### All times are Central Time Zone.

All programs are 30 min. except

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 Impared.
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.
	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.

### All times are Central Time Zone.

All programs are 30 min. except

Date	Time	Program	Talent	Description
4/4/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins cook up some Southern
			Eakins	Cuisine.
4/6/2008	06:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunex with Andrew Hard, Madison Turner,
			Nunez , Madison Turner	and Dick Nunez demonstrate exercise routines to
				help with shoulder problems.
4/6/2008	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss how to make an
		Hands	Waters	enduring commitment.
4/6/2008	14:30:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression.
4/6/2008	19:00:00 *	Celebrating Life	Cheri Peters *, Mary	Cheri Peters with Dr. Mary Holley discuss the
		in Recovery	Holley MD	Meth Mindset. Part 1.
4/6/2008	23:30:00	Wonderfully	Christine Salter	Dr. Christine Salter discusses Diabetes.
		Made		
4/7/2008	04:00:00 *	Celebrating Life	Cheri Peters *, Mary	Cheri Peters with Dr. Mary Holley discuss the
		in Recovery	Holley MD	Meth Mindset. Part 1.
4/7/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Babb and Megan
		Aerobics	Babb and Megan Frasier	Frasier demonstrate exercise routines to help with
				knee pain.
4/7/2008	06:45:00**	Health Headlines	Bernell Baldwin , M.D. ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Ph.D , Roby Anne	you current Health Headlines.
			Sherman	
4/7/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on curbing
			Eakins	the carbs. Part 1.
4/7/2008	14:00:00	Body and Spirit	Christy Soderling, Dick	Dick Nunex with Christy Soderling and Rick Nunez
			Nunez , Rick Nunez	demonstrate exercise routines to help with ankle
				injuries.
4/7/2008	18:00:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression.
4/8/2008	02:00:00	Wonderfully	Christine Salter	Dr. Christine Salter discusses Diabetes.
		Made		
4/8/2008	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers ,	Dick Nunex with Kim Rogers and William Brauer
			William Brauer	demonstrate exercise routines to combat neck
				pain.
4/8/2008	10:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
	10.00.00	Health	Miller, Rhonda Clark	Clark discuss some overlooked laws of health.
4/8/2008	13:30:00	Let's Cook	Cari Christian *, Maria	Cari Christian and Maria Ronquillo demonstrate
		Together	Ronquillo	preparing Mexican delicacies.
4/8/2008	14:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Babb and Jonathon
		Aerobics	Babb and Jonathon	Hopkins show exercises with aerobic intensity.
4/0/0000	00.00.00		Hopkins	
4/9/2008	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez and Janet Nelson show exercise
4/0/0000	10.00.00	Aerobics	Nelson	routines for senior training.
4/9/2008	10:00:00		Alane Waters , Tom	Tom and Alane Walters discuss what is true love.
1/0/0000	10.00.00	Hands	Waters	
4/9/2008	10:30:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of diet.

### All times are Central Time Zone.

All programs are 30 min. except

Date	Time	Program	Talent	Description
4/9/2008	14:00:00	Body and Spirit	Brittany Nunez , Dick	Dick Nunex with Brittany Nunez, Dick Nunez, and
			Nunez , Jason Maxwell	Jason Maxwell demonstrate exercise routines for
				cross-training. Part 2.
4/9/2008	18:30:00	Wonderfully	Christine Salter	Dr. Christine Salter discusses Diabetes.
		Made		
4/10/2008	02:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark discuss some overlooked laws of health.
4/10/2008	06:00:00	Body and Spirit		Dick Nunex with Rick Nunez and William Brauer
			William Brauer	demonstrate exercise routines to combat stress.
4/10/2008	11:30:00**	Health Headlines	Bernell Baldwin, M.D.,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Ph.D , Roby Anne	you current Health Headlines.
			Sherman	
4/10/2008	13:30:00	Let's Cook	Jill Morikone *, Maria	Jill Morikone and Maria Ronquillo talk about and
		Together	Ronquillo	show healthy breakfast foods.
4/10/2008	14:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins show exercise
		Aerobics	Hopkins	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.
4/10/2009	23:00:00 *	Celebrating Life	Cheri Peters *, Mary	Cheri Peters with Dr. Mary Holley discuss the
4/10/2000	23.00.00	in Recovery	Holley MD	Meth Mindset. Part 1.
4/11/2008	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez with Janet Nelson and Cindy Hanson
4/11/2000	00.00.00	Aerobics		show exercise routines to help with fibromyalgia.
		Aerobics	Incison and Cinuy Hanson	show exercise routines to help with horomyalgia.
4/11/2008	10:00:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of diet.
4/11/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on curbing
			Eakins	the carbs. Part 2.
4/13/2008	06:00:00	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunex with William Brauer and Rick Nunez
			William Brauer	demonstrate exercise routines to help with joint
				injuries.
4/13/2008	12:30:00	-	Alane Waters , Tom	Tom and Alane Walters discuss what is true love.
		Hands	Waters	
4/13/2008	14:30:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of diet.
4/13/2008	19:00:00 *	Celebrating Life	Cheri Peters *, Mary	Cheri Peters with Dr. Mary Holley discuss the
		in Recovery	Holley MD	Meth Mindset. Part 2.
4/13/2008	23:30:00	Wonderfully		Allan Handysides and Stoy Proctor discuss
		Made	Proctor	prostate problems.
4/14/2008	04:00:00 *	Celebrating Life	Cheri Peters *, Mary	Cheri Peters with Dr. Mary Holley discuss the
		in Recovery	Holley MD	Meth Mindset. Part 2.
4/14/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Richard
		Aerobics	Hopkins and Richard	Nelson show exercise routines to help with lower
			Nelson	back problems.
4/14/2008	06:45:00**	Health Headlines	Dr.Bernel Baldwin,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	you current Health Headlines in a 15 min.
				segment.

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All programs are 30 min. except

Date	Time	Program	Talent	Description
4/14/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on curbing
			Eakins	the carbs. Part 3.
4/14/2008	14:00:00	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunex with Rick Nunez and William Brauer
			William Brauer	demonstrate exercise routines for circuit training.
4/14/2008	18:00:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of diet.
4/15/2008	02:00:00	Wonderfully	Allan Handysides , Stoy	Allan Handysides and Stoy Proctor discuss
		Made	Proctor	prostate problems.
4/15/2008	06:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunex with Andrew Hard and Jason Maxwell
			Nunez , Jason Maxwell	discuss the brain's frontal lobe.
4/15/2008	10:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark discuss dealing with allergies.
4/15/2008	13:30:00	Let's Cook	Jill Morikone *, Maria	Jill Morikone and Maria Ronquillo talk about and
		Together	Ronquillo	show Oriental foods.
4/15/2008	14:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Megan
		Aerobics	Hopkins and Megan	Frasier demonstrate exercise routines for strength
			Frasier	training.
4/16/2008	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez with Janet and Richard Nelson
		Aerobics	Nelson and Richard	demonstrate exercise routines for help with
			Nelson	tendonitis.
4/16/2008	10:00:00		Alane Waters , Tom	Tom and Alane Walters discuss developing
		Hands	Waters	respect.
4/16/2008	10:30:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of lifestyle. Part 1.
4/16/2008	14:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunez, with helpers, demonstrate beginning
4/40/0000	10.00.00		Nunez , Jason Maxwell	exercises.
4/16/2008	18:30:00	Wonderfully	Allan Handysides , Stoy	Allan Handysides and Stoy Proctor discuss
4/17/0000	00.00.00	Made	Proctor	prostate problems.
4/17/2008	02:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
4/17/2008	00.00.00	Health	Miller, Rhonda Clark	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**	Hoalth Hoadlings	Dr.Bernel Baldwin ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
4/17/2000	11.50.00	r lealth r leadines	Dr.Roby Sherman	you current Health Headlines in a 15 min.
				segment.
4/17/2008	13.30.00	Let's Cook	Jill Morikone *, Marie	Jill Morikone and Maria Chavez talk about and
4/17/2000	10.00.00	Together	Chavez	show how to make fun desserts.
4/17/2008	14.00.00	Body and Spirit	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Megan Frasier
	14.00.00	Aerobics	Hanson and Megan	demonstrate exercise routines for help with
			Frasier	depression.
4/17/2008	14:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss developing
., , 2000		Hands	Waters	respect.
4/17/2008	23:00:00 *	Celebrating Life	Cheri Peters *, Mary	Cheri Peters with Mary Holley, MD discuss the
		in Recovery	Holley MD	Meth Mindset. Part 2.

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Date	Time	Program	Talent	Description
4/18/2008	06:00:00	Body and Spirit	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Jonathan
		Aerobics	Hanson and Jonathan	Babb disscuss the use of supplements and
			Babb	demonstrate exercise routines for health.
4/18/2008	10:00:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of lifestyle. Part 1.
4/18/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on
			Eakins	controlling Cholesterol. Part 1.
4/20/2008	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers ,	Dick Nunex with Andrew Hard and Jason Maxwell
			Madison Turner	discusses Triglycerides as well as demonstrates
				exercise routines for health.
4/20/2008	12:30:00	-	Alane Waters , Tom	Tom and Alane Walters discuss developing
		Hands	Waters	respect.
4/20/2008	14:30:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of lifestyle. Part 1.
4/20/2008	19:00:00 *	Celebrating Life	Cheri Peters *, Michael	Cheri Peters and Michael Kontes discuss the
		in Recovery	Kontes	trama of the loss of a child. The discussion
				focuses on awareness and helps.
4/20/2008	23:30:00	Wonderfully	Allan Handysides , Mollie	Allan Handysides and Stoy Proctor with Mollie
		Made	Steenson, Stoy Proctor	Steenson discuss winning the battle with breast
				cancer.
4/21/2008	04:00:00 *	Celebrating Life	Cheri Peters *, Michael	Cheri Peters and Michael Kontes discuss the
		in Recovery	Kontes	trama of the loss of a child. The discussion
4/04/0000				focuses on awareness and helps.
4/21/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Richard
		Aerobics	Hopkins and Richard	Nelson disscuss the subject of colesterol and
			Nelson	demonstrate exercise routines for health.
4/21/2008	06:45:00**	Health Headlines	Dr.Bernel Baldwin ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	you current Health Headlines in a 15 min.
				segment.
4/21/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on
			Eakins	controlling Cholesterol. Part 2.
4/21/2008	14:00:00	Body and Spirit	Dick Nunez, Kim Rogers,	Dick Nunex with Kim Rogers and Madison Turner
			Madison Turner	demonstrates exercise routines for circuit training
				for women.
4/21/2008	18:00:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of lifestyle. Part 1.
4/22/2008	02:00:00	Wonderfully	Allan Handysides , Mollie	Allan Handysides and Stoy Proctor with Mollie
		Made	Steenson, Stoy Proctor	Steenson discuss winning the battle with breast
				cancer.
4/22/2008	10:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller, Rhonda Clark	Clark talk about Cardiac concerns. Part 1.
4/22/2008	13:30:00	Let's Cook	Jill Morikone *, Marie	Jill Morikone and Maria Chavez talk about and
		Together	Chavez	show how to work with healthy vegetables.
4/22/2008	14:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathon Babb and Janet Nelson
		Aerobics	Babb and Janet Nelson	disscuss demonstrate exercises for the lower back
				challenge.

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Date	Time	Program	Talent	Description
4/23/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Cindy
		Aerobics	Hopkins and Cindy	Hanson disscuss the subject of protein and
			Hanson	demonstrate exercise routines for health.
4/23/2008	10:00:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss cultivating
		Hands	Waters	restraint.
4/23/2008	10:30:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of lifestyle. Part 2.
4/23/2008	14:00:00	Body and Spirit	Brittany Nunez , Christy	Dick Nunex with Brittany Nunex and Christy
			Sodering , Dick Nunez	Soldering discusses Fat Metabolism as well as
				demonstrates exercise routines for health.
4/23/2008	18:30:00	Wonderfully	Allan Handysides , Mollie	Allan Handysides and Stoy Proctor with Mollie
		Made	Steenson, Stoy Proctor	Steenson discuss winning the battle with breast
				cancer.
4/24/2008	02:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark talk about Cardiac concerns. Part 1.
4/24/2008	06:00:00	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunex with Rick Nunex and William Brauer
			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. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	you current Health Headlines in a 15 min.
			-	segment.
4/24/2008	13:30:00	Let's Cook	Jill Morikone *, Marie	Jill Morikone and Maria Chavez talk about and
		Together	Chavez	show how to make meatless dinners.
4/24/2008	14:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez with Janet Nelson and Bobby Jo
		Aerobics	Nelson and Bobby Jo	Murphy disscuss the subject of eating disorders
			Murphy	and demonstrate exercise routines for health.
4/24/2008	14:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss cultivating
1/2 1/2000	11.00.00	Hands	Waters	restraint.
4/24/2008	23:00:00 *	Celebrating Life	Cheri Peters *, Michael	Cheri Peters and Michael Kontes discuss the
.,, _ 0000	20.00100	in Recovery	Kontes	trama of the loss of a child. The discussion
				focuses on awareness and helps.
4/25/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Richard
., 20, 2000	00.00100	Aerobics	Hopkins and Richard	Nelson demonstrate exercise routines for help
			Nelson	with arthritis.
4/25/2008	10.00.00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
1/20/2000	10100100	Lifetime	Nedley	depression and the effects of lifestyle. Part 2.
4/27/2008	06.00.00	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunex with Rick Nunex and William Brauer
1/21/2000	00.00.00	body and opin	William Brauer	demonstrates exercise routines for spinal health.
4/27/2008	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss cultivating
		Hands	Waters	restraint.
4/27/2008	14:30:00	Health for a	Don Mackintosh , Neil	Don Mackintosh and Dr. Neil Nedley discuss
		Lifetime	Nedley	depression and the effects of lifestvie. Part 2.
4/27/2008	19:00:00 *	Lifetime Celebrating Life	Nedley Cheri Peters *, Cheri	depression and the effects of lifestyle. Part 2. Cheri Peters and Cheri Buckner-Webb discuss the

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All programs are 30 min. except

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

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All programs are 30 min. except

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

#### All times are Central Time Zone.

All programs are 30 min. except

Date	Time	Program	Talent	Description
5/6/2008	06:00:00	Body and Spirit	Brittany Nunez , Christy	Dick Nunex with Christy Soderling and Britney
			Soderling , Dick Nunez	Nunez discuss and demonstrate exercise routines
				for overcomming addiction.
5/6/2008	10:00:00	Help Yourself to	Agatha Thrash *, Calvin	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Thrash , Don Miller ,	Clark discuss the use of Home Remedies. Part 1.
			Rhonda Clark	
5/6/2008	13:30:00	Let's Cook	Jill Morikone *, Jennifer	Jill Morikone and Jennifer White talk about and
		Together	White	show some no-cook receipes.
5/6/2008	14:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez and helpers demonstrate exercises
		Aerobics	Hopkins and Richard	for the Vision Impared.
			Nelson	
5/7/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Hopkins and Megan
		Aerobics	Hopkins and Megan	Frasier demonstrate exercises for youth fitness.
			Frasier	
5/7/2008	10:00:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of finding
		Hands	Waters	forgiveness.
5/7/2008	18:30:00	Wonderfully	Allan Handysides , Stoy	Allan Handysides and Stoy Proctor discuss coping
		Made	Proctor	with Arthritis.
5/8/2008	02:00:00	Help Yourself to	Agatha Thrash *, Calvin	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Thrash , Don Miller ,	Clark discuss the use of Home Remedies. Part 1.
			Rhonda Clark	
5/8/2008	04:00:00	Health for a	Don Mackintosh , Mary	Don Mackintosh and Mary Ann McNeilus discuss
		Lifetime	Ann McNeilus	the Pharmacy in your kitchen. Part 3.
5/8/2008	06:00:00	Body and Spirit	Brittany Nunez, Dick	Dick Nunex with Britney Nunez and Madison
			Nunez, Madison Turner	Turner demonstrate exercise routines for cross
			,	training for women.
5/8/2008	11:30:00**	Health Headlines	Dr.Bernel Baldwin ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	you current Health Headlines in a 15 min.
				segment.
5/8/2008	13:30:00	Let's Cook	Jill Morikone *, Jennifer	Jill Morikone and Jennifer White talk about and
		Together	White	show how to prepare a healthy lunch box.
5/8/2008	14:00:00	Body and Spirit	Dick Nunez *, Richard	Dick Nunez with Richard Nelson and Janet Nelson
		Aerobics	Nelson and Janet Nelson	demonstrate exercises to help with heart disease.
5/8/2008	14:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of finding
		Hands	Waters	forgiveness.
5/9/2008	06:00:00	Body and Spirit	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Megan Frasier
		Aerobics	Hanson and Megan	demonstrate exercise routines to help with a
			Frasier	woman's "weak link."
5/9/2008	10:00:00	Health for a	Don Mackintosh , Mary	Don Mackintosh and Mary Ann McNeilus discuss
0,0,2000		Lifetime	Ann McNeilus	the Pharmacy in your kitchen. Part 3.
5/9/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins cook up some Mexican
0, 0, 2000			Eakins	Cuisine.
5/11/2008	06:00.00	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunex with Rick Nunez and William Brauer
2,, 2000			William Brauer	demonstrate exercise routines to help with
				diabetes.
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### All times are Central Time Zone.

All programs are 30 min. except

Date	Time	Program	Talent	Description
5/11/2008	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of finding
		Hands	Waters	forgiveness.
5/11/2008	14:30:00	Health for a	Don Mackintosh , Mary	Don Mackintosh and Mary Ann McNeilus discuss
		Lifetime	Ann McNeilus	the Pharmacy in your kitchen. Part 3.
5/11/2008	19:00:00 *	Celebrating Life	Cheri Peters *, Nyse	Cheri Peters and Nyse Collins discuss the healthy
		in Recovery	Collins	value of foor.
5/11/2008	23:30:00	Wonderfully	Allan Handysides , Stoy	Allan Handysides and Stoy Proctor discuss
		Made	Proctor	diseases and problems of the womb in a series
				titled "When Good Wombs Go Bad."
5/12/2008	04:00:00 *	Celebrating Life	Cheri Peters *, Nyse	Cheri Peters and Nyse Collins discuss the healthy
		in Recovery	Collins	value of foor.
5/12/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Babb and Megan
		Aerobics	Babb and Megan Frasier	Frasier demonstrate exercise routines to help with
				knee pain.
5/12/2008	06:45:00**	Health Headlines	Dr.Bernel Baldwin,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	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
				advantanges of getting to that winning weight.
5/12/2008	14:00:00	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunex with Rick Nunex and William Brauer
			William Brauer	discuss does everyone need milk as well as
				demonstrates exercise routines for health.
5/12/2008	18:00:00	Health for a	Don Mackintosh , Mary	Don Mackintosh and Mary Ann McNeilus discuss
		Lifetime	Ann McNeilus	the Pharmacy in your kitchen. Part 3.
5/13/2008	02:00:00	Wonderfully	Allan Handysides , Stoy	Allan Handysides and Stoy Proctor discuss
		Made	Proctor	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 Nunex with Rick Nunex and William Brauer
			William Brauer	discuss where less is more as well as
			· · · · · · · · · · · · · · · · · · ·	demonstrates exercise routines for health.
5/13/2008	10:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark discuss the use of Home Remedies. Part 2.
= /	10.00.00		A	
5/13/2008	13:30:00	Let's Cook	Angela Lomacang *,	Angela Lomacang and Jennifer White show
<u> </u>	1 1 0 0 0 0	Together	Jennifer White	making food in a flash.
5/13/2008	14:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Babb and Jonathon
		Aerobics	Babb and Jonathon	Hopkins show exercises with aerobic intensity.
E/4 4/0000			Hopkins	
5/14/2008	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez and Janet Nelson show exercise
E /4 4 /0000	10.00.00	Aerobics	Nelson	routines for senior training.
5/14/2008	10:00:00	U U	Alane Waters, Tom	Tom and Alane Walters discuss making a grave
F/4 4/0000	1 1 00 00	Hands	Waters	for faults.
5/14/2008	14:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunex with Andrew Hard and Jason Maxwell
			Nunez , Jason Maxwell	demonstrate exercise routines to help with the
				immune system.

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All programs are 30 min. except

Date	Time	Program	Talent	Description
5/14/2008	18:30:00	Wonderfully	Allan Handysides , Stoy	Allan Handysides and Stoy Proctor discuss
		Made	Proctor	diseases and problems of the womb in a series
				titled "When Good Wombs Go Bad."
5/15/2008	02:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark discuss the use of Home Remedies. Part 2.
5/15/2008	04:00:00	Health for a	Don Mackintosh , Richard	Don Mackintosh and Richard Nelson discuss a
= / / = /0.0.0.0		Lifetime	Nelson	new start for life.
5/15/2008	06:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunex with Andrew Hard and Jason Maxwell
			Nunez , 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. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	you current Health Headlines in a 15 min.
E / 1 E /0000	10.00.00			segment.
5/15/2008	13:30:00	Let's Cook	Jill Morikone *, JoAnn	Jill Morikone and JoAnn Rachor discuss how to
E/1 E/0000	1 1 0 0 0 0	Together	Rachor	freely eat and feel better.
5/15/2008	14:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins show exercise
E /4 E /0000	1100.00	Aerobics	Hopkins	routines for team training.
5/15/2008	14:30:00		Alane Waters , Tom	Tom and Alane Walters discuss making a grave
E / 1 E /0000	<u></u>	Hands	Waters	for faults.
5/15/2008	23:00:00 *	Celebrating Life	Cheri Peters *, Nyse	Cheri Peters and Nyse Collins discuss the healthy
<u> </u>		in Recovery	Collins	value of foor.
5/16/2008	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez with Janet Nelson and Cindy Hanson
		Aerobics	Nelson and Cindy Hanson	show exercise routines to help with fibromyalgia.
5/16/2008	10:00:00	Health for a	Don Mackintosh , Richard	Don Mackintosh and Richard Nelson discuss a
		Lifetime	Nelson	new start for life.
5/18/2008	06:00:00	Body and Spirit	Dick Nunez, Kim Rogers,	Dick Nunex with Kim Rogers and Madison Turner
			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	Alane Waters , Tom	Tom and Alane Walters discuss making a grave
		Hands	Waters	for faults.
5/18/2008	14:30:00	Health for a	Don Mackintosh , Richard	Don Mackintosh and Richard Nelson discuss a
		Lifetime	Nelson	new start for life.
5/18/2008	19:00:00 *	Celebrating Life	Cheri Peters *, Shannon	Cheri Peters and Shannon Ethridge discuss the
		in Recovery	Ethridge	health and emotional value of sexual purity.
5/18/2008	23:30:00	Wonderfully	Don Morgan	Don Morgan discusses the health dimensions of
		Made	3	leading a physically active lifestyle.
5/19/2008	04:00:00 *	Celebrating Life	Cheri Peters *, Shannon	Cheri Peters and Shannon Ethridge discuss the
5,10,2000	54.00.00	in Recovery	Ethridge	health and emotional value of sexual purity.
5/19/2008	06.00.00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Megan
5/15/2000	00.00.00	Aerobics	Hopkins and Megan	Frasier demonstrate exercise routines for strength
			Frasier	training.
5/19/2008	06:45:00**	Health Headlines	Dr.Bernel Baldwin,	Dr. Bernell Baldwin and Roby Anne Sherman bring
5,15,2000	50.40.00		Dr.Roby Sherman	you current Health Headlines in a 15 min.
				segment.
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### All times are Central Time Zone.

All programs are 30 min. except

Date	Time	Program	Talent	Description
5/19/2008	13:30:00	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss how the "Snack
		J J		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	Don Mackintosh , Richard	Don Mackintosh and Richard Nelson discuss a
		Lifetime	Nelson	new start for life.
5/20/2008	02:00:00	Wonderfully	Don Morgan	Don Morgan discusses the health dimensions of
		Made		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	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark discuss the use of Home Remedies. Part 3.
5/20/2008	13:30:00	Let's Cook	Jill Morikone *, JoAnn	Jill Morikone and JoAnn Rachor show and
		Together	Rachor	discussthe basics of cooking in a slow cooker
		i egetilei		
5/20/2008	14:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez with Janet and Richard Nelson
		Aerobics	Nelson and Richard	demonstrate exercise routines for help with
			Nelson	tendonitis.
5/21/2008	06:00:00	Body and Spirit	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Megan Frasier
		Aerobics	Hanson and Megan	demonstrate exercise routines for help with
			Frasier	depression.
5/21/2008	10:00:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	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	Don Morgan	Don Morgan discusses the health dimensions of
		Made		leading a physically active lifestyle.
5/22/2008	02:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark discuss the use of Home Remedies. Part 3.
5/22/2008	04:00:00	Health for a	Don Mackintosh , Richard	Don Mackintosh and Richard Nelson review
		Lifetime	Nelson	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. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	you current Health Headlines in a 15 min.
				segment.
5/22/2008	13:30:00	Let's Cook	Jill Morikone *, JoAnn	Jill Morikone and JoAnn Rachor show how to do
		Together	Rachor	fast cooking in a slow cooker.
5/22/2008	14:00:00	Body and Spirit	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Jonathan
		Aerobics	Hanson and Jonathan	Babb disscuss the use of supplements and
			Babb	demonstrate exercise routines for health.
5/22/2008	14:30:00	-	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	building a sure foundation.

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Date	Time	Program	Talent	Description
5/22/2008	23:00:00 *	Celebrating Life	Cheri Peters *, Shannon	Cheri Peters and Shannon Ethridge discuss the
		in Recovery	Ethridge	health and emotional value of sexual purity.
5/23/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Richard
		Aerobics	Hopkins and Richard	Nelson disscuss the subject of colesterol and
			Nelson	demonstrate exercise routines for health.
5/23/2008	10:00:00	Health for a	Don Mackintosh , Richard	Don Mackintosh and Richard Nelson review
		Lifetime	Nelson	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	Dick Nunex with Omar Moquera and Jonathan
			Hopkins , Omar Moquera	Hopkins demonstrate exercise routines to help
				with hip pain.
5/25/2008	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	building a sure foundation.
5/25/2008	14:30:00	Health for a	Don Mackintosh , Richard	Don Mackintosh and Richard Nelson review
		Lifetime	Nelson	health expositions around the world.
5/25/2008	19:00:00 *	Celebrating Life	Cheri Peters *, Gramdma	Cheri Peters and Grandma Wilma bring out to the
		in Recovery	Wilma , Jack Bridges	open the real-life trama of using Meth.
5/25/2008	23:30:00	Wonderfully	Don Morgan	Don Morgan discusses starting a physical activity
		Made	5	exercise program leading to a physically active
				lifestyle.
5/26/2008	04:00:00 *	Celebrating Life	Cheri Peters *, Gramdma	Cheri Peters and Grandma Wilma bring out to the
		in Recovery	Wilma , Jack Bridges	open the real-life trama of using Meth.
5/26/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathon Babb and Janet Nelson
0,20,2000		Aerobics	Babb and Janet Nelson	disscuss demonstrate exercises for the lower back
				challenge.
5/26/2008	06:45:00**	Health Headlines	Dr.Bernel Baldwin ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	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 inportance of
				daily walking for health.
5/26/2008	14:00:00	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunex with Alex Hinez and Jonathan Hopkins
			Jonathan Hopkins	demonstrate exercise routines for the lower body.
5/26/2008	18:00:00	Health for a	Don Mackintosh , Richard	Don Mackintosh and Richard Nelson review
		Lifetime	Nelson	health expositions around the world.
5/27/2008	02:00:00	Wonderfully	Don Morgan	Don Morgan discusses starting a physical activity
		Made	Ŭ	exercise program leading to a physically active
				lifestyle.
5/27/2008	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez ,	
			Jonathan Hopkins	demonstrate exercise routines to help with
				diabetes.

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All programs are 30 min. except

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

All times are Central Time Zone.

All programs are 30 min. except

Date	Time	Program	Talent	Description
6/2/2008	06:00:00	Body and Spirit	Dick Nunez *, Megan	Dick Nunez with Megan Fraiser and Cindy Hanson
		Aerobics	•	discuss migraine headaches and demonstrate
			,	exercises routines to help with migraines.
6/2/2008	06:45:00**	Health Headlines	Dr.Bernel Baldwin ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
0, 2, 2000	00.10.00	i loalar i loadinioo		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
0,2,2000	10.00.00	ribundant Eiving		build up your immunity.
6/2/2008	14:00:00	Body and Spirit	Dick Nunez *, Brittany	Dick Nunex with Omar Mosquera and Brittany
0,2,2000	14.00.00	body and opint	Nunez, Omar Mosquera	Nunez demonstrate exercise routines to help with
				depression.
6/2/2008	18:00:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
0/2/2000	10.00.00	Lifetime	Charles - Marcel	and suggest some "best choices" for health.
		LIIEUIIIE		and suggest some best choices for health.
6/3/2008	02:00:00	Wonderfully	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of
0/0/2000	02.00.00	Made		preventive medicine.
6/3/2008	06:00:00	Body and Spirit	Dick Nunez *, Jane Baker	Dick Nunex with Jane Baker discusses training for
0/0/2000	00.00.00	body and opint		seniors as well as demonstrates exercise routines.
6/3/2008	10:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash withDon Miller and Rhonda
0,0,2000	10.00.00	Health	Miller, Rhonda Clark	Clark discuss the use of Home Remedies. Part 5.
6/3/2008	13:30:00	Let's Cook	Angela Lomacang *,	Angela Lomacang and Robin Swain show making
0/3/2000	13.30.00	Together	Robin Swain	salad dressings and salads.
6/3/2008	14:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunex with Janet and Richard Nelson
0/3/2000	14.00.00	Aerobics	Nelson and Richard	
		Aerobics	Nelson	demonstrate exercise routines to help with neck pain.
6/4/2008	06:00:00	Body and Spirit	Dick Nunez *, Bobby Jo	Dick Nunex with Bobby Jo Murphy and Jonathon
0/4/2008	00.00.00	Aerobics	Murphy and Jonathon	Hopkins demonstrate exercise routines to help
		Aerobics	Hopkins	with hypertension.
6/4/2009	10:00:00	Marriago in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
0/4/2000	10.00.00	Hands		
6/4/2009	14:00:00	Body and Spirit		forming common goals. Dick Nunex with Alex Hinez and Jonathon Hopkins
0/4/2008	14.00.00	Body and Spint	Jonathon Hopkins	demonstrate exercise routines to help with heart
			Jonathon Hopkins	disease.
6/4/2009	18:30:00	Wonderfully	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of
0/4/2008	10.30.00	Made	Dr. Meshach Samuel	preventive medicine.
6/5/2009	02:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash withDon Miller and Rhonda
0/3/2000	02.00.00	Health		Clark discuss the use of Home Remedies. Part 5.
			Miller , Rhonda Clark	
6/5/2008	04:00:00	Health for a	Don Mackintosh, Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for dealing with alergies.
6/5/2008	06:00:00	Body and Spirit	Dick Nunez *, Brittany	Dick Nunex with Jane Baker and Brittany Nunez
			Nunez , Jane Baker	demonstrate exercise routines to help with
				osteoporosis.
6/5/2008	11:30:00**	Health Headlines	Dr.Bernel Baldwin ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	you current Health Headlines in a 15 min.
				segment.

### All times are Central Time Zone.

All programs are 30 min. except

Date	Time	Program	Talent	Description
6/5/2008	13:30:00	Let's Cook	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show
		Together		making lunch.
6/5/2008	14:00:00	Body and Spirit	Dick Nunez *, Richard	Dick Nunex with Richard Nelson and Cindy
		Aerobics	Nelson and Cindy Hanson	Hanson discusses motivation and demonstrates
				fitness exercises.
6/5/2008	14:30:00		Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	forming common goals.
6/6/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunex with Jonathon Hopkins and Megan
		Aerobics		Frasier discusses attitude and demonstrates
				fitness exercises.
6/6/2008	10:00:00	Health for a	Don Mackintosh, Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for dealing with alergies.
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	Dick Nunex with Omar Mosquera and Brittany
			Nunez , Omar Mosquera	Nunez demonstrate exercise routines to help with
				auto-immune disorders.
6/8/2008	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	forming common goals.
6/8/2008	14:30:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for dealing with alergies.
6/8/2008	23:30:00	Wonderfully	Don Morgan	Don Morgan talks about walking and stepping
		Made		toward stepping into health.
6/9/2008	04:00:00 *	Celebrating Life	Cheri Peters *, Dr.	Cheri Peters and Dr. Douglas Weiss discuss real-
		in Recovery	Douglas Weiss	life situations in a segment titled "Get a Grip (on
				real life)."
6/9/2008	06:00:00	Body and Spirit	Brittany Nunez , Dick	Dick Nunez and helpers show aerobics exercises
		Aerobics	Nunez , Rick Nunez	for health.
6/9/2008	06:45:00**	Health Headlines	Dr.Bernel Baldwin ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	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 convienience
				of crock-pot cooking for the busy family.
6/9/2008	14:00:00	Body and Spirit	Dick Nunez *. Alex Hinez .	Dick Nunex with Alex Hinez and Jonathon Hopkins
0,0,2000			Jonathon Hopkins	demonstrate exercise routines for abdominal
				training.
6/9/2008	18:00:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for dealing with alergies.
6/10/2008	02.00.00	Wonderfully	Don Morgan	Don Morgan talks about walking and stepping
0/10/2000	02.00.00	Made	Don worgan	toward stepping into health.
6/10/2008	06.00.00	Body and Spirit	Dick Nunez * Jane Bakor	Dick Nunex with Omar Mosquera and Jane Baker
0/10/2000	00.00.00		, Omar Mosquera	discuss vegetarianism and demonstrate exercise
			, ontai mosquera	routines for health.

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All programs are 30 min. except

Date	Time	Program	Talent	Description
6/10/2008	10:00:00	Help Yourself to	Agatha Thrash *, , ,	Dr. Agatha Thrash with Rhonda Clark talk about
		Health	Rhonda Clark	Dermatology. Part 1.
6/10/2008	13:30:00	Let's Cook	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show
		Together		making appetizers and dinner.
6/10/2008	14:00:00	Body and Spirit	Becky Garber , Dick	Dick Nunex with Becky Garber and Fred Garber
		Aerobics	Nunez , Fred Garber	demonstrate fitness exercises to help with stress.
6/11/2008	06:00:00	Body and Spirit	Brittany Nunez , Dick	Dick Nunez with helpers discusses "fitness level"
		Aerobics	Nunez , Rick Nunez	and demonstrates exercises to help.
6/11/2008	10:00:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of setting
		Hands	Waters	priorities.
6/11/2008	14:00:00	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunex with Alex Hinez and Omar Mosquera
			Omar Mosquera	demonstrate exercise routines to help with neck
				pain.
6/11/2008	18:30:00	Wonderfully	Don Morgan	Don Morgan talks about walking and stepping
		Made		toward stepping into health.
6/12/2008	02:00:00	Help Yourself to	Agatha Thrash *, , ,	Dr. Agatha Thrash with Rhonda Clark talk about
		Health	Rhonda Clark	Dermatology. Part 1.
6/12/2008	04:00:00	Health for a	Don Mackintosh, Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for dealing with heart
				disease.
6/12/2008	06:00:00	Body and Spirit	Dick Nunez *, Brittany	Dick Nunex with Brittany Nunez and Jonathon
			Nunez, Jonathon Hopkins	Hopkins demonstrate exercise routines to help
				with obesity.
6/12/2008	11:30:00**	Health Headlines	Dr.Bernel Baldwin ,	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Dr.Roby Sherman	you current Health Headlines in a 15 min.
				segment.
6/12/2008	13:30:00	Let's Cook	Jill Morikone *, Mary Bernt	Jill Morikone and Mary Bernt discuss and show
		Together		how to "Roll it up with Tofu.".
6/12/2008	14:00:00	Body and Spirit	Becky Garber, Dick	Dick Nunez with helpers shows simple exercises
0/10/0000	11.00.00	Aerobics	Nunez, Fred Garber	helpful for those with joint problems
6/12/2008	14:30:00	-	Alane Waters , Tom	Tom and Alane Walters discuss aspects of setting
0/10/0000	~~ ~~ ~~ *	Hands	Waters	priorities.
6/12/2008	23:00:00 *	Celebrating Life	Cheri Peters *, Dr.	Cheri Peters and Dr. Douglas Weiss discuss real-
		in Recovery	Douglas Weiss	life situations in a segment titled "Get a Grip (on
0/10/0000	00.00.00	Dadu and Onivit		real life)."
6/13/2008	06:00:00	Body and Spirit	Becky Garber, Dick	Dick Nunez with helpers shows compression
0/40/0000	10.00.00	Aerobics	Nunez, Fred Garber	exercises to help with osteoporosis
6/13/2008	10:00:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for dealing with heart
0/10/0000	10.00.00	A have also at 1 is the en	Reula and Quitia Estina	disease.
6/13/2008	13:30:00	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the difference
C/1E/0000	06:00:00	Dody and Calult	Diak Nunaz * Jama Dalut	between CRP and CPR for a healthy life.
6/15/2008	00:00:00	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunex with Jane Baker demonstrate exercise
C/1E/0000	10.00.00	Marriage in Carlle	Alana Watara Tam	routines to help with knee pain.
6/15/2008	12:30:00	-	Alane Waters , Tom	Tom and Alane Walters discuss aspects of setting
		Hands	Waters	priorities.

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Date	Time	Program	Talent	Description
6/15/2008	14:30:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for dealing with heart
				disease.
6/15/2008	19:00:00 *	Celebrating Life	Cheri Peters *, Dr.	Cheri Peters and Dr. Douglas Weiss discuss real-
		in Recovery	Douglas Weiss	life situations in a segment titled "Ten-minute
			C C	marriage."
6/15/2008	23:30:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made		it affects adult obesity and health.
6/16/2008	04:00:00 *	Celebrating Life	Cheri Peters *, Dr.	Cheri Peters and Dr. Douglas Weiss discuss real-
		in Recovery	Douglas Weiss	life situations in a segment titled "Ten-minute
		,	5	marriage."
6/16/2008	06:00:00	Body and Spirit	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises
		Aerobics	,	designed for the elderly.
6/16/2008	06:45:00**	Health Headlines	Bernell Baldwin *, Roby	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Ann Sherman	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,"
		, a concerne ann g		Curtis and Paula Eakins discuss.
6/16/2008	14:00:00	Body and Spirit	Dick Nunez *. Alex Hinez .	Dick Nunez with Alex Hinez and Jonathon Hopkins
0, 0, 2000			Jonathon Hopkins	demonstrate 10-sec training exercises
6/16/2008	18:00:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
0,10,2000		Lifetime	Charles - Marcel	and suggest some ideas for dealing with heart
				disease.
6/17/2008	02:00:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made		it affects adult obesity and health.
6/17/2008	06:00:00	Body and Spirit	Dick Nunez *. Alex Hinez .	Dick Nunex with Alex Hinex and Brittany Nunez
			Brittany Nunez	demonstrate exercise routines for lower back
				training.
6/17/2008	10:00:00	Help Yourself to	Agatha Thrash *, , Calving	Dr. Agatha Thrash, Dr. Calving Thrash with Don
		Health	Thrash , Don Miller ,	Miller and Rhonda Clark talk about Dermatology.
				Part 2.
6/17/2008	13:30:00	Let's Cook		Jill Morikone and Mary Bernt discuss and show
		Together	· · · · · · · · · · · · · · · · · · ·	making a basic breakfast.
6/17/2008	14:00:00	Body and Spirit	Becky Garber , Dick	Dick Nunez with helpers shows specific exercises
		Aerobics	Nunez , Fred Garber	designed for baby boomers.
6/18/2008	06:00:00	Body and Spirit	Dick Nunez , Mrs. Ford	Senior Citizen Fitness involves appropriate
		Aerobics	,	exercising. Dick Nunez and helpers shows how.
				5 · · · · · · · · · · · · · · ·
6/18/2008	10:00:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	effective communication.
6/18/2008	14:00:00	Body and Spirit		Dick Nunex with Omar Mosquera and Brittany
		,	, Omar Mosquera	Nunez demonstrate exercise routines for health.
			·	
6/18/2008	18:30:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made		it affects adult obesity and health.

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Date	Time	Program	Talent	Description
6/19/2008	02:00:00	Help Yourself to	Agatha Thrash *, , Calving	Dr. Agatha Thrash, Dr. Calving Thrash with Don
		Health	Thrash , Don Miller ,	Miller and Rhonda Clark talk about Dermatology.
			Rhonda Clark	Part 2.
6/19/2008	04:00:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for total health.
6/19/2008	06:00:00	Body and Spirit	Dick Nunez *, Brittany	Training for Young People is the topic talked about
			Nunez , Jonathon Hopkins	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	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Ann Sherman	you current Health Headlines in a 15 min.
				segment.
6/19/2008	13:30:00	Let's Cook	Jill Morikone *, Mary Bernt	Jill Morikone and Mary Bernt discuss and show
		Together		making "Super Salads."
6/19/2008	14:00:00	Body and Spirit	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses
		Aerobics		Senior Exercise.
6/19/2008	14:30:00	•	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	effective communication.
6/19/2008	23:00:00 *	Celebrating Life	Cheri Peters *, Dr.	Cheri Peters and Dr. Douglas Weiss discuss real-
		in Recovery	Douglas Weiss	life situations in a segment titled "Ten-minute
				marriage."
6/20/2008	06:00:00	Body and Spirit	Brittany Nunez, Dick	Dick Nunez with helpers show and talk about
		Aerobics	Nunez , Rick Nunez	exercises for autoimmune disease.
6/20/2008	10:00:00	Health for a	Don Mackintosh, Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	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	Dick Nunex with Brittany Nunex and Jane Baker
			Nunez , Jane Baker	demonstrate exercise routines especially for
0/00/0000	10.00.00			Women.
6/22/2008	12:30:00	•	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
0,00,0000	14.00.00	Hands	Waters	effective communication.
6/22/2008	14:30:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
C/00/0000	19:00:00 *	Lifetime	Charles - Marcel	and suggest some ideas for total health.
6/22/2008	19:00:00 *	_	Cheri Peters *, Harmony	Cheri Peters, Harmony Dist and Ashley Dodson
		in Recovery	Dust and Ashley Dodson	discuss discuss self-esteem in real-life situations
6/22/2008	22.20.00	Wonderfully	Don Morgon	in a segment titled "I am a treasure."
0/22/2000	23.30.00	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	Cheri Peters *, Harmony	Cheri Peters, Harmony Dist and Ashley Dodson
		in Recovery	Dust 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	Andrew Hard , Dick	Dick Nunez, with helpers, demonstrate beginning
		Aerobics	Nunez , Rick Nunez	exercising.

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Date	Time	Program	Talent	Description
6/23/2008	06:45:00**	Health Headlines	Bernell Baldwin *, Roby	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Ann Sherman	you current Health Headlines in a 15 min.
				segment.
6/23/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins focus on Alzheimers
		, C	Eakins	Disease. Part 1.
6/23/2008	14:00:00	Body and Spirit	Dick Nunez *, Alex Hinez ,	Getting enough of the proper rest is as import as
			Jane Baker	proper exercise. Dick Nunez discusses and leads
				exercise routings with Jane Baker and Jonathon
				Hopkins
6/23/2008	18:00:00	Health for a	Don Mackintosh, Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and suggest some ideas for total health.
6/24/2008	02:00:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made	, i i i i i i i i i i i i i i i i i i i	it affects obesity in children and their health.
6/24/2008	06:00:00	Body and Spirit	Dick Nunez *, Jane Baker	Dick Nunez show exercises for body toning. Dick
			, Jonathon Hopkins	is assisted by Jane Baker and Jonathon Hopking.
6/24/2008	10:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark talk about Dermatology. Part 3.
6/24/2008	13:30:00	Let's Cook	Jill Morikone *, Bev Condy	Jill Morikone and Bev Condy discuss and show
		Together		making breakfast.
6/24/2008	14:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunez shows how to tone your muscles.
		Aerobics	Nunez , Rick Nunez	Helpers are Rick Nunex and Andrew Hard.
6/25/2008	06:00:00	Body and Spirit	Dick Nunez , Fred Garber	Dick Nunez shows exercises geared as a workout
		Aerobics	, Matthew Hard	for men. Helpers are Fred Garber and Matthew
				Hard.
6/25/2008	10:00:00	-	Alane Waters , Tom	Tom and Alane Walters discuss when each
		Hands	Waters	person says "Please Understand Me."
6/25/2008	14:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez, Jonathon Hopkins and Omar
			Hopkins , Omar Mosquera	Mosquera show exercise routines for shoulder
				training.
6/25/2008	18:30:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made		it affects obesity in children and their health.
6/26/2008	02:00:00	Help Yourself to	Agatha Thrash *, Don	Dr. Agatha Thrash with Don Miller and Rhonda
		Health	Miller , Rhonda Clark	Clark talk about Dermatology. Part 3.
6/26/2008	04:00:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and discuss the value of being active.
6/26/2008	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunex, Jonathon Hopkins and Omar
			Jonathon Hopkins	Mosquera demonstrate healthful body exercises.
6/26/2008	11:30:00**	Health Headlines	Bernell Baldwin *, Roby	Dr. Bernell Baldwin and Roby Anne Sherman bring
0/20/2000	11.00.00	ricalin ricadimes	Ann Sherman	you current Health Headlines in a 15 min.
				segment.
6/26/2008	13:30:00	Let's Cook	Jill Morikone * Rev Condy	Jill Morikone and Bev Condy discuss and show
5,20,2000	10.00.00	Together		making lunch.
6/26/2008	14.00.00	Body and Spirit	Dick Nunez , Fred Garber	For those that may be lower-body "challenged,"
5, 20, 2000		Aerobics		Dick Nunez demonstrates simple exercises with
				Fred Garber.
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Date	Time	Program	Talent	Description
6/26/2008	14:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss when each
		Hands	Waters	person says "Please Understand Me."
6/26/2008	23:00:00 *	Celebrating Life	Cheri Peters *, Harmony	Cheri Peters, Harmony Dist and Ashley Dodson
		in Recovery	Dust 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	Becky Garber, Brittany	Dick Nunez and helpers demonstrate simple
		Aerobics	Nunez , Dick Nunez	home exercises for women.
6/27/2008	10:00:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and discuss the value of being active.
6/27/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins focus on Alzheimers
			Eakins	Disease. Part 2.
6/29/2008	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunex, Jonathon Hopkins and Brittany Nunez
			Hopkins & Brittany Nunez	show body exercises and explain how they work.
6/29/2008	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss when each
		Hands	Waters	person says "Please Understand Me."
6/29/2008	14:30:00	Health for a	Don Mackintosh , Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and discuss the value of being active.
6/29/2008	19:00:00 *	Celebrating Life	Cheri Peters *, Cheryl	Cheri Peters and Cheryl McGuinne discuss
		in Recovery	McGuinnes	recovery from addiction in a series titled "Beauty
				Beyond the Ashes."
6/29/2008	23:30:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a discussion with James
		Made	Marcum	Marcum focused on "Could I Have a Heart
6/20/2000	04:00:00 *	Celebrating Life	Cheri Peters *, Cheryl	Attack?" Cheri Peters and Cheryl McGuinne discuss
0/30/2000	04.00.00	in Recovery	McGuinnes	recovery from addiction in a series titled "Beauty
		III Necovery	McGuinnes	Beyond the Ashes."
6/30/2008	06:00:00	Body and Spirit	Becky Garber , Brittany	Dick Nunez and helpers demonstrate exercises
		Aerobics	Nunez , Dick Nunez	and discuss the pitfalls of fad diets.
6/30/2008	06:45:00**	Health Headlines	Bernell Baldwin *, Roby	Dr. Bernell Baldwin and Roby Anne Sherman bring
			Ann Sherman	you current Health Headlines in a 15 min.
				segment.
6/30/2008	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins cook up some Southern
			Eakins	Cuisine.
6/30/2008	14:00:00	Body and Spirit	Dick Nunez *, Kyle	Dick Nunex with Kyle Gabbert and Brittany Nunex
			Gabbert & Brittany Nunez	demonstrate fitness exercises for young people.
6/30/2008	18:00:00	Health for a	Don Mackintosh, Zeno	Don Mackintosh and Zeno Charles-Marcel review
		Lifetime	Charles - Marcel	and discuss the value of being active.