thrash and Don Miller discuss herbal
2013-07-07 03.30	rieip rouiseii to rieaitii	Agatha Illiasii , Doli Millei	remedies.
2013-07-07 06:00*	Body and Spirit Aerobics	Dick Nunez * Jonathan	Dick Nunez and Jonathan Hopkins and
2010 07 07 00.00	Body and opine Morobios		Richard Nelson discuss excercises for the
			vision impaired.
2013-07-07 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz, Andi Hunsaker, and Nancy
	, , ,	Hunsaker , Nancy Diaz	Diaz discuss aerobics for upper extremities.
2013-07-08 01:00!	Celebrating Life in	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big
	Recovery		dog.
2013-07-08 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon	Amy Wellard and Cherie Lon Fernandez
		Fernandez	discuss menopause.
2013-07-08 06:00*	Body and Spirit	_	Dick Nunez and helpers demonstrate
		, John Leaman	exercises that can help with knee pain.
2013-07-08 07:30*	Ultimate Prescription	Charles Mills & James	Charles Mills and James Marcum discuss
		Marcum	victim of deception.
2013-07-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast
0040 07 00 44 00*	A - C A 1 'C -		Cancer
2013-07-08 14:00*	ACTION 4 LITE	Casio Jones *, Marcie	Casio Jones with Marcie English discuss
		English	Kayaking .

### July through September 2013

Date and Time	Program	Talent	Description
2013-07-08 18:30*	Issues and Answers	Shelley Quinn *, Yvonne	Shelley Quinn and Yvonne Lewis discuss
		Lewis	new-age deception.
2013-07-08 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-07-09 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2013-07-09 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	· ·
2013-07-09 11:00*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age deception.
2013-07-09 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald prepare some Filipino Recipes.
2013-07-09 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2013-07-09 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	
2013-07-09 21:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2013-07-10 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2013-07-10 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	·
2013-07-10 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2013-07-10 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , William Brauer	Dick Nunez and helpers demonstrate exercises for strength training.
2013-07-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2013-07-10 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2013-07-11 03:00!	Up Close	Gerard McLane	Gerard McLane discusses obesity and diet.
2013-07-11 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	· · · · · · · · · · · · · · · · · · ·
2013-07-11 04:30*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2013-07-11 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2013-07-11 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-07-11 10:00*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss cervical cancer.
2013-07-11 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	
2013-07-11 12:00*	•	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2013-07-11 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show how to prepare Phillipine Cuisine.
2013-07-11 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.

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Date and Time	Program	Talent	Description
2013-07-12 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez and helpers demonstrate exercises that can help with lower back
2013-07-12 10:00*	Health for a Lifetime	Don Mackintosh , Glen	training. Don Mackintosh and Glen Wiltse discuss
2013-07-12 13:00*	Marriage in God's	Willie Oliver *, Elaine Oliver	healthy eating. Willie and Elaine Oliver offer honest talk
2013-07-12 13:30*	Hands Abundant Living	Curtis & Paula Eakins	concerning truths about sex in marriage. Curtis and Paula Eakins discuss cooking on
2013-07-12 14:00*	Action 4 Life	Casio Jones *, Frances Czeizinger	a budget. Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2013-07-12 17:00*	NEWSTART Now	Ron Giannoni *, Al Weathington	Ron Giannoni and Al Weathington discuss terrifying kidney and diabetes problems.
2013-07-14 03:00*	NEWSTART Now	Ron Giannoni *, Al Weathington	Ron Giannoni and Al Weathington discuss terrifying kidney and diabetes problems.
2013-07-14 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss allergy symptoms and natural treatment.
2013-07-14 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2013-07-14 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2013-07-15 05:30*	•	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss cervical cancer.
2013-07-15 06:00*	,	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers show simple home exercises and discuss the subject protein.
2013-07-15 07:30*	·	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.
2013-07-15 13:30*	· ·	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cause for the pause.
2013-07-15 14:00*		Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2013-07-15 18:30* 2013-07-16 06:00*		Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.  Dick Nunez with Jonathan Babb and
2013-07-16 06.00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Jonathon Hopkins	Jonathon Hopkins show exercises with aerobic intensity.
2013-07-16 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss allergy symptoms and natural treatment.
2013-07-16 11:00*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2013-07-16 11:30*	NEWSTART Now	Ron Giannoni *, Al Weathington	Ron Giannoni and Al Weathington discuss terrifying kidney and diabetes problems.
	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show some quick and easy recipes.
	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2013-07-16 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	concerning truths about sex in marriage.
2013-07-16 21:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.

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Date and Time	Program	Talent	Description
2013-07-17 01:30*	Ultimate Prescription	Charles Mills & James	Charles Mills and James Marcum discuss
		Marcum	breathing lessons.
2013-07-17 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2013-07-17 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.
2013-07-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that prevent Power Surges during the day.
2013-07-17 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2013-07-18 03:00!	Up Close	Jason Seiber	Jason Seiber discusses taming your tv.
2013-07-18 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	
2013-07-18 06:00*		Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2013-07-18 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-07-18 10:00*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss labor and delivery.
2013-07-18 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.
2013-07-18 13:30*	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates lunch-box ideas.
2013-07-18 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2013-07-19 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2013-07-19 13:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	<u> </u>
2013-07-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about Indian Cuisine.
2013-07-19 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2013-07-21 03:30*	Help Yourself to Health	•	Dr. Agatha Thrash and Don Miller discuss the importance of a healthy diet to minimize cancer risks.
2013-07-21 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2013-07-21 14:00*	Body and Spirit (New)	•	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2013-07-22 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss labor and delivery.
2013-07-22 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers show simple home exercises that will help with balance.
2013-07-22 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2013-07-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.

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Date and Time	Program	Talent	Description
2013-07-22 14:00*	Action 4 Life	Casio Jones *, Izhar	Casio Jones and Izhar Buendia discuss park
		Buendia	exercises.
2013-07-23 06:00*	Body and Spirit Aerobics		Dick Nunez with Janet Nelson and Cindy
		and Cindy Hanson	Hanson show exercise routines to help with
0040 07 00 40 00*	Latia Caala Tawathan	Inne a Consuma Managera *	fibromyalgia.
2013-07-23 13:30"	Let's Cook Together	Irma Guerra-Murray *,	Irma Guerra-Murray and Angela Poch
2012 07 22 14,00*	Dady and Chirit (Naw)	Angela Poch Andi Hunsaker M.D. *,	demonstrates some quick meal ideas.
2013-07-23 14.00	Body and Spirit (New)	Lauren Rittenhouse , Lyndi	Andi Hunsaker, Lauren Rittenhouse, and
		Schwartz M.D.	Lyndi Schwartz show how to run with endurance.
2013-07-23 17:30*	Marriage in God's		
2010 07 20 17.00	Hands	ville Oliver , Liame Oliver	information in marriage.
2013-07-23 21:30*	Ultimate Prescription	Charles Mills & James	Charles Mills and James Marcum discuss
2010 07 20 21.00	Ommate i recomption	Marcum	health on solid ground.
2013-07-24 01:30*	Ultimate Prescription	Charles Mills & James	Charles Mills and James Marcum discuss
		Marcum	health on solid ground.
2013-07-24 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of
			divorce and the emotional effects.
2013-07-24 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez	Dick Nunez and helpers shows the joys of
		, Madison Turner	exercising.
2013-07-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some
			ideas for controlling cholesterol.
2013-07-24 14:00*	Action 4 Life	Casio Jones *, Izhar	Casio Jones and Curtis Eakins discuss
		Buendia	nutrition, health, and exercise.
2013-07-25 03:00!	Up Close	Marti Jones	Marti Jones with guests discuss recovering
			from the pain of divorce.
2013-07-25 04:00*	Marriage in God's	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer communition
2013-07-25 06:00*	Hands	Diek Nunez * Jenethen	information in marriage.
2013-07-25 06.00	body and Spirit Aerobics	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to
		Hopkins and Kichard Neison	help with lower back problems.
2013-07-25 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
2013-07-23 03.00:	Stop-Smoking Clinic	Dr. Artiful Weaver	clinic.
2013-07-25 10:00*	Wonderfully Made	Amy Wellard , Cherie Lon	Amy Wellard and Cherie Lon Fernandez
_5.0 0. 20 10.00		Fernandez	discuss breast cancer.
2013-07-25 12:00*	Ultimate Prescription	Charles Mills & James	Charles Mills and James Marcum discuss
		Marcum	health on solid ground.
2013-07-25 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene	Idalia Dinzey and Marlene McKinney discuss
	Ü	McKinney	family picnic.
2013-07-25 14:00*	Body and Spirit (New)	•	Lyndi Schwartz M.D., Andi Hunsaker M.D.,
		Hunsaker M.D., Lauren	and Lauren Rittenhouse show stepping
		Rittenhouse	excercises for osteoporosis.
2013-07-26 06:00*	Body and Spirit		·
		, William Brauer	exercises for hip training.
2013-07-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas
			for controlling artery plaque.
2013-07-26 14:00*	Action 4 Life	Casio Jones *, Trent	Casio Jones with Trent Chance discuss and
		Chance	demonstrate exercises for body repair.

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Date and Time	Program	Talent	Description
2013-07-26 17:00*	NEWSTART Now	Ron Giannoni *, Lindsay	Ron Giannoni and Lindsay Jacob discuss
		Jacob	Eczema and antibiotic resistant bacterial
			infection.
2013-07-28 03:00*	NEWSTART Now	Ron Giannoni *, Lindsay	Ron Giannoni and Lindsay Jacob discuss
		Jacob	Eczema and antibiotic resistant bacterial
			infection.
2013-07-28 03:30*	Help Yourself to Health	Agatha Thrash *, Rhonda	Dr. Agatha Thrash and Rhonda Clark discuss
		Clark	different abdominal conditions and natural
			remedies. Part 1
2013-07-28 06:00*	Body and Spirit Aerobics	Dick Nunez *. Jonathon	Dick Nunez with Jonathon Hopkins and
		Hopkins and Megan Frasier	Megan Frasier demonstrate exercise routines
		1	for strength training.
2013-07-28 14:00*	Body and Spirit (New)	Lvndi 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.
2013-07-29 01:00!	Celebrating Life in		Cheri Peters, Bryan Myers, Buddy Williams,
	Recovery	, Buddy Williams , Lemuel	and Lemuel Vega discuss smuggling, selling
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Vega	and doing drugs in prison.
2013-07-29 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon	Amy Wellard and Cherie Lon Fernandez
	,,,	Fernandez	discuss breast cancer.
2013-07-29 06:00*	Body and Spirit		Dick Nunez, Jason Maxwell, and William
		, William Brauer	Brauer discuss train to the glory of god.
2013-07-29 07:30*	Ultimate Prescription	James Marcum	James Marcum discusses a new song to
	,		sing.
2013-07-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke
	Ğ		prevention.
2013-07-29 14:00*	Action 4 Life	Casio Jones *, Trent	Casio Jones and Trent Chance discuss the
		Chance	benefits of massage.
2013-07-29 19:00!	Celebrating Life in	Cheri Peters *, Bryan Myers	Cheri Peters, Bryan Myers, Buddy Williams,
	Recovery	, Buddy Williams , Lemuel	and Lemuel Vega discuss smuggling, selling
		Vega	and doing drugs in prison.
2013-07-30 06:00*	<b>Body and Spirit Aerobics</b>	Dick Nunez *, Janet Nelson	Dick Nunez with Janet and Richard Nelson
		and Richard Nelson	demonstrate exercise routines for help with
			tendonitis.
2013-07-30 10:00*	Help Yourself to Health	Agatha Thrash *, Rhonda	Dr. Agatha Thrash and Rhonda Clark discuss
		Clark	different abdominal conditions and natural
			remedies. Part 1
2013-07-30 11:30*	NEWSTART Now	Ron Giannoni *, Lindsay	Ron Giannoni and Lindsay Jacob discuss
		Jacob	Eczema and antibiotic resistant bacterial
			infection.
2013-07-30 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene	Idalia Dinzey and Marlene McKinney discuss
	_	McKinney	bahamian feast.
2013-07-30 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.
2013-07-30 21:30*	Ultimate Prescription	James Marcum	James Marcum discusses a new song to
	•		sing.
2013-07-31 01:30*	Ultimate Prescription	James Marcum	James Marcum discusses a new song to
	•		sing.

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Date and Time	Program	Talent	Description
2013-07-31 02:00!	•		Cheri Peters, Bryan Myers, Buddy Williams,
	Recovery	, Buddy Williams , Lemuel	and Lemuel Vega discuss smuggling, selling
0040 0=		Vega	and doing drugs in prison.
2013-07-31 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to
0040 07 04 00:00*	Dody and Colinia	Duittonia Names Obsista	survive the death of a loved one.
2013-07-31 06:00*	Body and Spirit	Brittany Nunez , Christy	Dick Nunez and helpers demonstrate simple
2013-07-31 13:30*	Abundant Living	Soderling , Dick Nunez Curtis & Paula Eakins	home exercises to burn away the fat.  Curtis and Paula Eakins discuss Diabetes -
2010 01-01 10.00	Abdition Living	Surus & r aula LaMIIS	An Epidemic.
2013-07-31 14:00*	Action 4 Life	Casio Jones *, Ben	Casio Jones with Ben Burkhamer discuss
	<del></del>	Burkhamer	hypertension, health, and exercise.
2013-08-01 03:00!	Up Close	Rick Howard	Rick Howard discusses the dangers of the
			occult.
2013-08-01 04:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss the
			power of change.
2013-08-01 06:00*	Body and Spirit Aerobics		Dick Nunez with Cindy Hanson and Megan
		Hanson and Megan Frasier	Frasier demonstrate exercise routines for
2013-08-04 00-001	Stop-Smoking Clinic	Dr. Arthur Weaver	help with depression.  Dr. Arthur Weaver discusses stop smoking
2013-00 <b>-</b> 01 09.00!	otop-omoking Cililic	DI. AITHUI WEAVEI	clinic.
2013-08-01 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	
		5	health issues centering around weight loss.
2013-08-01 11:00!	Celebrating Life in	Cheri Peters *, Bryan Myers	Cheri Peters, Bryan Myers, Buddy Williams,
	Recovery	, Buddy Williams , Lemuel	and Lemuel Vega discuss smuggling, selling
0015.55	1 may	Vega	and doing drugs in prison.
2013-08-01 12:00*	Ultimate Prescription	James Marcum	James Marcum discusses a new song to
2012_00 04 42·20*	Lat's Cook Togothor	Idalia Dinzey * Merlene	sing. Idalia Dinzey and Marlene McKinney discuss
ZU13-U0-U1 13:3U"	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss kingly breakfast.
2013-08-01 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence	Jeanie Weaver, Terrence Marshall, and Tim
112 00 01 11100	- , opin (11011)	Marshall, Tim Tiernan	Tiernan show exercises to help with aching
			knees.
2013-08-02 06:00*	Body and Spirit	Dick Nunez , Kim Rogers ,	Dick Nunez, Kim Rogers, and Madison
		Madison Turner	Turner discuss knee injuries.
2013-08-02 10:00*	Health for a Lifetime	Don Mackintosh , Glen	Don Mackintosh and Glen Wiltse discuss
2012 00 00 10-00*	Marriago in Carlla	Willia Oliver * Flaine Oliver	brittle bones.  Willia and Flaina Oliver discuss leadership in
2013-08-02 13:00*	Marriage in God's Hands	vviille Oliver , Elaine Oliver	Willie and Elaine Oliver discuss leadership in
2013-08-02 13:30*		Curtis & Paula Eakins	marriage. Curtis and Paula Eakins discuss diabetes
_0.0 00 02 10.00		Julio a Fadia Editiis	and carbohydrates.
2013-08-02 14:00*	Action 4 Life	Casio Jones *, Monique	Casio Jones and Monique Anderson discuss
		Anderson	the exercise benefits of mall walking.
2013-08-04 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Rhonda Clark discuss
			different abdominal conditions and natural
0040 00 04 55 55	B. J. 10 11 11	D'A N + C'	remedies. Part 2
∠U13-U8-U4 06:00*	Body and Spirit Aerobics		Dick Nunez with Cindy Hanson and Jonathan
		Hanson and Jonathan Babb	Babb disscuss the use of supplements and demonstrate exercise routines for health.
			demonstrate exercise routines for nealth.

### July through September 2013

Date and Time	Program	Talent	Description
2013-08-04 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.
2013-08-05 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	
2013-08-05 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to keep you in betteer health with proper posture.
2013-08-05 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2013-08-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2013-08-05 14:00*	Action 4 Life	Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the bennefits of pool exercise.
2013-08-05 18:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2013-08-06 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathon Hopkins and Richard Nelson disscuss the subject of colesterol and demonstrate exercise routines for health.
2013-08-06 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 2
2013-08-06 11:00*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2013-08-06 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss caribbean cuisine.
2013-08-06 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.
2013-08-06 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	•
2013-08-06 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2013-08-07 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2013-08-07 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2013-08-07 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	
2013-08-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2013-08-07 14:00*		Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2013-08-08 03:00!	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
2013-08-08 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	
2013-08-08 04:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.

# July through September 2013

Date and Time	Program	Talent	Description
2013-08-08 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.
2013-08-08 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-08-08 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	
2013-08-08 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss special meal for sabbath.
2013-08-08 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2013-08-09 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2013-08-09 10:00*	Health for a Lifetime	Bernell Baldwin , Don Mackintosh	Bernell Baldwin and Don Mackintosh discuss frontal lobe.
2013-08-09 13:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss marriage with a mission.
2013-08-09 13:30*		Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2013-08-09 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.
2013-08-11 03:00*	NEWSTART Now	Ron Giannoni *, Laura Dorans	Ron Giannoni and Laura Dorans discuss more energy and improved health in spite of m s.
2013-08-11 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 3
2013-08-11 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson disscuss the subject of protein and demonstrate exercise routines for health.
2013-08-11 14:00*	Body and Spirit (New)	Jeanie Weaver *, Pam Turner , Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2013-08-12 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-08-12 05:30*	•	George Guthrie , Tim Arnott	
2013-08-12 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers demonstrate simple home exercises for whell chair bound people.
2013-08-12 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2013-08-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.

### July through September 2013

Date and Time	Program	Talent	Description
2013-08-12 14:00*	Action 4 Life	Casio Jones *, Lynne	Casio Jones with Lynne Thompson Cundiff
		Thompson Cundiff	offer some suggestions for a healthy dinner and demonstrate exercises.
2013-08-12 18:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2013-08-12 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-08-13 06:00*	-	-	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2013-08-13 10:00*	Help Yourself to Health		Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 3
2013-08-13 11:00*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2013-08-13 11:30*	NEWSTART Now	Ron Giannoni *, Laura Dorans	Ron Giannoni and Laura Dorans discuss more energy and improved health in spite of m s.
2013-08-13 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss bahamian feast pt. 2.
2013-08-13 14:00*	Body and Spirit (New)	Jeanie Weaver *, LaDonna Terrill , Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2013-08-13 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss marriage with a mission.
2013-08-13 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2013-08-14 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2013-08-14 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-08-14 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2013-08-14 06:00*	Body and Spirit	Brittany Nunez , Chirsty Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises especially for women.
2013-08-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2013-08-14 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2013-08-15 03:00!	Up Close	Marti Jones	Marti Jones talks about dealing with death.
2013-08-15 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss marriage with a mission.
2013-08-15 04:30*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.
2013-08-15 06:00*	Body and Spirit Aerobics		Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2013-08-15 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-08-15 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.

#### July through September 2013

Date and Time	Program	Talent	Description
2013-08-15 11:00!	Celebrating Life in	Cheri Peters *, Dannielle	Cheri Peters and Dannielle Synot discuss
	Recovery	Synot	every heart's cry.
2013-08-15 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	someone to love.
2013-08-15 13:30*	Let's Cook Together	Jill Morikone *, Jennifer	Jill Morikone and Jennifer White talk about
2012 00 15 14:00*	Pady and Spirit (Naw)	White	and show some no-cook receipes.
2013-00-13 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
		Domina, Tim Heman	waisline.
2013-08-16 06:00*	Body and Spirit	Brittany Nunez , Chirsty	Dick Nunez with helpers shows compression
	, ,	Sodering , Dick Nunez	exercises to help with osteoporosis
2013-08-16 10:00*	Health for a Lifetime	Don Mackintosh , Patti	Don Mackintosh and Patti Barnes discuss
		Barnes	prenatal care.
2013-08-16 13:00*	<u> </u>	Alanzo Smith , June Smith	Alanzo and June Smith discuss the effects
	Hands	0 0 5 . 1 5	that adultery has on entire family units.
2013-08-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living
2013-08-16 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate
2012 00 10 02:20*	Holp Voursalf to Hoolth	Agotho Throob * Don Millor	exercise techniques.
2013-08-18 03:30*	Help Yourself to Health	, Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark reviews breast diseases
2013-08-18 06:00*	Body and Spirit Aerobics		Dick Nunez and Megan Frasier and Cindy
	Tody and opinion to object	Frasier and Cindy Hanson	Hanson discuss strength training for women.
2013-08-18 14:00*	Body and Spirit (New)	Jeanie Weaver *, Tim	Jeanie Weaver, Tim Tiernan, and Wendy
		Tiernan , Wendy Mitchell	Mitchell show exercises to help aching feet.
2013-08-19 01:00!	<u> </u>	Cheri Peters *, Joanie	Cheri Peters and Joanie McCulloch discuss
	Recovery	McCulloch	coming out of hiding.
2013-08-19 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss
			health issues centering around the effects of Cholesterol.
2013-08-19 06:00*	Body and Spirit	Dick Nunez , Kim Rogers ,	Dick Nunez and helpers demonstrate simple
2010 00 10 00.00	Dody and Opini	Madison Turner	home exercises to keep arthritis sufferers
			limber.
2013-08-19 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	healing rest.
2013-08-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2013-08-19 14:00*	Action 4 Life	Casio Jones *, Larry	Casio Jones and Larry McLucas discuss the
		McLucas	benefits of Chiropractic procedures.
2013-08-19 18:30*	Issues and Answers	Shelley Quinn *, Cynthia	Shelly Quinn with Cynthia Powell-Hicks
2013-08-19 19:00!	Colobrating Life in	Powell-Hicks Cheri Peters *, Joanie	discuss Depression and its Effects. Cheri Peters and Joanie McCulloch discuss
2013-00-19 19.00!	Celebrating Life in Recovery	McCulloch	coming out of hiding.
2013-08-20 06:00*	Body and Spirit Aerobics		Dick Nunez with Megan Fraiser and Cindy
		Frasier and Cindy Hanson	Hanson discuss migraine headaches and
		•	demonstrate exercises routines to help with
			migraines.
2013-08-20 10:00*	Help Yourself to Health	=	Dr. Agatha Thrash, Don Miller, and Rhonda
		, Rhonda Clark	Clark reviews breast diseases
2013-08-20 11:00*	Issues and Answers	Shelley Quinn *, Cynthia	Shelly Quinn with Cynthia Powell-Hicks
		Powell-Hicks	discuss Depression and its Effects.

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Date and Time	Program	Talent	Description
2013-08-20 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.
2013-08-20 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.
2013-08-20 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss the effects that adultery has on entire family units.
2013-08-20 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2013-08-21 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2013-08-21 02:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-08-21 05:00*	-	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-08-21 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to combat hypertension.
2013-08-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2013-08-21 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2013-08-22 03:00!	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2013-08-22 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss the effects that adultery has on entire family units.
2013-08-22 04:30*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2013-08-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2013-08-22 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-08-22 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
2013-08-22 11:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-08-22 12:00*	•	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2013-08-22 13:30*	Let's Cook Together	Angela Lomacang *, Jennifer White	Angela Lomacang and Jennifer White show making food in a flash.
2013-08-22 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.
2013-08-23 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for strength training for girls.

#### July through September 2013

Date and Time	Program	Talent	Description
2013-08-23 10:00*	Health for a Lifetime	Don Mackintosh , Patti Barnes	Don Mackintosh and Patti Barnes discuss nutrition.
2013-08-23 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith have suggestions on how to deal with difficult people.
2013-08-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2013-08-23 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2013-08-23 17:00*	NEWSTART Now	Ron Giannoni *, Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.
2013-08-25 03:00*	NEWSTART Now	Ron Giannoni *, Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.
2013-08-25 03:30*	Help Yourself to Health		Dr. Agatha Thrash, Don Miller, and Rhonda Clark demonstrate the effects of stress on the body.
2013-08-25 06:00*	Body and Spirit Aerobics	Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2013-08-25 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.
2013-08-26 01:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-08-26 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	
2013-08-26 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1.
2013-08-26 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2013-08-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2013-08-26 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycycle.
2013-08-26 18:30*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2013-08-26 19:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-08-27 06:00*	Body and Spirit Aerobics		Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2013-08-27 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark demonstrate the effects of stress on the body.
2013-08-27 11:00*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2013-08-27 11:30*	NEWSTART Now	Ron Giannoni *, Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.

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Date and Time	Program	Talent	Description
2013-08-27 13:30*	Let's Cook Together	Jill Morikone *, JoAnn	Jill Morikone and JoAnn Rachor discuss how
		Rachor	to freely eat and feel better.
2013-08-27 14:00*	Body and Spirit (New)	•	Jeanie Weaver, Garland & Donna Blanton
		Donna Blanton	show how to do a spinal wrap that will help
2042 00 27 47 20*	Marriaga in Cadla	Alongo Cmith Lung Cmith	straighten your posture.
2013-08-27 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith have suggestions on how to deal with difficult people.
2013-08-27 21:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
2010 00 27 21100	ommato i rocciiption	Mills	modern or biblical?.
2013-08-28 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	modern or biblical?.
2013-08-28 02:00!	Celebrating Life in	Cheri Peters *, Melody	Cheri Peters and Melody Prettyman discuss
0040 00 00 05 00*	Recovery	Prettyman	food vs. god - who wins?.
2013-08-28 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding
2013-08-28 06:00*	Body and Spirit	Andrew Hard , Dick Nunez ,	yourself and who you are. Dick Nunez with Andrew Hard, Madison
2010-00-20 00.00	Dody and Opini	Madison Turner	Turner, and Dick Nunez demonstrate
			exercise routines to help with shoulder
2013-08-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2013-08-28 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the
			option of a fitness center workout.
2013-08-29 03:00!	Up Close	Shelley Quinn *, 01. Sandy	Dr. Neil Nedley offers serious and helpful
		Williams , 02. Neil Nedley	ideas about dealing with depression.
2013-08-29 04:00*	Marriago in Cod's	MD , 03. Colleen Harrell Alanzo Smith , June Smith	Alanzo and Juna Smith have auggestions on
2013-00-29 04.00	Marriage in God's Hands	Alarizo Silitti , June Silitti	Alanzo and June Smith have suggestions on how to deal with difficult people.
2013-08-29 06:00*	Body and Spirit Aerobics	Dick Nunez *. Jonathon	Dick Nunez with Jonathon Hopkins and
	,	Hopkins and Megan Frasier	Megan Frasier discusses attitude and
			demonstrates fitness exercises.
2013-08-29 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
0040 00 00 40 00*	107 L C II BA L	0 0 11 1 7 1 1 11	clinic.
2013-08-29 10:00*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Arnott discuss the
			importance of and cautions of common drinking water.
2013-08-29 11:00!	Celebrating Life in	Cheri Peters *, Melody	Cheri Peters and Melody Prettyman discuss
_510 00 20 11.00.	Recovery	Prettyman	food vs. god - who wins?.
2013-08-29 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
	•	Mills	modern or biblical?.
2013-08-29 13:30*	Let's Cook Together	Jill Morikone *, JoAnn	Jill Morikone and JoAnn Rachor show and
		Rachor	discussthe basics of cooking in a slow
2013_08_20 14.00*	Body and Spirit (New)	Jeanie Weaver *, Betsy	cooker Jeanie Weaver, Betsy Sajdak, and Donna
2010-00-23 14.00	body and opinit (New)	Sajdak , Donna Hall	Hall show us how to do body stretches.
2013-08-30 06:00*	Body and Spirit	Christy Soderling , Dick	Dick Nunez with Christy Soderling and Rick
	y r	Nunez , Rick Nunez	Nunez demonstrate exercise routines to help
			with ankle injuries.
2013-08-30 10:00*	Health for a Lifetime	Don Mackintosh , Patti	Don Mackintosh and Patti Barnes discuss
		Barnes	home births.
2013-08-30 13:00*	_	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss defiance in
	Hands		marriage.

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Date and Time	Program	Talent	Description
2013-08-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha &
2012 00 20 11.00*	Action 4 Life	Casia Janaa * Dan	omega.
2013-08-30 14:00*	ACTION 4 LITE	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2013-09-01 03:30*	Help Yourself to Health		Dr. Agatha Thrash, Don Miller, and Rhonda
	1 22 22 22 22 22	, Rhonda Clark	Clark discuss common laws of health and
			how they affect your body.
2013-09-01 06:00*	Body and Spirit Aerobics		Dick Nunez, Brittany Nunez, and Daniel
2012 00 04 44.00*	Pady and Chirit (Nam)	Nunez , Daniel Hopkins	Hopkins discuss diet for a new economy.
2013-09-01 14:00"	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
		Schwartz	Lyndi Ochwartz discuss tips for better fleatin.
2013-09-02 01:00!	Celebrating Life in		Cheri Peters and Guests from Miracle
	Recovery	Miracle Meadows	Meadows discuss miracle meadows.
2013-09-02 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the
			importance of and cautions of common
2013-09-02 06:00*	Body and Spirit	Dick Nunez , Kim Rogers ,	drinking water.  Dick Nunez with Kim Rogers and William
2010 03-02 00.00	Body and Opini	William Brauer	Brauer demonstrate exercise routines to
			combat neck pain.
2013-09-02 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
0040 00 00 40 00*	Alexandra (12.2	Mills	depth of deceptions.
2013-09-02 13:30* 2013-09-02 14:00*	Abundant Living Action 4 Life	Curtis & Paula Eakins Casio Jones *, Tom Mann	Curtis and Paula Eakins discuss wrap it up. Casio Jones with Tom Mann discuss
2013-09-02 14:00	Celebrating Life in		Cheri Peters and Guests from Miracle
2013-03-02 13.00!	Recovery	Miracle Meadows	Meadows discuss miracle meadows.
2013-09-03 06:00*	Body and Spirit Aerobics		Dick Nunez, Brittany Nunez and Zak
		Nunez , Zak Oberholster	Oberholster demonstrate aerobic exercise.
2013-09-03 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	<u> </u>
		, Rhonda Clark	Clark discuss common laws of health and how they affect your body.
2013-09-03 13:30*	Let's Cook Together	Jill Morikone *, JoAnn	Jill Morikone and JoAnn Rachor show how to
_3.0 00 00 10.00		Rachor	do fast cooking in a slow cooker.
2013-09-03 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz , Andi Hunsaker, and Lauren
		Hunsaker, Lauren	Rittenhouse discuss how the body is
0040 00 00 47 00*	Manuface in O : II:	Rittenhouse	designed for action, not a sedentary lifestyle.
2013-09-03 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss defiance in marriage.
2013-09-03 21:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
212 30 00 21100	p.	Mills	depth of deceptions.
2013-09-04 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
0040 00 04 00 05	Outstand 1971	Mills	depth of deceptions.
2013-09-04 02:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-09-04 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of
2010 00 04 00.00	. G.TIIIIOO TOT TTOUVOIT	, iidii 20 da Gario Oriilar	suicide.
2013-09-04 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez	Dick Nunez with Brittany Nunez, Dick Nunez,
		, Jason Maxwell	and Jason Maxwell demonstrate exercise
0040.00.04.40.05	Ale and a set to the	O 41: 0 D + E 11	routines for cross-training. Part 2.
2013-09-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.

### July through September 2013

Date and Time	Program	Talent	Description
2013-09-04 14:00* A	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise
0040 00 00 00 00		ъ т.	by cycling.
2013-09-05 03:00! L	Jp Close	Donna Teat	Donna Teat discusses issues of teenage
2013-09-05 04:00* N	Marriage in God's	Alanzo Smith , June Smith	pregancy. Arlanzo and Jume Smith discuss defiance in
	Marriage in God's Hands	AIGHZO SHIILH , JUHE SHIILH	marriage.
	Body and Spirit Aerobics	Dick Nunez *, Corrie	Dick Nunez, Corrie Sample, and Zak
	•	Sample , Zak Oberholster	Oberholster discuss the benefits of a
		•	vegetarian diet.
2013-09-05 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
2012 00 05 40:00* 1	Mandarfully Mada	Coorgo Cuthria Tim Armatt	clinic.
2013-09-05 10:00* V	vvondenully iviade	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the benefits and side effects of sun exposure.
2013-09-05 11:00! (	Celebrating Life in	Cheri Peters * Guests from	Cheri Peters and Guests from Miracle
	_	Miracle Meadows	Meadows discuss miracle meadows.
	,	James Marcum & Charles	James Marcum and Charles Mills discuss the
		Mills	depth of deceptions.
2013-09-05 13:30* L	_	Angela Lomacang *, Robin	Angela Lomacang and Robin Swain discuss
2013-00-05 14:00*		Swain Lyndi Schwartz *, Andi	confronting cholesterol.  Lyndi Schwartz, Andi Hunsaker, and Lauren
2010-03-00 14.00 E	,	Hunsaker, Lauren	Rittenhouse perfrom abdominal muscle
		Rittenhouse	strengthening exercises.
2013-09-06 06:00* E	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunez with Rick Nunez and William
		William Brauer	Brauer demonstrate exercise routines to
2012 00 00 40-00*	Joolth for a Lifetime	Don Mookintooh Dotti	combat stress.
2013-09-06 10:00* F		Don Mackintosh , Patti Barnes	Don Mackintosh and Patti Barnes discuss labor and delivery.
2013-09-06 13:00* N		Alanzo Smith , June Smith	Alanzo and June Smith discuss what single
	Hands	,	people want married people to hear.
2013-09-06 13:30* A	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines
0040 00 00 44 00*	A -4: 4   !f -	Onda lance * Odler	from the earth.
2013-09-06 14:00* A		Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2013-09-08 03:30* F		Agatha Thrash	Dr. Agatha Thrash discusses insulin
	.c.p realest to reality	gasia imaon	resistance. Part 1
2013-09-08 06:00* E	Body and Spirit Aerobics	-	Dick Nunez, Brittany Nunez and Zak
		Nunez , Corrie Sample	Oberholster demonstrate exercise for
0040 00 00 44-00*	Dady and Onlink (Nam)	Andi Hungales * Laves	women.
2013-09-08 14:00* E		Andi Hunsaker *, Lauren Rittenhouse , Lyndi	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to
		Schwartz	help agility and building strenght.
2013-09-09 01:00!		Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one
F	Recovery	•	hundredth program.
2013-09-09 05:30* V	Nonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the
0040 00 00 00 00	Dardy and Oalth	Dial Nomes District	benefits and side effects of sun exposure.
2013-09-09 06:00* E		Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with William Brauer and Rick
		vviiilaiii Diauti	Nunez demonstrate exercise routines to help with joint injuries.
2013-09-09 07:30*   l	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
	-	Mills	lie.

### July through September 2013

Date and Time	Program	Talent	Description
2013-09-09 13:30*	· ·	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2013-09-09 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about
			Juice and health.
2013-09-09 19:00!	_	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one
2012 00 10 06:00*	Recovery	Diek Nunez * Frances	hundredth program.  Dick Nunez with Frances Clark demonstrate
2013-09-10 06:00*	Body and Spirit Aerobics	Clark	upper body aerobics.
2013-09-10 10:00*	Help Yourself to Health	Agatha Thrash	Dr. Agatha Thrash discusses insulin
2010 00 10 10.00	Tiolp Tourson to Trouiti	rigatila riffaori	resistance. Part 1
2013-09-10 13:30*	Let's Cook Together	Angela Lomacang *, Robin	Angela Lomacang and Robin Swain show
	_	Swain	making the old standard macaroni and
			cheese.
2013-09-10 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz, Andi Hunsaker, and Lauren
		Hunsaker , Lauren	Rittenhouse perfrom core strengthening
2012 00 10 17:20*	Marriago in Cadla	Rittenhouse	exercises.
2013-09-10 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss what single people want married people to hear.
2013-09-10 21:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
2010 00 10 21100		Mills	lie.
2013-09-11 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
		Mills	lie.
2013-09-11 02:00!	_	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one
2012 00 11 05:00*	Recovery Families for Heaven	Alongo 9 Juno Croith	hundredth program.
2013-09-11 05.00	ranilles for neaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2013-09-11 06:00*	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunez with Rick Nunez and William
	,	William Brauer	Brauer demonstrate exercise routines for
			circuit training.
2013-09-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american
0040 00 44 44 00*	Andrea Allife	Ossis Issue + Bass Ballas	idle.
2013-09-11 14:00*	Action 4 Life		Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2013-09-12 03:00!	Un Close	& Dora Bayles Kay Rizzo	Kay Rizzo offers a special disscussion for the
2010 00 12 00.00:	Op 01030	Nay Ni220	distressed. Is suicide really a way out?
2013-09-12 04:00*	Marriage in God's	Alanzo Smith , June Smith	Alanzo and June Smith discuss what single
	Hands	·	people want married people to hear.
2013-09-12 06:00*	<b>Body and Spirit Aerobics</b>		Dick Nunez, Daniel Hopkins, and Zak
	0. 0 11 0	Hopkins , Zak Oberholster	Oberholster discuss super foods.
2013-09-12 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
2013_00_12 10:00*	Wonderfully Made	George Guthria Tim Arnott	clinic. George Guthrie and Tim Arnott discuss
2013-09-12 10:00*	vvolideridily iviade	George Guillie, Tilli Alliott	homocysteine.
2013-09-12 11:00!	Celebrating Life in	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one
	Recovery	,	hundredth program.
2013-09-12 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
		Mills	lie.
2013-09-12 13:30*	Let's Cook Together	Angela Lomacang *, Robin	Angela Lomacang and Robin Swain show
		Swain	making salad dressings and salads.

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Date and Time	Program	Talent	Description
2013-09-12 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren	Andi Hnusaker with Lauren Rittehnouse and
		Rittenhouse , Lyndi Schwartz	Lyndi Schwartz discuss matters of the heart.
2013-09-13 06:00*		Andrew Hard , Dick Nunez , Jason Maxwell	Maxwell discuss the brain's frontal lobe.
2013-09-13 10:00*	Health for a Lifetime	Don Mackintosh , Patti Barnes	Don Mackintosh and Patti Barnes discuss postpartum.
2013-09-13 13:00*	Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part I.
2013-09-13 13:30*		Curtis & Paula Eakins	Curtis and Paula Eakins discuss living
2013-09-13 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2013-09-13 17:00*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.
2013-09-15 03:00*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.
2013-09-15 03:30*	Help Yourself to Health	Agatha Thrash *	Dr. Agatha Thrash continues the discussion on Insulin Resistence.
2013-09-15 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2013-09-15 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2013-09-16 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss homocysteine.
2013-09-16 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez, with helpers, demonstrate beginning exercises.
2013-09-16 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2013-09-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2013-09-16 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2013-09-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2013-09-17 10:00*	Help Yourself to Health	Agatha Thrash *	Dr. Agatha Thrash continues the discussion on Insulin Resistence.
2013-09-17 11:30*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.
2013-09-17 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making lunch.
2013-09-17 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury disscuss the pitfalls of the American Lifestyle on health.
2013-09-17 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part I.
2013-09-17 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.

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Date and Time	Program	Talent	Description
2013-09-18 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
2013-09-18 05:00*	Families for Heaven	Mills Alanzo & June Smith	path of truth.  Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-09-18 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez, with helpers, demonstrate a workout for the office.
2013-09-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2013-09-18 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2013-09-19 03:00!	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2013-09-19 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part I.
2013-09-19 06:00*	Body and Spirit Aerobics	Dick Nunez *, Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2013-09-19 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-09-19 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.
2013-09-19 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2013-09-19 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making appetizers and dinner.
2013-09-19 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2013-09-20 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Andrew Hard and Jason Maxwell discusses Triglycerides as well as demonstrates exercise routines for health.
2013-09-20 10:00*	Health for a Lifetime	Don Mackintosh , Hans Diehl	Don Mackintosh and Hans Diehl discuss the brain: overfed, under nourished.
2013-09-20 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part II.
2013-09-20 13:30*		Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2013-09-20 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2013-09-22 03:30*	Help Yourself to Health	_	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss how certain habits can lead to addictive behavior.
2013-09-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strenghten your bones.
2013-09-22 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss mix it up cardiovascular
2013-09-23 01:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	training. Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2013-09-23 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	• • •

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Date and Time	Program	Talent	Description
2013-09-23 06:00*	Body and Spirit	Dick Nunez , Kim Rogers ,	Dick Nunez with Kim Rogers and Madison
		Madison Turner	Turner demonstrates exercise routines for circuit training for women.
2013-09-23 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
_5.0 00 20 01.00	Cidio i 1000mption	Mills	heart of health.
2013-09-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious,
			nutritious recipes.
2013-09-23 14:00*	Action 4 Life	Casio Jones *, Nadine	Casio Jones and Nadezda Stortz discuss
		Brooks	reducing body fat sensibly and demonstrate excercises
2013-09-23 19:00!	Celebrating Life in	Cheri Peters *, Annette	Cheri Peters, Annette Washington, and Pam
312 22 20 .0.30.	Recovery	Washington , Pam Talley	Talley discuss the love of a grandparent.
2013-09-24 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany	Dick Nunez, Brittany Nunez, and Corrie
		Nunez , Corrie Sample	Sample discuss the effects of eating
2013_00_24 10:00*	Halp Voursalf to Haalth	Agatha Thrach * Don Millor	disorders.
2013-09-24 10.00	Help Yourself to Health	, Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss how certain habits can lead to
		, i i i i i i i i i i i i i i i i i i i	addictive behavior.
2013-09-24 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and
			demonstrate preparing main entrees.
2013-09-24 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz, Andi Hunsaker, and Nancy
		Hunsaker , Nancy Diaz	Diaz discuss cardiovascular training / balance and strength.
2013-09-24 17:30*	Marriage in God's	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger
	Hands	, c	of deception and envy in marriage. Part II.
2013-09-24 21:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
0040 00 05 04:00*	Illianote Description	Mills	heart of health.
2013-09-25 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2013-09-25 02:00!	Celebrating Life in	Cheri Peters *, Annette	Cheri Peters, Annette Washington, and Pam
	Recovery	Washington , Pam Talley	Talley discuss the love of a grandparent.
2013-09-25 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients
2042 00 05 02 00*	Dody and Onich	Drittony Nivers Older	to a happy marriage.
2013-09-25 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Brittany Nunez, Christy Soderling, and Dick Nunez discuss hope.
2013-09-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2013-09-25 14:00*	Action 4 Life		Casio Jones and Idalia Dinzey discuss the
			options of bicycles
2013-09-26 03:00!	Up Close	Shelley Quinn *, Dr. David	Shelly Quinn discuss facing the tough times.
2012 00 00 04-00*	Marriago in Carlla	Wilkins , Jay Gallimore	Arlanza and luma Smith diagram the land
2013-09-26 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part II.
2013-09-26 04:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill	Shelley Quinn and Jennifer Jill Schwirzer
		Schwirzer	discuss getting motivated.
2013-09-26 06:00*	Body and Spirit Aerobics	-	Dick Nunez, Brittany Nunez, and Zak
		Nunez , Zak Oberholster	Oberholster demonstrate exercise to
2013 <u>-</u> 00-26 00-001	Stop-Smoking Clinic	Dr. Arthur Weaver	increase fat metabolism.  Dr. Arthur Weaver discusses stop smoking
2010 03-20 03.00!	Stop Smoking Sillill	DI. Addidi VVCAVCI	clinic.

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Date and Time	Program	Talent	Description
2013-09-26 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott discuss
0040 00 00 44 001	Outstand at 186 to	Olasi Batasa * Assatta	methods for avoiding Cancer
2013-09-26 11:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2013-09-26 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
		Mills	heart of health.
2013-09-26 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate preparing a quick lunch.
2013-09-26 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2013-09-27 06:00*	Body and Spirit	Brittany Nunez , Christy	Dick Nunez with Brittany Nunez and Christy
2010 00 27 00.00	Dody and Opin	Sodering , Dick Nunez	Soldering discusses Fat Metabolism as well
		-	as demonstrates exercise routines for health.
2013-09-27 10:00*	Health for a Lifetime	Don Mackintosh , Hans Diehl	Don Mackintosh and Hans Diehl discuss forgiveness.
2013-09-27 13:00*	Marriage in God's	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss challenges
	Hands		children face in blended families.
2013-09-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2013-09-27 14:00*	Action 4 Life	Casio Jones *, Nadine	Casio Jones with Nadine Brooks discuss
		Brooks	running benefits.
2013-09-27 17:00*	NEWSTART Now	Ron Giannoni *, Carol	Ron Giannoni and Carol Higgins discuss
		Higgins	learning how to eat properly and weight loss.
2013-09-29 03:00*	NEWSTART Now	Ron Giannoni *, Carol	Ron Giannoni and Carol Higgins discuss
		Higgins	learning how to eat properly and weight loss.
2013-09-29 03:30*	Help Yourself to Health	_	Dr. Agatha Thrash, Don Miller and Rhonda
		, Rhonda Clark	Clark in the first of a two-part series discuss weight control.
2013-09-29 06:00*	Body and Spirit Aerobics	Dick Nunez *. Corrie	Dick Nunez, Corrie Sample, and Daniel
2010 00 20 00.00	Dody and Opini / torobios	Sample , Daniel Hopkins	Hopkins discuss the benefits of outdoor
		•	activities.
2013-09-29 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy	Andi Hunsaker, Nancy Diaz, and Tami Bivens
0040 00 00 04 001		Diaz , Tami Bivens	discuss balance ball / abdominal workout.
2013-09-30 01:00!	Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-09-30 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Armott discuss
	•	,	methods for avoiding Cancer
2013-09-30 06:00*	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunez with Rick Nunez and William
		William Brauer	Brauer discusses Fat Metabolism as well as
2013-00-20 10-00	Colobrating Life in	Chari Paters * Dava Cassy	demonstrates exercise routines for health.
2013-09-30 19:00!	Celebrating Life in Recovery	Chell Feleis , Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
	11130.0.,		