

Community Issues Program List

July through September 2019

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

Date and Time	Program	Talent	Description
2019-07-01 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2019-07-01 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai green curry lentils et al.
2019-07-01 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
2019-07-01 07:30*	Ultimate Prescription		discusses water.
2019-07-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2019-07-01 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2019-07-02 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss cancer prevention.
2019-07-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2019-07-02 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2019-07-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2019-07-02 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2019-07-03 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2019-07-03 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Brittany Nunez	Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training.
2019-07-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2019-07-03 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2019-07-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2019-07-04 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2019-07-04 12:00*	Ultimate Prescription		discusses water.
2019-07-04 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2019-07-05 03:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2019-07-05 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
2019-07-05 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.

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2019-07-05 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc..
2019-07-07 03:30*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2019-07-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2019-07-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2019-07-07 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2019-07-08 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2019-07-08 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2019-07-08 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins	Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins.
2019-07-08 07:30*	Ultimate Prescription		discusses nutrition for diabetes.
2019-07-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2019-07-08 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2019-07-09 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss ways to save your heart.
2019-07-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2019-07-09 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2019-07-09 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2019-07-09 17:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2019-07-10 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2019-07-10 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2019-07-10 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2019-07-10 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2019-07-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.

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Date and Time	Program	Talent	Description
2019-07-11 10:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul. discusses nutrition for diabetes.
2019-07-11 12:00*	Ultimate Prescription		
2019-07-11 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2019-07-12 03:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2019-07-12 06:00*	Body and Spirit	Dick Nunez (Host), 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
2019-07-12 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2019-07-12 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss types of memory loss.
2019-07-14 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2019-07-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2019-07-14 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2019-07-14 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2019-07-15 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2019-07-15 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2019-07-15 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Jonathon Hopkins	Dick Nunez show excercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking.
2019-07-15 07:30*	Ultimate Prescription		discusses nutrition for cardiovascular health.
2019-07-15 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2019-07-15 14:00*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2019-07-16 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss weight management.
2019-07-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
2019-07-16 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2019-07-16 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home.

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2019-07-16 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2019-07-17 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2019-07-17 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins, Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
2019-07-17 13:00*	Issues and Answers	Shelley Quinn (Host), Nicole Parker	Karen Thomas, Reginald, and Emily Clark discuss wisdom and wealth.
2019-07-17 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2019-07-17 14:00*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2019-07-18 04:30*	Issues and Answers	Shelley Quinn (Host), Nicole Parker	Karen Thomas, Reginald, and Emily Clark discuss wisdom and wealth.
2019-07-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2019-07-18 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2019-07-18 12:00*	Ultimate Prescription		discusses nutrition for cardiovascular health.
2019-07-18 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2019-07-19 03:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2019-07-19 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2019-07-19 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and others.
2019-07-19 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in bone loss, depression, homosexuality, etc..
2019-07-21 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2019-07-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2019-07-21 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.

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2019-07-21 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2019-07-22 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2019-07-22 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2019-07-22 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez	Dick Nunez, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work.
2019-07-22 07:30*	Ultimate Prescription		discusses brain health (part 1).
2019-07-22 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2019-07-22 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2019-07-23 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss stress management.
2019-07-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
2019-07-23 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2019-07-23 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2019-07-23 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2019-07-24 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2019-07-24 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Brittany Nunez	Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for young people.
2019-07-24 13:00*	Issues and Answers	Shelley Quinn (Host), Nicole Parker	Karen Thomas and Ra'Shall Steede discuss from tragedy to triumph.
2019-07-24 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2019-07-24 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2019-07-25 04:30*	Issues and Answers	Shelley Quinn (Host), Nicole Parker	Karen Thomas and Ra'Shall Steede discuss from tragedy to triumph.
2019-07-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health.

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2019-07-25 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2019-07-25 12:00*	Ultimate Prescription		discusses brain health (part 1).
2019-07-25 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2019-07-26 03:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2019-07-26 06:00*	Body and Spirit	Dick Nunez (Host), Johnathon Hopkins & Leif Sjoren	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2019-07-26 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2019-07-26 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss freedom from habits that hurt.
2019-07-28 03:30*	From Sickness to Health	Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2019-07-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2019-07-28 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2019-07-28 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Bobbie Hartman, Tammy Hartman, Haylee Staton	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2019-07-29 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Bobbie Hartman, Tammy Hartman, Haylee Staton	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2019-07-29 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2019-07-29 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Jonathon Hopkins	Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready.
2019-07-29 07:30*	Ultimate Prescription		discusses brain health (part 2).
2019-07-29 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2019-07-29 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2019-07-30 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas and Hildemar Dos Santos discuss health evangelism.

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2019-07-30 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
2019-07-30 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2019-07-30 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2019-07-30 17:00*	From Sickness to Health	Rico Hill (Host), Sherry- Lynne Bredy, Reidland Bredy	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2019-07-31 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Bobbie Hartman, Tammy Hartman, Haylee Staton	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2019-07-31 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez & Steven Lingenfelter	Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
2019-07-31 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2019-07-31 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2019-08-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2019-08-01 10:00*	From Sickness to Health	Rico Hill (Host), Sherry- Lynne Bredy, Reidland Bredy	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2019-08-01 12:00*	Ultimate Prescription		discusses brain health (part 2).
2019-08-01 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2019-08-02 03:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2019-08-02 06:00*	Body and Spirit	Dick Nunez (Host), Amy Andersen & Jonathon Hopkins	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2019-08-02 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2019-08-02 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss diet & stress.
2019-08-04 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2019-08-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2019-08-04 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.

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2019-08-04 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2019-08-05 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2019-08-05 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2019-08-05 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2019-08-05 07:30*	Ultimate Prescription		discusses physiology of worship.
2019-08-05 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2019-08-05 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2019-08-06 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the Good News of Diabetes -- it can be controlled.
2019-08-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2019-08-06 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2019-08-06 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2019-08-06 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2019-08-07 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2019-08-07 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.
2019-08-07 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2019-08-07 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2019-08-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2019-08-08 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2019-08-08 12:00*	Ultimate Prescription		discusses physiology of worship.
2019-08-08 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2019-08-09 03:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2019-08-09 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2019-08-09 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.

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2019-08-09 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss food for thought.
2019-08-11 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.
2019-08-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2019-08-11 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2019-08-11 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2019-08-12 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2019-08-12 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2019-08-12 07:30*	Ultimate Prescription		discusses worship as treatment.
2019-08-12 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2019-08-12 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2019-08-13 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.
2019-08-13 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2019-08-13 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2019-08-13 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.
2019-08-13 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.
2019-08-14 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2019-08-14 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.
2019-08-14 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
2019-08-14 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.
2019-08-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.

Community Issues Program List

July through September 2019

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

Date and Time	Program	Talent	Description
2019-08-15 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.
2019-08-15 12:00*	Ultimate Prescription		discusses worship as treatment.
2019-08-15 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2019-08-16 03:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2019-08-16 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez	For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez.
2019-08-16 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses not butter chicken & others.
2019-08-16 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss brain on a binge.
2019-08-18 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2019-08-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2019-08-18 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2019-08-18 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2019-08-19 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2019-08-19 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2019-08-19 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins and Brittany Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2019-08-19 07:30*	Ultimate Prescription		discusses frequently asked questions.
2019-08-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2019-08-19 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2019-08-20 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss overweight.
2019-08-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2019-08-20 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.

Community Issues Program List

July through September 2019

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

Date and Time	Program	Talent	Description
2019-08-20 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2019-08-20 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2019-08-21 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2019-08-21 06:00*	Body and Spirit	Dick Nunez (Host), Amy Anderson and Leif Sjoren	Dick Nunez with Amy Anderson and Leif Sjoren show how tendon injury can be helped with proper exercise.
2019-08-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2019-08-21 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2019-08-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2019-08-22 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2019-08-22 12:00*	Ultimate Prescription		discusses frequently asked questions.
2019-08-22 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2019-08-23 03:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2019-08-23 06:00*	Body and Spirit	Dick Nunez (Host), Amy Anderson and Brittany Nunez	Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls
2019-08-23 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2019-08-23 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss your fabulous, forgotten friend fiber.
2019-08-25 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2019-08-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2019-08-25 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2019-08-25 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brian Shaul, David Allen	Cheri Peters, Brian Shaul, and David Allen discuss emotional challenges.
2019-08-26 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brian Shaul, David Allen	Cheri Peters, Brian Shaul, and David Allen discuss emotional challenges.
2019-08-26 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.

Community Issues Program List

July through September 2019

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Date and Time	Program	Talent	Description
2019-08-26 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins and Leif Sjoren	Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.
2019-08-26 07:30*	Ultimate Prescription		discusses why weâ€™re sick.
2019-08-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2019-08-26 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2019-08-27 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.
2019-08-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2019-08-27 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2019-08-27 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2019-08-27 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2019-08-28 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brian Shaul, David Allen	Cheri Peters, Brian Shaul, and David Allen discuss emotional challenges.
2019-08-28 06:00*	Body and Spirit	Dick Nunez (Host), Kye Gabbert and Luther Whiting	Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis.
2019-08-28 13:00*	Issues and Answers	Shelley Quinn (Host), Jennifer Schwirzer	Karen Thomas and Denis Turner discuss giving up is not an option.
2019-08-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2019-08-28 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2019-08-29 04:30*	Issues and Answers	Shelley Quinn (Host), Jennifer Schwirzer	Karen Thomas and Denis Turner discuss giving up is not an option.
2019-08-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2019-08-29 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2019-08-29 12:00*	Ultimate Prescription		discusses why weâ€™re sick.
2019-08-29 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2019-08-30 03:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2019-08-30 06:00*	Body and Spirit	Dick Nunez (Host), Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis

Community Issues Program List

July through September 2019

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Date and Time	Program	Talent	Description
2019-08-30 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry fillos et al.
2019-08-30 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss journey to victory.
2019-09-01 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2019-09-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2019-09-01 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2019-09-01 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters , Brian Shaul, and David Allen discuss helpful hints to free you from anger.
2019-09-02 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters , Brian Shaul, and David Allen discuss helpful hints to free you from anger.
2019-09-02 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2019-09-02 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
2019-09-02 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2019-09-03 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss physiology of health.
2019-09-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2019-09-03 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2019-09-03 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2019-09-03 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2019-09-04 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters , Brian Shaul, and David Allen discuss helpful hints to free you from anger.
2019-09-04 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner and Brittany Nunez	Dick Nunez and Art Garner and Brittany Nunez discuss fitness for everyone.
2019-09-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2019-09-04 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2019-09-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.

Community Issues Program List

July through September 2019

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Date and Time	Program	Talent	Description
2019-09-05 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2019-09-05 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2019-09-06 03:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2019-09-06 06:00*	Body and Spirit	Dick Nunez (Host), Mark Lenz	Dick Nunez and Mark Lenz discuss knee rehab.
2019-09-06 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2019-09-06 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven steps setting & sustaining.
2019-09-08 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2019-09-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McClucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2019-09-08 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2019-09-08 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jennifer Jill Schwirzer	Cheri Peters, and Jennifer Jill Schwirzer discuss eating disorders.
2019-09-09 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jennifer Jill Schwirzer	Cheri Peters, and Jennifer Jill Schwirzer discuss eating disorders.
2019-09-09 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2019-09-09 06:00*	Body and Spirit	Dick Nunez (Host), Ronnie Evans Jr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2019-09-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2019-09-09 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2019-09-10 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss herbs.
2019-09-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strengthen your bones.
2019-09-10 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2019-09-10 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2019-09-10 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.

Community Issues Program List

July through September 2019

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

Date and Time	Program	Talent	Description
2019-09-11 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jennifer Jill Schwirzer	Cheri Peters, and Jennifer Jill Schwirzer discuss eating disorders.
2019-09-11 06:00*	Body and Spirit	Dick Nunez (Host), Rony Evans Sr.	Dick Nunez and Rony Evans Sr. discuss senior fitness.
2019-09-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2019-09-11 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2019-09-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2019-09-12 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2019-09-12 12:00*	Ultimate Prescription		discusses light.
2019-09-12 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2019-09-13 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2019-09-13 06:00*	Body and Spirit	Dick Nunez (Host), Mark & Diane Lenz	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2019-09-13 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2019-09-13 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven goals for designer lifestyle.
2019-09-15 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2019-09-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.
2019-09-15 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2019-09-16 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2019-09-16 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez & Fischer	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.
2019-09-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2019-09-16 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2019-09-17 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses diabetes.
2019-09-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2019-09-17 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.

Community Issues Program List

July through September 2019

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2019-09-17 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2019-09-17 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, and Thomas Jackson discuss balance.
2019-09-18 06:00*	Body and Spirit	Dick Nunez (Host), Brian Heath	Dick Nunez and Brian Heath discuss fat burning.
2019-09-18 13:00*	Issues and Answers	Shelley Quinn (Host), Doris Gothard	Karen Thomas and Pr. Kymone Hinds discuss obey your thirst.
2019-09-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2019-09-18 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2019-09-19 04:30*	Issues and Answers	Shelley Quinn (Host), Doris Gothard	Karen Thomas and Pr. Kymone Hinds discuss obey your thirst.
2019-09-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2019-09-19 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2019-09-19 12:00*	Ultimate Prescription		discusses movement part 1.
2019-09-19 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2019-09-20 03:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2019-09-20 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss sugar burning.
2019-09-20 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2019-09-20 10:00*	Health for a Lifetime	Don Mackintosh (Host), Christina Salter	Don Mackintosh and Christina Salter discuss colon health.
2019-09-22 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2019-09-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2019-09-22 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2019-09-22 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Wayne Blakely	Cheri Peters and Wayne Blakely discuss the victory over homosexuality.
2019-09-23 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Wayne Blakely	Cheri Peters and Wayne Blakely discuss the victory over homosexuality.
2019-09-23 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2019-09-23 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss fibromyalgia.
2019-09-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.

Community Issues Program List

July through September 2019

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

Date and Time	Program	Talent	Description
2019-09-23 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2019-09-24 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses beta-cell burnout.
2019-09-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Kalie O'Brien, Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2019-09-24 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2019-09-24 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2019-09-24 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2019-09-25 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Wayne Blakely	Cheri Peters and Wayne Blakely discuss the victory over homosexuality.
2019-09-25 06:00*	Body and Spirit	Dick Nunez (Host), Terrance Marshall	Dick Nunez and Terrance Marshall discuss shoulder pain.
2019-09-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2019-09-25 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycyle.
2019-09-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2019-09-26 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2019-09-26 12:00*	Ultimate Prescription		discusses movement part 2.
2019-09-26 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2019-09-27 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2019-09-27 06:00*	Body and Spirit	Dick Nunez (Host), Brandon Tygret	Dick Nunez and Brandon Tygret discuss strength training.
2019-09-30 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Chris Corzine	Cheri Peters and Chris Corzine discuss victory over Meth addiction.
2019-09-30 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2019-09-30 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss supplements.
2019-09-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2019-09-30 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.