

Community Issues Program List

April through June 2008

All times are Central Time Zone.

All programs are 30 min. except

those times with an * after the time, which are 60 minutes, and

those times with an ** after the time, which are 15 minutes.

| Date | Time | Program | Talent | Description |
|----------|------------|------------------------------|---|---|
| 4/1/2008 | 02:00:00 | Wonderfully Made | Christine Salter | Dr. Christine Salter discusses coronary artery disease. |
| 4/1/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , Madison Turner | Dick Nunex with Kim Rogers and Madison Turner demonstrate exercise routines to combat hypertension. |
| 4/1/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the importance of proper sleep. |
| 4/1/2008 | 13:30:00 | Let's Cook Together | Cari Christian *, Maria Ronquillo | Cari Christian and Maria Ronquillo demonstrate preparing some foods from South America. |
| 4/1/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Hopkins and Richard Nelson | Dick Nunez and helpers demonstrate exercises for the Vision Impaired. |
| 4/2/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Hopkins and Megan Frasier | Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness. |
| 4/2/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss how to make an enduring commitment. |
| 4/2/2008 | 10:30:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression. |
| 4/2/2008 | 14:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , Madison Turner | Dick Nunex with Kim Rogers and Madison Turner demonstrate exercise routines for strength training for girls. |
| 4/2/2008 | 18:30:00 | Wonderfully Made | Christine Salter | Dr. Christine Salter discusses coronary artery disease. |
| 4/3/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the importance of proper sleep. |
| 4/3/2008 | 06:00:00 | Body and Spirit | Brittany Nunez , Dick Nunez , Madison Turner | Dick Nunex with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1. |
| 4/3/2008 | 11:30:00** | Health Headlines | Bernell Baldwin , M.D. , Ph.D , Roby Anne Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you Health Headlines. |
| 4/3/2008 | 13:30:00 | Let's Cook Together | Cari Christian *, Maria Ronquillo | Cari Christian and Maria Ronquillo demonstrate preparing some Mexican food. |
| 4/3/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Richard Nelson and Janet Nelson | Dick Nunez with Richard Nelson and Janet Nelson demonstrate exercises to help with heart disease. |
| 4/3/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss how to make an enduring commitment. |
| 4/3/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Brian Cladoosby | Cheri Peters with Brian Cladoosby discuss the road to sobriety. |
| 4/4/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Cindy Hanson and Megan Frasier | Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines to help with a woman's "weak link." |
| 4/4/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression. |

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| 4/4/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins cook up some Southern Cuisine. |
| 4/6/2008 | 06:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Madison Turner | Dick Nunex with Andrew Hard, Madison Turner, and Dick Nunez demonstrate exercise routines to help with shoulder problems. |
| 4/6/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss how to make an enduring commitment. |
| 4/6/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression. |
| 4/6/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Mary Holley MD | Cheri Peters with Dr. Mary Holley discuss the Meth Mindset. Part 1. |
| 4/6/2008 | 23:30:00 | Wonderfully Made | Christine Salter | Dr. Christine Salter discusses Diabetes. |
| 4/7/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Mary Holley MD | Cheri Peters with Dr. Mary Holley discuss the Meth Mindset. Part 1. |
| 4/7/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Babb and Megan Frasier | Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain. |
| 4/7/2008 | 06:45:00** | Health Headlines | Bernell Baldwin , M.D. , Ph.D , Roby Anne Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines. |
| 4/7/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 1. |
| 4/7/2008 | 14:00:00 | Body and Spirit | Christy Soderling , Dick Nunez , Rick Nunez | Dick Nunex with Christy Soderling and Rick Nunez demonstrate exercise routines to help with ankle injuries. |
| 4/7/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression. |
| 4/8/2008 | 02:00:00 | Wonderfully Made | Christine Salter | Dr. Christine Salter discusses Diabetes. |
| 4/8/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , William Brauer | Dick Nunex with Kim Rogers and William Brauer demonstrate exercise routines to combat neck pain. |
| 4/8/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss some overlooked laws of health. |
| 4/8/2008 | 13:30:00 | Let's Cook Together | Cari Christian *, Maria Ronquillo | Cari Christian and Maria Ronquillo demonstrate preparing Mexican delicacies. |
| 4/8/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Babb and Jonathon Hopkins | Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity. |
| 4/9/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Janet Nelson | Dick Nunez and Janet Nelson show exercise routines for senior training. |
| 4/9/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss what is true love. |
| 4/9/2008 | 10:30:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of diet. |

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| 4/9/2008 | 14:00:00 | Body and Spirit | Brittany Nunez , Dick Nunez , Jason Maxwell | Dick Nunex with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 2. |
| 4/9/2008 | 18:30:00 | Wonderfully Made | Christine Salter | Dr. Christine Salter discusses Diabetes. |
| 4/10/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss some overlooked laws of health. |
| 4/10/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Rick Nunez , William Brauer | Dick Nunex with Rick Nunez and William Brauer demonstrate exercise routines to combat stress. |
| 4/10/2008 | 11:30:00** | Health Headlines | Bernell Baldwin , M.D. , Ph.D , Roby Anne Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines. |
| 4/10/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Maria Ronquillo | Jill Morikone and Maria Ronquillo talk about and show healthy breakfast foods. |
| 4/10/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins | Dick Nunez with Jonathon Hopkins show exercise routines for team training. |
| 4/10/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss what is true love. |
| 4/10/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Mary Holley MD | Cheri Peters with Dr. Mary Holley discuss the Meth Mindset. Part 1. |
| 4/11/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Janet Nelson and Cindy Hanson | Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia. |
| 4/11/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of diet. |
| 4/11/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 2. |
| 4/13/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Rick Nunez , William Brauer | Dick Nunex with William Brauer and Rick Nunez demonstrate exercise routines to help with joint injuries. |
| 4/13/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss what is true love. |
| 4/13/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of diet. |
| 4/13/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Mary Holley MD | Cheri Peters with Dr. Mary Holley discuss the Meth Mindset. Part 2. |
| 4/13/2008 | 23:30:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss prostate problems. |
| 4/14/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Mary Holley MD | Cheri Peters with Dr. Mary Holley discuss the Meth Mindset. Part 2. |
| 4/14/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Richard Nelson | Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems. |
| 4/14/2008 | 06:45:00** | Health Headlines | Dr. Bernell Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |

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| 4/14/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 3. |
| 4/14/2008 | 14:00:00 | Body and Spirit | Dick Nunez , Rick Nunez , William Brauer | Dick Nunex with Rick Nunez and William Brauer demonstrate exercise routines for circuit training. |
| 4/14/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of diet. |
| 4/15/2008 | 02:00:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss prostate problems. |
| 4/15/2008 | 06:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Jason Maxwell | Dick Nunex with Andrew Hard and Jason Maxwell discuss the brain's frontal lobe. |
| 4/15/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash * , Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss dealing with allergies. |
| 4/15/2008 | 13:30:00 | Let's Cook Together | Jill Morikone * , Maria Ronquillo | Jill Morikone and Maria Ronquillo talk about and show Oriental foods. |
| 4/15/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez * , Jonathon Hopkins and Megan Frasier | Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training. |
| 4/16/2008 | 06:00:00 | 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. |
| 4/16/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss developing respect. |
| 4/16/2008 | 10:30:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of lifestyle. Part 1. |
| 4/16/2008 | 14:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Jason Maxwell | Dick Nunez, with helpers, demonstrate beginning exercises. |
| 4/16/2008 | 18:30:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss prostate problems. |
| 4/17/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash * , Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss dealing with allergies. |
| 4/17/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , Madison Turner | Dick Nunez, with helpers, demonstrate a workout for the office. |
| 4/17/2008 | 11:30:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 4/17/2008 | 13:30:00 | Let's Cook Together | Jill Morikone * , Marie Chavez | Jill Morikone and Maria Chavez talk about and show how to make fun desserts. |
| 4/17/2008 | 14:00:00 | 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. |
| 4/17/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss developing respect. |
| 4/17/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters * , Mary Holley MD | Cheri Peters with Mary Holley, MD discuss the Meth Mindset. Part 2. |

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| 4/18/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Cindy Hanson and Jonathan Babb | Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health. |
| 4/18/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of lifestyle. Part 1. |
| 4/18/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 1. |
| 4/20/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , Madison Turner | Dick Nunex with Andrew Hard and Jason Maxwell discusses Triglycerides as well as demonstrates exercise routines for health. |
| 4/20/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss developing respect. |
| 4/20/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of lifestyle. Part 1. |
| 4/20/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Michael Kontes | Cheri Peters and Michael Kontes discuss the trama of the loss of a child. The discussion focuses on awareness and helps. |
| 4/20/2008 | 23:30:00 | Wonderfully Made | Allan Handysides , Mollie Steenon , Stoy Proctor | Allan Handysides and Stoy Proctor with Mollie Steenon discuss winning the battle with breast cancer. |
| 4/21/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Michael Kontes | Cheri Peters and Michael Kontes discuss the trama of the loss of a child. The discussion focuses on awareness and helps. |
| 4/21/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Richard Nelson | Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of colesterol and demonstrate exercise routines for health. |
| 4/21/2008 | 06:45:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 4/21/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 2. |
| 4/21/2008 | 14:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , Madison Turner | Dick Nunex with Kim Rogers and Madison Turner demonstrates exercise routines for circuit training for women. |
| 4/21/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of lifestyle. Part 1. |
| 4/22/2008 | 02:00:00 | Wonderfully Made | Allan Handysides , Mollie Steenon , Stoy Proctor | Allan Handysides and Stoy Proctor with Mollie Steenon discuss winning the battle with breast cancer. |
| 4/22/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 1. |
| 4/22/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Marie Chavez | Jill Morikone and Maria Chavez talk about and show how to work with healthy vegetables. |
| 4/22/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Babb and Janet Nelson | Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge. |

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| 4/23/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Cindy Hanson | Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health. |
| 4/23/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss cultivating restraint. |
| 4/23/2008 | 10:30:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of lifestyle. Part 2. |
| 4/23/2008 | 14:00:00 | Body and Spirit | Brittany Nunez , Christy Sodering , Dick Nunez | Dick Nunex with Brittany Nunex and Christy Soldering discusses Fat Metabolism as well as demonstrates exercise routines for health. |
| 4/23/2008 | 18:30:00 | Wonderfully Made | Allan Handysides , Mollie Stenson , Stoy Proctor | Allan Handysides and Stoy Proctor with Mollie Stenson discuss winning the battle with breast cancer. |
| 4/24/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 1. |
| 4/24/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Rick Nunez , William Brauer | Dick Nunex with Rick Nunex and William Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health. |
| 4/24/2008 | 11:30:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 4/24/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Marie Chavez | Jill Morikone and Maria Chavez talk about and show how to make meatless dinners. |
| 4/24/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Janet Nelson and Bobby Jo Murphy | Dick Nunez with Janet Nelson and Bobby Jo Murphy discuss the subject of eating disorders and demonstrate exercise routines for health. |
| 4/24/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss cultivating restraint. |
| 4/24/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Michael Kontes | Cheri Peters and Michael Kontes discuss the trama of the loss of a child. The discussion focuses on awareness and helps. |
| 4/25/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Richard Nelson | Dick Nunez with Jonathon Hopkins and Richard Nelson demonstrate exercise routines for help with arthritis. |
| 4/25/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of lifestyle. Part 2. |
| 4/27/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Rick Nunez , William Brauer | Dick Nunex with Rick Nunex and William Brauer demonstrates exercise routines for spinal health. |
| 4/27/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss cultivating restraint. |
| 4/27/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of lifestyle. Part 2. |
| 4/27/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Cheri Buckner-Webb | Cheri Peters and Cheri Buckner-Webb discuss the racialism as it exists still today. |

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| 4/27/2008 | 23:30:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss overcoming back pain. |
| 4/28/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Cheri Buckner-Webb | Cheri Peters and Cheri Buckner-Webb discuss the racism as it exists still today. |
| 4/28/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Megan Frasier and Cindy Hanson | Dick Nunez with Megan Frasier and Cindy Hanson demonstrate exercises routines for strength training for women. |
| 4/28/2008 | 06:45:00** | Health Headlines | Dr.Bernel Baldwin , Dr.Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 4/28/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins discuss Brunch for Mon's. What about breakfast? |
| 4/28/2008 | 14:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Jason Maxwell | Dick Nunex with Andrew Hard and Jason Maxwell demonstrate exercise routines for dealing with aggression |
| 4/28/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss depression and the effects of lifestyle. Part 2. |
| 4/29/2008 | 02:00:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss overcoming back pain. |
| 4/29/2008 | 06:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Jason Maxwell | Dick Nunex with Andrew Hard and Jason Maxwell demonstrate exercise routines for super slow training. |
| 4/29/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 2. |
| 4/29/2008 | 13:30:00 | Let's Cook Together | Cari Christian *, Marie Chavez | Jill Morikone and Maria Chavez talk about and show how to make some fast and easy dishes. |
| 4/29/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Megan Frasier and Cindy Hanson | Dick Nunez with Megan Frasier and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines. |
| 4/30/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Janet Nelson and Richard Nelson | Dick Nunex with Janet and Richard Nelson demonstrate exercise routines to help with neck pain. |
| 4/30/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of establishing our roles in marriage. |
| 4/30/2008 | 10:30:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 1. |
| 4/30/2008 | 14:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Jason Maxwell | Dick Nunex with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with tennis elbow. |
| 4/30/2008 | 18:30:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss overcoming back pain. |
| 5/1/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 2. |
| 5/1/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 2. |

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| 5/1/2008 | 06:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Jason Maxwell | Dick Nunex with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with tennis elbow. |
| 5/1/2008 | 11:30:00** | Health Headlines | Dr.Bernel Baldwin , Dr.Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 5/1/2008 | 13:30:00 | Let's Cook Together | Cari Christian *, Marie Chavez | Jill Morikone and Maria Chavez talk about and show how to make some Italian style dishes. |
| 5/1/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins | Dick Nunex with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension. |
| 5/1/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of establishing our roles in marriage. |
| 5/1/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Cheri Buckner-Webb | Cheri Peters and Cheri Buckner-Webb discuss the racialism as it exists still today. |
| 5/2/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Richard Nelson and Cindy Hanson | Dick Nunex with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises. |
| 5/2/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 2. |
| 5/2/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins discuss ideas for building better bones. Part 1. |
| 5/4/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , Madison Turner | Dick Nunex with Kim Rogers and Madison Turner demonstrate exercise routines to help with chronic pain. |
| 5/4/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of establishing our roles in marriage. |
| 5/4/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 2. |
| 5/4/2008 | 23:30:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss coping with Arthritis. |
| 5/5/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Megan Frasier | Dick Nunex with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises. |
| 5/5/2008 | 06:45:00** | Health Headlines | Dr.Bernel Baldwin , Dr.Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 5/5/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins discuss ideas for building better bones. Part 2. |
| 5/5/2008 | 14:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , Madison Turner | Dick Nunex with Kim Rogers and Madison Turner demonstrate exercise routines for slow training for women. |
| 5/5/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 2. |
| 5/6/2008 | 02:00:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss coping with Arthritis. |

Community Issues Program List

April through June 2008

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| Date | Time | Program | Talent | Description |
|-----------|------------|--------------------------|--|---|
| 5/6/2008 | 06:00:00 | Body and Spirit | Brittany Nunez , Christy Soderling , Dick Nunez | Dick Nunex with Christy Soderling and Britney Nunez discuss and demonstrate exercise routines for overcoming addiction. |
| 5/6/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 1. |
| 5/6/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Jennifer White | Jill Morikone and Jennifer White talk about and show some no-cook receipes. |
| 5/6/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Hopkins and Richard Nelson | Dick Nunez and helpers demonstrate exercises for the Vision Impaired. |
| 5/7/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Hopkins and Megan Frasier | Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness. |
| 5/7/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of finding forgiveness. |
| 5/7/2008 | 18:30:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss coping with Arthritis. |
| 5/8/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 1. |
| 5/8/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 3. |
| 5/8/2008 | 06:00:00 | Body and Spirit | Brittany Nunez , Dick Nunez , Madison Turner | Dick Nunex with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women. |
| 5/8/2008 | 11:30:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 5/8/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Jennifer White | Jill Morikone and Jennifer White talk about and show how to prepare a healthy lunch box. |
| 5/8/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Richard Nelson and Janet Nelson | Dick Nunez with Richard Nelson and Janet Nelson demonstrate exercises to help with heart disease. |
| 5/8/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of finding forgiveness. |
| 5/9/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Cindy Hanson and Megan Frasier | Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines to help with a woman's "weak link." |
| 5/9/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 3. |
| 5/9/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins cook up some Mexican Cuisine. |
| 5/11/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Rick Nunez , William Brauer | Dick Nunex with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes. |

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|-----------|------------|------------------------------|--|---|
| 5/11/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of finding forgiveness. |
| 5/11/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 3. |
| 5/11/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Nyse Collins | Cheri Peters and Nyse Collins discuss the healthy value of food. |
| 5/11/2008 | 23:30:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled "When Good Wombs Go Bad." |
| 5/12/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Nyse Collins | Cheri Peters and Nyse Collins discuss the healthy value of food. |
| 5/12/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Babb and Megan Frasier | Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain. |
| 5/12/2008 | 06:45:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 5/12/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula Eakins discuss the health advantages of getting to that winning weight. |
| 5/12/2008 | 14:00:00 | Body and Spirit | Dick Nunez , Rick Nunez , William Brauer | Dick Nunez with Rick Nunez and William Brauer discuss does everyone need milk as well as demonstrates exercise routines for health. |
| 5/12/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Mary Ann McNeilus | Don Mackintosh and Mary Ann McNeilus discuss the Pharmacy in your kitchen. Part 3. |
| 5/13/2008 | 02:00:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled "When Good Wombs Go Bad." |
| 5/13/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Rick Nunez , William Brauer | Dick Nunez with Rick Nunez and William Brauer discuss where less is more as well as demonstrates exercise routines for health. |
| 5/13/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 2. |
| 5/13/2008 | 13:30:00 | Let's Cook Together | Angela Lomacang *, Jennifer White | Angela Lomacang and Jennifer White show making food in a flash. |
| 5/13/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Babb and Jonathon Hopkins | Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity. |
| 5/14/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Janet Nelson | Dick Nunez and Janet Nelson show exercise routines for senior training. |
| 5/14/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss making a grave for faults. |
| 5/14/2008 | 14:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Jason Maxwell | Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with the immune system. |

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| 5/14/2008 | 18:30:00 | Wonderfully Made | Allan Handysides , Stoy Proctor | Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled "When Good Wombs Go Bad." |
| 5/15/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 2. |
| 5/15/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Richard Nelson | Don Mackintosh and Richard Nelson discuss a new start for life. |
| 5/15/2008 | 06:00:00 | Body and Spirit | Andrew Hard , Dick Nunez , Jason Maxwell | Dick Nunex with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health. |
| 5/15/2008 | 11:30:00** | Health Headlines | Dr.Bernel Baldwin , Dr.Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 5/15/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, JoAnn Rachor | Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better. |
| 5/15/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins | Dick Nunez with Jonathon Hopkins show exercise routines for team training. |
| 5/15/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss making a grave for faults. |
| 5/15/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Nyse Collins | Cheri Peters and Nyse Collins discuss the healthy value of food. |
| 5/16/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Janet Nelson and Cindy Hanson | Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia. |
| 5/16/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Richard Nelson | Don Mackintosh and Richard Nelson discuss a new start for life. |
| 5/18/2008 | 06:00:00 | Body and Spirit | Dick Nunez , Kim Rogers , Madison Turner | Dick Nunex with Kim Rogers and Madison Turner discuss the willingness to change in lifestyle as well as demonstrates exercise routines for health. |
| 5/18/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss making a grave for faults. |
| 5/18/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Richard Nelson | Don Mackintosh and Richard Nelson discuss a new start for life. |
| 5/18/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Shannon Ethridge | Cheri Peters and Shannon Ethridge discuss the health and emotional value of sexual purity. |
| 5/18/2008 | 23:30:00 | Wonderfully Made | Don Morgan | Don Morgan discusses the health dimensions of leading a physically active lifestyle. |
| 5/19/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Shannon Ethridge | Cheri Peters and Shannon Ethridge discuss the health and emotional value of sexual purity. |
| 5/19/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Megan Frasier | Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training. |
| 5/19/2008 | 06:45:00** | Health Headlines | Dr.Bernel Baldwin , Dr.Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |

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|-----------|------------|--------------------------|--|---|
| 5/19/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula Eakins discuss how the "Snack Attack" can sneak up on you. |
| 5/19/2008 | 14:00:00 | Body and Spirit | Dick Nunez | Dick Nunex demonstrate exercise routines for circuit training. |
| 5/19/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Richard Nelson | Don Mackintosh and Richard Nelson discuss a new start for life. |
| 5/20/2008 | 02:00:00 | Wonderfully Made | Don Morgan | Don Morgan discusses the health dimensions of leading a physically active lifestyle. |
| 5/20/2008 | 06:00:00 | Body and Spirit | Dick Nunez | Dick Nunex discusses the benefits of sunshine as well as demonstrates exercise routines for health. |
| 5/20/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash * , Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 3. |
| 5/20/2008 | 13:30:00 | Let's Cook Together | Jill Morikone * , JoAnn Rachor | Jill Morikone and JoAnn Rachor show and discuss the basics of cooking in a slow cooker.. |
| 5/20/2008 | 14:00:00 | 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. |
| 5/21/2008 | 06:00:00 | 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. |
| 5/21/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of building a sure foundation. |
| 5/21/2008 | 14:00:00 | Body and Spirit | Dick Nunez | Dick Nunex discusses the digestion as well as demonstrates exercise routines for digestive health. |
| 5/21/2008 | 18:30:00 | Wonderfully Made | Don Morgan | Don Morgan discusses the health dimensions of leading a physically active lifestyle. |
| 5/22/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash * , Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 3. |
| 5/22/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Richard Nelson | Don Mackintosh and Richard Nelson review health expositions around the world. |
| 5/22/2008 | 06:00:00 | Body and Spirit | Dick Nunez | Dick Nunex discusses the air you breathe as well as demonstrates exercise routines for health. |
| 5/22/2008 | 11:30:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 5/22/2008 | 13:30:00 | Let's Cook Together | Jill Morikone * , JoAnn Rachor | Jill Morikone and JoAnn Rachor show how to do fast cooking in a slow cooker. |
| 5/22/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez * , Cindy Hanson and Jonathan Babb | Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health. |
| 5/22/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of building a sure foundation. |

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| 5/22/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Shannon Ethridge | Cheri Peters and Shannon Ethridge discuss the health and emotional value of sexual purity. |
| 5/23/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Richard Nelson | Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health. |
| 5/23/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Richard Nelson | Don Mackintosh and Richard Nelson review health expositions around the world. |
| 5/23/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula Eakins discuss fats you don't think about -- in liquid form. |
| 5/25/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Jonathan Hopkins , Omar Moquera | Dick Nunez with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain. |
| 5/25/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of building a sure foundation. |
| 5/25/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Richard Nelson | Don Mackintosh and Richard Nelson review health expositions around the world. |
| 5/25/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Grandma Wilma , Jack Bridges | Cheri Peters and Grandma Wilma bring out to the open the real-life drama of using Meth. |
| 5/25/2008 | 23:30:00 | Wonderfully Made | Don Morgan | Don Morgan discusses starting a physical activity exercise program leading to a physically active lifestyle. |
| 5/26/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Grandma Wilma , Jack Bridges | Cheri Peters and Grandma Wilma bring out to the open the real-life drama of using Meth. |
| 5/26/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathan Babb and Janet Nelson | Dick Nunez with Jonathan Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge. |
| 5/26/2008 | 06:45:00** | Health Headlines | Dr. Bernell Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 5/26/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula Eakins discuss the importance of daily walking for health. |
| 5/26/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Jonathan Hopkins | Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body. |
| 5/26/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Richard Nelson | Don Mackintosh and Richard Nelson review health expositions around the world. |
| 5/27/2008 | 02:00:00 | Wonderfully Made | Don Morgan | Don Morgan discusses starting a physical activity exercise program leading to a physically active lifestyle. |
| 5/27/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Jonathan Hopkins | Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines to help with diabetes. |

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| 5/27/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 4. |
| 5/27/2008 | 13:30:00 | Let's Cook Together | Angela Lomacang *, Robin Swain | Angela Lomacang and Robin Swain discuss confronting cholesterol. |
| 5/27/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Cindy Hanson | Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health. |
| 5/28/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Janet Nelson and Bobby Jo Murphy | Dick Nunez with Janet Nelson and Bobby Jo Murphy discuss the subject of eating disorders and demonstrate exercise routines for health. |
| 5/28/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Jonathan Hopkins , Omar Mosquera | Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migraine headaches. |
| 5/28/2008 | 18:30:00 | Wonderfully Made | Don Morgan | Don Morgan discusses starting a physical activity exercise program leading to a physically active lifestyle. |
| 5/29/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 4. |
| 5/29/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some "best choices" for health. |
| 5/29/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Brittany Nunez , Jane Baker | Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines. |
| 5/29/2008 | 11:30:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 5/29/2008 | 13:30:00 | Let's Cook Together | Angela Lomacang *, Robin Swain | Angela Lomacang and Robin Swain show making the old standard macaroni and cheese. |
| 5/29/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Richard Nelson | Dick Nunez with Jonathon Hopkins and Richard Nelson demonstrate exercise routines for help with arthritis. |
| 5/29/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Grandma Wilma , Jack Bridges | Cheri Peters and Grandma Wilma bring out to the open the real-life trama of using Meth. |
| 5/30/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Megan Frasier and Cindy Hanson | Dick Nunez with Megan Frasier and Cindy Hanson demonstrate exercises routines for strength training for women. |
| 5/30/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some "best choices" for health. |
| 5/30/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula Eakins offer up some pasta bilities cooking ideas. |

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| 6/2/2008 | 06:00:00 | 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. |
| 6/2/2008 | 06:45:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 6/2/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula Eakins discuss ideas on how to build up your immunity. |
| 6/2/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Brittany Nunez , Omar Mosquera | Dick Nunex with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression. |
| 6/2/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some "best choices" for health. |
| 6/3/2008 | 02:00:00 | Wonderfully Made | Dr. Meshach Samuel | Dr. Meschach Samuel discusses the concepts of preventive medicine. |
| 6/3/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Jane Baker | Dick Nunex with Jane Baker discusses training for seniors as well as demonstrates exercise routines. |
| 6/3/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 5. |
| 6/3/2008 | 13:30:00 | Let's Cook Together | Angela Lomacang *, Robin Swain | Angela Lomacang and Robin Swain show making salad dressings and salads. |
| 6/3/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Janet Nelson and Richard Nelson | Dick Nunex with Janet and Richard Nelson demonstrate exercise routines to help with neck pain. |
| 6/4/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins | Dick Nunex with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension. |
| 6/4/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of forming common goals. |
| 6/4/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Jonathon Hopkins | Dick Nunex with Alex Hinez and Jonathon Hopkins demonstrate exercise routines to help with heart disease. |
| 6/4/2008 | 18:30:00 | Wonderfully Made | Dr. Meshach Samuel | Dr. Meschach Samuel discusses the concepts of preventive medicine. |
| 6/5/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 5. |
| 6/5/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for dealing with allergies. |
| 6/5/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Brittany Nunez , Jane Baker | Dick Nunex with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis. |
| 6/5/2008 | 11:30:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |

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| 6/5/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Bev Cook | Jill Morikone and Bev Cook discuss and show making lunch. |
| 6/5/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez *, Richard Nelson and Cindy Hanson | Dick Nunex with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises. |
| 6/5/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of forming common goals. |
| 6/6/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez *, Jonathon Hopkins and Megan Frasier | Dick Nunex with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises. |
| 6/6/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for dealing with allergies. |
| 6/6/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis Eakins and Paula Eakins talk surprisingly about "How to weaken your immunity." |
| 6/8/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Brittany Nunez , Omar Mosquera | Dick Nunex with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders. |
| 6/8/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of forming common goals. |
| 6/8/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for dealing with allergies. |
| 6/8/2008 | 23:30:00 | Wonderfully Made | Don Morgan | Don Morgan talks about walking and stepping toward stepping into health. |
| 6/9/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Dr. Douglas Weiss | Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled "Get a Grip (on real life)." |
| 6/9/2008 | 06:00:00 | Body and Spirit Aerobics | Brittany Nunez , Dick Nunez , Rick Nunez | Dick Nunez and helpers show aerobics exercises for health. |
| 6/9/2008 | 06:45:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 6/9/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula revisit the joys and convenience of crock-pot cooking for the busy family. |
| 6/9/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Jonathon Hopkins | Dick Nunex with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training. |
| 6/9/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for dealing with allergies. |
| 6/10/2008 | 02:00:00 | Wonderfully Made | Don Morgan | Don Morgan talks about walking and stepping toward stepping into health. |
| 6/10/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Jane Baker , Omar Mosquera | Dick Nunex with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health. |

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|-----------|------------|------------------------------|---|--|
| 6/10/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, , , Rhonda Clark | Dr. Agatha Thrash with Rhonda Clark talk about Dermatology. Part 1. |
| 6/10/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Bev Cook | Jill Morikone and Bev Cook discuss and show making appetizers and dinner. |
| 6/10/2008 | 14:00:00 | Body and Spirit Aerobics | Becky Garber , Dick Nunez , Fred Garber | Dick Nunex with Becky Garber and Fred Garber demonstrate fitness exercises to help with stress. |
| 6/11/2008 | 06:00:00 | Body and Spirit Aerobics | Brittany Nunez , Dick Nunez , Rick Nunez | Dick Nunez with helpers discusses "fitness level" and demonstrates exercises to help. |
| 6/11/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of setting priorities. |
| 6/11/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Omar Mosquera | Dick Nunex with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain. |
| 6/11/2008 | 18:30:00 | Wonderfully Made | Don Morgan | Don Morgan talks about walking and stepping toward stepping into health. |
| 6/12/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, , , Rhonda Clark | Dr. Agatha Thrash with Rhonda Clark talk about Dermatology. Part 1. |
| 6/12/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for dealing with heart disease. |
| 6/12/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Brittany Nunez , Jonathon Hopkins | Dick Nunex with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity. |
| 6/12/2008 | 11:30:00** | Health Headlines | Dr. Bernel Baldwin , Dr. Roby Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 6/12/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Mary Bernt | Jill Morikone and Mary Bernt discuss and show how to "Roll it up with Tofu." |
| 6/12/2008 | 14:00:00 | Body and Spirit Aerobics | Becky Garber , Dick Nunez , Fred Garber | Dick Nunez with helpers shows simple exercises helpful for those with joint problems |
| 6/12/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of setting priorities. |
| 6/12/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Dr. Douglas Weiss | Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled "Get a Grip (on real life)." |
| 6/13/2008 | 06:00:00 | Body and Spirit Aerobics | Becky Garber , Dick Nunez , Fred Garber | Dick Nunez with helpers shows compression exercises to help with osteoporosis |
| 6/13/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for dealing with heart disease. |
| 6/13/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula Eakins discuss the difference between CRP and CPR for a healthy life. |
| 6/15/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Jane Bake | Dick Nunex with Jane Baker demonstrate exercise routines to help with knee pain. |
| 6/15/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of setting priorities. |

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| 6/15/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for dealing with heart disease. |
| 6/15/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Dr. Douglas Weiss | Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled "Ten-minute marriage." |
| 6/15/2008 | 23:30:00 | Wonderfully Made | Don Morgan | Don Morgan talks about physical activity and how it affects adult obesity and health. |
| 6/16/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Dr. Douglas Weiss | Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled "Ten-minute marriage." |
| 6/16/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez , Mrs. Ford | Dick Nunez with helpers shows aerobics exercises designed for the elderly. |
| 6/16/2008 | 06:45:00** | Health Headlines | Bernell Baldwin *, Roby Ann Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 6/16/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | For those who are a "Gluten for Punishment," Curtis and Paula Eakins discuss. |
| 6/16/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Jonathon Hopkins | Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises |
| 6/16/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for dealing with heart disease. |
| 6/17/2008 | 02:00:00 | Wonderfully Made | Don Morgan | Don Morgan talks about physical activity and how it affects adult obesity and health. |
| 6/17/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Brittany Nunez | Dick Nunex with Alex Hinex and Brittany Nunez demonstrate exercise routines for lower back training. |
| 6/17/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, , Calving Thrash , Don Miller , Rhonda Clark | Dr. Agatha Thrash, Dr. Calving Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 2. |
| 6/17/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Mary Bernt | Jill Morikone and Mary Bernt discuss and show making a basic breakfast. |
| 6/17/2008 | 14:00:00 | Body and Spirit Aerobics | Becky Garber , Dick Nunez , Fred Garber | Dick Nunez with helpers shows specific exercises designed for baby boomers. |
| 6/18/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez , Mrs. Ford | Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how. |
| 6/18/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of effective communication. |
| 6/18/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Jane Baker , Omar Mosquera | Dick Nunex with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health. |
| 6/18/2008 | 18:30:00 | Wonderfully Made | Don Morgan | Don Morgan talks about physical activity and how it affects adult obesity and health. |

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| 6/19/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, , Calving Thrash , Don Miller , Rhonda Clark | Dr. Agatha Thrash, Dr. Calving Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 2. |
| 6/19/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for total health. |
| 6/19/2008 | 06:00:00 | 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. |
| 6/19/2008 | 11:30:00** | Health Headlines | Bernell Baldwin *, Roby Ann Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 6/19/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Mary Bernt | Jill Morikone and Mary Bernt discuss and show making "Super Salads." |
| 6/19/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez , Mrs. Ford | Dick Nunez with Mrs. Ford shows and discusses Senior Exercise. |
| 6/19/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of effective communication. |
| 6/19/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Dr. Douglas Weiss | Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled "Ten-minute marriage." |
| 6/20/2008 | 06:00:00 | Body and Spirit Aerobics | Brittany Nunez , Dick Nunez , Rick Nunez | Dick Nunez with helpers show and talk about exercises for autoimmune disease. |
| 6/20/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for total health. |
| 6/20/2008 | 13:30:00 | Abundant Living | Paula and Curtis Eakins | Curtis and Paula Eakins cook up a yummy but healthy dinner for two. |
| 6/22/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Brittany Nunez , Jane Baker | Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women. |
| 6/22/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss aspects of effective communication. |
| 6/22/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for total health. |
| 6/22/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Harmony Dust and Ashley Dodson | Cheri Peters, Harmony Dist and Ashley Dodson discuss discuss self-esteem in real-life situations in a segment titled "I am a treasure." |
| 6/22/2008 | 23:30:00 | Wonderfully Made | Don Morgan | Don Morgan talks about physical activity and how it affects obesity in children and their health. |
| 6/23/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Harmony Dust and Ashley Dodson | Cheri Peters, Harmony Dist and Ashley Dodson discuss discuss self-esteem in real-life situations in a segment titled "I am a treasure." |
| 6/23/2008 | 06:00:00 | Body and Spirit Aerobics | Andrew Hard , Dick Nunez , Rick Nunez | Dick Nunez, with helpers, demonstrate beginning exercising. |

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| 6/23/2008 | 06:45:00** | Health Headlines | Bernell Baldwin *, Roby Ann Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 6/23/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins focus on Alzheimers Disease. Part 1. |
| 6/23/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Jane Baker | Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins |
| 6/23/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and suggest some ideas for total health. |
| 6/24/2008 | 02:00:00 | Wonderfully Made | Don Morgan | Don Morgan talks about physical activity and how it affects obesity in children and their health. |
| 6/24/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Jane Baker , Jonathon Hopkins | Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking. |
| 6/24/2008 | 10:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 3. |
| 6/24/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Bev Condy | Jill Morikone and Bev Condy discuss and show making breakfast. |
| 6/24/2008 | 14:00:00 | Body and Spirit Aerobics | Andrew Hard , Dick Nunez , Rick Nunez | Dick Nunez shows how to tone your muscles. Helpers are Rick Nunex and Andrew Hard. |
| 6/25/2008 | 06:00:00 | Body and Spirit Aerobics | Dick Nunez , Fred Garber , Matthew Hard | Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard. |
| 6/25/2008 | 10:00:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss when each person says "Please Understand Me." |
| 6/25/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Jonathon Hopkins , Omar Mosquera | Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training. |
| 6/25/2008 | 18:30:00 | Wonderfully Made | Don Morgan | Don Morgan talks about physical activity and how it affects obesity in children and their health. |
| 6/26/2008 | 02:00:00 | Help Yourself to Health | Agatha Thrash *, Don Miller , Rhonda Clark | Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 3. |
| 6/26/2008 | 04:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and discuss the value of being active. |
| 6/26/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Alex Hinez , Jonathon Hopkins | Dick Nunex, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises. |
| 6/26/2008 | 11:30:00** | Health Headlines | Bernell Baldwin *, Roby Ann Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 6/26/2008 | 13:30:00 | Let's Cook Together | Jill Morikone *, Bev Condy | Jill Morikone and Bev Condy discuss and show making lunch. |
| 6/26/2008 | 14:00:00 | Body and Spirit Aerobics | Dick Nunez , Fred Garber | For those that may be lower-body "challenged," Dick Nunez demonstrates simple exercises with Fred Garber. |

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| 6/26/2008 | 14:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss when each person says "Please Understand Me." |
| 6/26/2008 | 23:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Harmony Dust and Ashley Dodson | Cheri Peters, Harmony Dist and Ashley Dodson discuss discuss self-esteem in real-life situations in a segment titled "I am a treasure." |
| 6/27/2008 | 06:00:00 | Body and Spirit Aerobics | Becky Garber , Brittany Nunez , Dick Nunez | Dick Nunez and helpers demonstrate simple home exercises for women. |
| 6/27/2008 | 10:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and discuss the value of being active. |
| 6/27/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins focus on Alzheimers Disease. Part 2. |
| 6/29/2008 | 06:00:00 | Body and Spirit | Dick Nunez *, Jonathon Hopkins & Brittany Nunez | Dick Nunex, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work. |
| 6/29/2008 | 12:30:00 | Marriage in God's Hands | Alane Waters , Tom Waters | Tom and Alane Walters discuss when each person says "Please Understand Me." |
| 6/29/2008 | 14:30:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and discuss the value of being active. |
| 6/29/2008 | 19:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Cheryl McGuinnes | Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled "Beauty Beyond the Ashes." |
| 6/29/2008 | 23:30:00 | Wonderfully Made | Shelley Quinn *, James Marcum | Shelly Quinn leads a discussion with James Marcum focused on "Could I Have a Heart Attack?" |
| 6/30/2008 | 04:00:00 * | Celebrating Life in Recovery | Cheri Peters *, Cheryl McGuinnes | Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled "Beauty Beyond the Ashes." |
| 6/30/2008 | 06:00:00 | Body and Spirit Aerobics | Becky Garber , Brittany Nunez , Dick Nunez | Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets. |
| 6/30/2008 | 06:45:00** | Health Headlines | Bernell Baldwin *, Roby Ann Sherman | Dr. Bernell Baldwin and Roby Anne Sherman bring you current Health Headlines in a 15 min. segment. |
| 6/30/2008 | 13:30:00 | Abundant Living | Curtis Eakins , Paula Eakins | Curtis and Paula Eakins cook up some Southern Cuisine. |
| 6/30/2008 | 14:00:00 | Body and Spirit | Dick Nunez *, Kyle Gabbert & Brittany Nunez | Dick Nunex with Kyle Gabbert and Brittany Nunex demonstrate fitness exercises for young people. |
| 6/30/2008 | 18:00:00 | Health for a Lifetime | Don Mackintosh , Zeno Charles - Marcel | Don Mackintosh and Zeno Charles-Marcel review and discuss the value of being active. |