

# Community Issues Program List

## *October through December 2013*

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

Date and Time	Program	Talent	Description
2013-10-01 06:00*	Body and Spirit Aerobics	Dick Nunez *, Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2013-10-01 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark in the first of a two-part series discuss weight control.
2013-10-01 11:00*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss getting motivated.
2013-10-01 11:30*	NEWSTART Now	Ron Giannoni *, Carol Higgins	Ron Giannoni and Carol Higgins discuss learning how to eat properly and weight loss.
2013-10-01 13:30*	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making breakfast.
2013-10-01 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Lyndi Schwartz, and Nancy Diaz discuss just for kicks.
2013-10-01 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and June Smith discuss challenges children face in blended families.
2013-10-01 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2013-10-02 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2013-10-02 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-10-02 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2013-10-02 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for spinal health.
2013-10-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2013-10-02 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .
2013-10-03 03:00!	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
2013-10-03 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and June Smith discuss challenges children face in blended families.
2013-10-03 04:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss differences between men & women.
2013-10-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2013-10-03 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-10-03 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss joy of the lord is.
2013-10-03 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-10-03 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2013-10-03 13:30*	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making lunch.
2013-10-03 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Lyndi Schwartz, and Tami Bivens discuss interval jogging.

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Date and Time	Program	Talent	Description
2013-10-04 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for dealing with aggression
2013-10-04 10:00*	Health for a Lifetime	Ashraf Maher , Don Mackintosh	Ashraf Maher and Don Mackintosh discuss dr. maher's testimony.
2013-10-04 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss identifying when your marriage is in trouble with some ideas of what to do.
2013-10-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2013-10-04 14:00*	Action 4 Life	Casio Jones * , Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2013-10-06 03:30*	Help Yourself to Health	Agatha Thrash * , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark continue their discussion of helpful weight control.
2013-10-06 06:00*	Body and Spirit Aerobics	Dick Nunez * , Kalie O'Brien , Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2013-10-06 14:00*	Body and Spirit (New)	Andi Hunsaker * , Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2013-10-07 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss joy of the lord is.
2013-10-07 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for super slow training.
2013-10-07 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss health and reason.
2013-10-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2013-10-07 14:00*	Action 4 Life	Casio Jones * , Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2013-10-07 18:30*	Issues and Answers	Shelley Quinn * , Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss differences between men & women.
2013-10-08 06:00*	Body and Spirit Aerobics	Dick Nunez * , Daniel Hopkins , Rabeca Lovelace	Dick Nunez, Daniel Hopkins, and Rabeca Lovelace discuss depression.
2013-10-08 10:00*	Help Yourself to Health	Agatha Thrash * , Don Miller, Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark continue their discussion of helpful weight control.
2013-10-08 11:00*	Issues and Answers	Shelley Quinn * , Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss differences between men & women.
2013-10-08 13:30*	Let's Cook Together	Jill Morikone * , Bev Condy	Jill Morikone and Bev Cook prepare a healthy dinner.
2013-10-08 14:00*	Body and Spirit (New)	Lyndi Schwartz * , Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss aerobics for upper extremities.
2013-10-08 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss identifying when your marriage is in trouble with some ideas of what to do.
2013-10-08 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss health and reason.
2013-10-09 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss health and reason.

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Date and Time	Program	Talent	Description
2013-10-09 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-10-09 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with tennis elbow.
2013-10-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2013-10-09 14:00*	Action 4 Life	Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2013-10-10 03:00!	Up Close	Gerard McLane	Gerard McLane discusses obesity and diet.
2013-10-10 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss identifying when your marriage is in trouble with some ideas of what to do.
2013-10-10 04:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss women & the genesis three curse.
2013-10-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2013-10-10 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-10-10 10:00*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.
2013-10-10 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss health and reason.
2013-10-10 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook prepare ethnic salads.
2013-10-10 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2013-10-11 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to help with chronic pain.
2013-10-11 10:00*	Health for a Lifetime	Don Mackintosh , Neil Nedley	Don Mackintosh and Neil Nedley discuss the wonderful mind.
2013-10-11 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss rejection in marriage.
2013-10-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.
2013-10-11 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2013-10-11 17:00*	NEWSTART Now	Ron Giannoni *, Eric Hveding	Ron Giannoni and Eric Hveding discuss overcoming weight issues and diabetes.
2013-10-13 03:00*	NEWSTART Now	Ron Giannoni *, Eric Hveding	Ron Giannoni and Eric Hveding discuss overcoming weight issues and diabetes.
2013-10-13 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss skeletal problems and their effects.
2013-10-13 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Daniel Hopkins	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2013-10-13 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.

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2013-10-14 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.
2013-10-14 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for slow training for women.
2013-10-14 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions about cancer and nutrition.
2013-10-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2013-10-14 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2013-10-14 18:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss women & the genesis three curse.
2013-10-15 06:00*	Body and Spirit Aerobics	Dick Nunez *, Mollie Steenson	Dick Nunez and Mollie Steenson discuss plantar fasciitis.
2013-10-15 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss skeletal problems and their effects.
2013-10-15 11:00*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss women & the genesis three curse.
2013-10-15 11:30*	NEWSTART Now	Ron Giannoni *, Eric Hveding	Ron Giannoni and Eric Hveding discuss overcoming weight issues and diabetes.
2013-10-15 13:30*	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook discuss dairy replacements.
2013-10-15 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2013-10-15 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and June Smith discuss rejection in marriage.
2013-10-15 19:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions about cancer and nutrition.
2013-10-16 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions about cancer and nutrition.
2013-10-16 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2013-10-16 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez with Christy Soderling and Britney Nunez discuss and demonstrate exercise routines for overcoming addiction.
2013-10-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2013-10-16 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2013-10-17 03:00!	Up Close	Jason Seiber	Jason Seiber discusses taming your tv.
2013-10-17 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and June Smith discuss rejection in marriage.
2013-10-17 04:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss r b f therapy.
2013-10-17 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez and helpers show aerobics exercises for health.
2013-10-17 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

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2013-10-17 10:00*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
2013-10-17 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions about cancer and nutrition.
2013-10-17 13:30*	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook demonstrate preparing raw desserts.
2013-10-17 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2013-10-18 10:00*	Health for a Lifetime	Don Mackintosh , Neil Nedley	Don Mackintosh and Neil Nedley discuss depression.
2013-10-18 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and June Smith discuss the marital situation When love is not enough.
2013-10-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2013-10-18 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2013-10-20 03:30*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Calvin Thrash, Don Miller and Rhonda Clark talk, in a two-part series, about the Respiratory System.
2013-10-20 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2013-10-20 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2013-10-21 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2013-10-21 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
2013-10-21 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women.
2013-10-21 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions of the heart.
2013-10-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2013-10-21 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2013-10-21 18:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss r b f therapy.
2013-10-21 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2013-10-22 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2013-10-22 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Calvin Thrash, Don Miller and Rhonda Clark talk, in a two-part series, about the Respiratory System.
2013-10-22 11:00*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss r b f therapy.

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Date and Time	Program	Talent	Description
2013-10-22 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell demonstrate making breakfast with Tofu.
2013-10-22 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2013-10-22 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the marrital situation When love is not enough.
2013-10-22 19:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions of the heart.
2013-10-23 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions of the heart.
2013-10-23 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2013-10-23 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2013-10-23 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes.
2013-10-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2013-10-23 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2013-10-24 03:00!	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
2013-10-24 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the marrital situation When love is not enough.
2013-10-24 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
2013-10-24 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-10-24 10:00*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
2013-10-24 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2013-10-24 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions of the heart.
2013-10-24 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell demonstrate preparing vegetable entrees.
2013-10-24 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz M.D.	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2013-10-25 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss does everyone need milk as well as demonstrates exercise routines for health.
2013-10-25 10:00*	Health for a Lifetime	Don Mackintosh , Neil Nedley	Don Mackintosh and Neil Nedley discuss diet and depression.
2013-10-25 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss talking to your children about sex.

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2013-10-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2013-10-25 14:00*	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2013-10-25 17:00*	NEWSTART Now	Ron Giannoni *, Georgette	Ron Giannoni and Georgette discuss helpful hints for Sciatica.
2013-10-27 03:00*	NEWSTART Now	Ron Giannoni *, Georgette	Ron Giannoni and Georgette discuss helpful hints for Sciatica.
2013-10-27 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Calvin Thrash, Don Miller and Rhonda Clark continue their discussion of the Respiratory System.
2013-10-27 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2013-10-27 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis.
2013-10-28 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
2013-10-28 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss where less is more as well as demonstrates exercise routines for health.
2013-10-28 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss pain that won't go away.
2013-10-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2013-10-28 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2013-10-29 06:00*	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2013-10-29 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Calvin Thrash, Don Miller and Rhonda Clark continue their discussion of the Respiratory System.
2013-10-29 11:30*	NEWSTART Now	Ron Giannoni *, Georgette	Ron Giannoni and Georgette discuss helpful hints for Sciatica.
2013-10-29 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell show how to put on a pizza party.
2013-10-29 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic exercises than can be done in the home.
2013-10-29 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss talking to your children about sex.
2013-10-29 19:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss pain that won't go away.
2013-10-30 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss pain that won't go away.
2013-10-30 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2013-10-30 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with the immune system.
2013-10-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.

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2013-10-30 14:00*	Action 4 Life	Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the bennefits of pool exercise.
2013-10-31 03:00!	Up Close	Rick Howard	Rick Howard discusses the dangers of the occult.
2013-10-31 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss talking to your children about sex.
2013-10-31 04:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss healing our deepest wounds.
2013-10-31 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2013-10-31 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-10-31 10:00*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
2013-10-31 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss pain that won't go away.
2013-10-31 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing brunch.
2013-10-31 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of excercising.
2013-11-01 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health.
2013-11-01 10:00*	Health for a Lifetime	Don Mackintosh , Neil Nedley	Don Mackintosh and Neil Nedley discuss lifestyle and depression pt. 1.
2013-11-01 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo Smith and June Smith discuss the ambitious request.
2013-11-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2013-11-01 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2013-11-03 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss, in a two-part series, Nutrition.
2013-11-03 06:00*	Body and Spirit Aerobics	Dick Nunez , Elora Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2013-11-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence Marshall , Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2013-11-04 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-11-04 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
2013-11-04 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner discuss the willingness to change in lifestyle as well as demonstrates exercise routines for health.



# Community Issues Program List

## *October through December 2013*

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

Date and Time	Program	Talent	Description
2013-11-04 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss think about it.
2013-11-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2013-11-04 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2013-11-04 18:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss healing our deepest wounds.
2013-11-04 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-11-05 06:00*	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2013-11-05 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss, in a two-part series, Nutrition.
2013-11-05 11:00*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss healing our deepest wounds.
2013-11-05 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 1)
2013-11-05 14:00*	Body and Spirit (New)	Jeanie Weaver *, Frances Czeizinger , Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2013-11-05 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo Smith and June Smith discuss the ambitious request.
2013-11-05 19:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss think about it.
2013-11-06 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss think about it.
2013-11-06 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-11-06 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-11-06 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrate exercise routines for circuit training.
2013-11-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2013-11-06 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2013-11-07 03:00!	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
2013-11-07 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo Smith and June Smith discuss the ambitious request.
2013-11-07 04:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss unity.
2013-11-07 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2013-11-07 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

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## *October through December 2013*

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

Date and Time	Program	Talent	Description
2013-11-07 10:00*	Wonderfully Made	Allan Handysides , Mollie Steenson , Stoy Proctor	Allan Handysides and Stoy Proctor with Mollie Steenson discuss winning the battle with breast cancer.
2013-11-07 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-11-07 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss think about it.
2013-11-07 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 2)
2013-11-07 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2013-11-08 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of sunshine as well as demonstrates exercise routines for health.
2013-11-08 10:00*	Health for a Lifetime	Don Mackintosh , Neil Nedley	Don Mackintosh and Neil Nedley discuss lifestyle and depression pt. 2.
2013-11-08 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and June Smith discuss marriage after the pomp and circumstance.
2013-11-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.
2013-11-08 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2013-11-08 17:00*	NEWSTART Now	Ron Giannoni *, Lori Merritt	Ron Giannoni and Lori Merritt have helpful suggestions on how to cut down from 21 medications to three.
2013-11-10 03:00*	NEWSTART Now	Ron Giannoni *, Lori Merritt	Ron Giannoni and Lori Merritt have helpful suggestions on how to cut down from 21 medications to three.
2013-11-10 03:30*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark continue their discussion on Nutrition.
2013-11-10 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2013-11-10 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2013-11-11 01:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-11-11 05:30*	Wonderfully Made	Allan Handysides , Mollie Steenson , Stoy Proctor	Allan Handysides and Stoy Proctor with Mollie Steenson discuss winning the battle with breast cancer.
2013-11-11 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the digestion as well as demonstrates exercise routines for digestive health.
2013-11-11 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss depression.
2013-11-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.

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## *October through December 2013*

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

Date and Time	Program	Talent	Description
2013-11-11 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2013-11-11 18:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss unity.
2013-11-11 19:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-11-12 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for toning your muscles..
2013-11-12 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark continue their discussion on Nutrition.
2013-11-12 11:00*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss unity.
2013-11-12 11:30*	NEWSTART Now	Ron Giannoni *, Lori Merritt	Ron Giannoni and Lori Merritt have helpful suggestions on how to cut down from 21 medications to three.
2013-11-12 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton cook up some soup and fixin's.
2013-11-12 14:00*	Body and Spirit (New)	Jeanie Weaver *, Pam Turner , Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2013-11-12 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss marriage after the pomp and circumstance.
2013-11-12 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss depression.
2013-11-13 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss depression.
2013-11-13 02:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-11-13 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2013-11-13 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the air you breathe as well as demonstrates exercise routines for health.
2013-11-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2013-11-13 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2013-11-14 03:00!	Up Close	Marti Jones	Marti Jones talks about dealing with death.
2013-11-14 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss marriage after the pomp and circumstance.
2013-11-14 04:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2013-11-14 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez with helpers show and talk about workout excercises for men.
2013-11-14 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-11-14 10:00*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcoming back pain.

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## *October through December 2013*

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Date and Time	Program	Talent	Description
2013-11-14 11:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-11-14 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss depression.
2013-11-14 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate some lunch alternatives.
2013-11-14 14:00*	Body and Spirit (New)	Jeanie Weaver *, LaDonna Terrill , Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2013-11-15 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Moquera	Dick Nunez with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain.
2013-11-15 10:00*	Health for a Lifetime	Don Mackintosh , Mary Ann McNeilus	Don Mackintosh and Mary Ann McNeilus discuss the pharmacy in your kitchen pt. 1.
2013-11-15 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage by learning to become one.
2013-11-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2013-11-15 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2013-11-17 03:30*	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.
2013-11-17 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2013-11-17 14:00*	Body and Spirit (New)	Jeanie Weaver *, Teresa Bonilla , Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2013-11-18 01:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-11-18 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
2013-11-18 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body.
2013-11-18 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss chemical reactions.
2013-11-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2013-11-18 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2013-11-18 18:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2013-11-18 19:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-11-19 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.

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## *October through December 2013*

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Date and Time	Program	Talent	Description
2013-11-19 10:00*	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.
2013-11-19 11:00*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2013-11-19 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing a quick dinner.
2013-11-19 14:00*	Body and Spirit (New)	Jeanie Weaver *, Tim Tiernan , Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2013-11-19 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage by learning to become one.
2013-11-19 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss chemical reactions.
2013-11-20 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss chemical reactions.
2013-11-20 02:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-11-20 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2013-11-20 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines to help with diabetes.
2013-11-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2013-11-20 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicyccycle.
2013-11-21 03:00!	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2013-11-21 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage by learning to become one.
2013-11-21 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2013-11-21 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-11-21 10:00*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
2013-11-21 11:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-11-21 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss chemical reactions.
2013-11-21 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare a Taste of Heaven breakfast.
2013-11-21 14:00*	Body and Spirit (New)	Jeanie Weaver *, Ralph Sanchez , Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2013-11-22 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Mosquera	Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migrane headaches.

# Community Issues Program List

## *October through December 2013*

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

Date and Time	Program	Talent	Description
2013-11-22 10:00*	Health for a Lifetime	Don Mackintosh , Mary Ann McNeilus	Don Mackintosh and Mary Ann McNeilus discuss the pharmacy in your kitchen pt. 2.
2013-11-22 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage in their topic Two Me's or One Us.
2013-11-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2013-11-22 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2013-11-22 17:00*	NEWSTART Now	Ron Gianonni *, Dan Powell	Ron Giannoni and Dan Powell have freedom from diabetes after 30 years.
2013-11-24 03:00*	NEWSTART Now	Ron Gianonni *, Dan Powell	Ron Giannoni and Dan Powell have freedom from diabetes after 30 years.
2013-11-24 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss some overlooked laws of health.
2013-11-24 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2013-11-24 14:00*	Body and Spirit (New)	Jeanie Weaver *, Lynette Jaque , Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2013-11-25 01:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-11-25 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
2013-11-25 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines.
2013-11-25 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 1.
2013-11-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2013-11-25 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2013-11-25 19:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-11-26 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2013-11-26 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss some overlooked laws of health.
2013-11-26 11:30*	NEWSTART Now	Ron Gianonni *, Dan Powell	Ron Giannoni and Dan Powell have freedom from diabetes after 30 years.
2013-11-26 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some garden pasta soup and more.
2013-11-26 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strengthening exercises.

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Date and Time	Program	Talent	Description
2013-11-26 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage in their topic Two Me's or One Us.
2013-11-26 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 1.
2013-11-27 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 1.
2013-11-27 02:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-11-27 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-11-27 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
2013-11-27 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins focus on Alzheimers Disease. Part 2.
2013-11-27 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2013-11-28 03:00!	Up Close	Shelley Quinn *, 01. Sandy Williams , 02. Neil Nedley MD , 03. Colleen Harrell	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
2013-11-28 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage in their topic Two Me's or One Us.
2013-11-28 04:30*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss help when you're at the bottom.
2013-11-29 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression.
2013-11-29 10:00*	Health for a Lifetime	Don Mackintosh , Mary Ann McNeilus	Don Mackintosh and Mary Ann McNeilus discuss the pharmacy in your kitchen pt. 3.
2013-11-29 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss how to make an enduring commitment.
2013-11-29 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins cook up some Southern Cuisine.
2013-11-29 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2013-12-01 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss dealing with allergies.
2013-12-01 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2013-12-01 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2013-12-02 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-12-02 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled When Good Wombs Go Bad.

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Date and Time	Program	Talent	Description
2013-12-02 06:00*	Body and Spirit	Dick Nunez *, Jane Baker	Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
2013-12-02 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 2.
2013-12-02 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins demonstrate preparing a holiday dinner
2013-12-02 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2013-12-02 18:30*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss help when you're at the bottom.
2013-12-02 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-12-03 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2013-12-03 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss dealing with allergies.
2013-12-03 11:00*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss help when you're at the bottom.
2013-12-03 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven Mexican dishes.
2013-12-03 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2013-12-03 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss how to make an enduring commitment.
2013-12-03 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 2.
2013-12-04 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 2.
2013-12-04 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-12-04 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2013-12-04 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2013-12-04 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 2.
2013-12-04 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2013-12-05 03:00!	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
2013-12-05 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss how to make an enduring commitment.
2013-12-05 04:30*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss stories from the life of George Mueller.



# Community Issues Program List

## *October through December 2013*

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

Date and Time	Program	Talent	Description
2013-12-05 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2013-12-05 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-12-05 10:00*	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
2013-12-05 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-12-05 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 2.
2013-12-05 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven stir-fry dishes.
2013-12-05 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2013-12-06 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
2013-12-06 10:00*	Health for a Lifetime	Don Mackintosh , Richard Nelson	Don Mackintosh and Richard Nelson discuss newstart for life.
2013-12-06 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
2013-12-06 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 3.
2013-12-06 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2013-12-08 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 1.
2013-12-08 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2013-12-08 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.
2013-12-09 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
2013-12-09 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
2013-12-09 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss weight matters.
2013-12-09 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 1.
2013-12-09 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.

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

Date and Time	Program	Talent	Description
2013-12-09 18:30*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss stories from the life of George Mueller.
2013-12-10 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2013-12-10 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 1.
2013-12-10 11:00*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss stories from the life of George Mueller.
2013-12-10 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven patties.
2013-12-10 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strength.
2013-12-10 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
2013-12-10 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss weight matters.
2013-12-11 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss weight matters.
2013-12-11 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2013-12-11 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
2013-12-11 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 2.
2013-12-11 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2013-12-12 03:00!	Up Close	Kay Rizzo	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
2013-12-12 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
2013-12-12 04:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.
2013-12-12 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2013-12-12 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-12-12 10:00*	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
2013-12-12 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss weight matters.
2013-12-12 13:30*	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and Ozella Head discuss and demonstrate preparing Breakfast on the Go.

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

Date and Time	Program	Talent	Description
2013-12-12 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2013-12-13 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
2013-12-13 10:00*	Health for a Lifetime	Don Mackintosh , Richard Nelson	Don Mackintosh and Richard Nelson discuss health expo around the world.
2013-12-13 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2013-12-13 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss cooking for family and friends.
2013-12-13 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2013-12-13 17:00*	NEWSTART Now	Ron Giannoni *, Amy Foll	Ron Giannoni and Amy Foll discuss the blessing of 20-20 foresight.
2013-12-15 03:00*	NEWSTART Now	Ron Giannoni *, Amy Foll	Ron Giannoni and Amy Foll discuss the blessing of 20-20 foresight.
2013-12-15 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 2.
2013-12-15 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2013-12-15 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss matters of the heart.
2013-12-16 01:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2013-12-16 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
2013-12-16 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2013-12-16 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss urological issues.
2013-12-16 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss Brunch for Mon's. What about breakfast?
2013-12-16 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2013-12-16 18:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.
2013-12-16 19:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2013-12-17 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Getting enough of the proper rest is as important as proper exercise. Dick Nunez discusses and leads exercise routines with Jane Baker and Jonathon Hopkins

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Date and Time	Program	Talent	Description
2013-12-17 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 2.
2013-12-17 11:00*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.
2013-12-17 11:30*	NEWSTART Now	Ron Giannoni *, Amy Foll	Ron Giannoni and Amy Foll discuss the blessing of 20-20 foresight.
2013-12-17 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple family dinner.
2013-12-17 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2013-12-17 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2013-12-17 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss urological issues.
2013-12-18 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss urological issues.
2013-12-18 02:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2013-12-18 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2013-12-18 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
2013-12-18 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 1.
2013-12-18 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2013-12-19 03:00!	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2013-12-19 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2013-12-19 04:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.
2013-12-19 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2013-12-19 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-12-19 10:00*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meshach Samuel discusses the concepts of preventive medicine.
2013-12-19 11:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2013-12-19 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss urological issues.
2013-12-19 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple Fish dinner.

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Date and Time	Program	Talent	Description
2013-12-19 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2013-12-20 06:00*	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2013-12-20 10:00*	Health for a Lifetime	Don Mackintosh , Zeno Charles - Marcel	Don Mackintosh and Zeno Charles - Marcel discuss best choice.
2013-12-20 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2013-12-20 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 2.
2013-12-20 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2013-12-22 03:30*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 1.
2013-12-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2013-12-22 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2013-12-23 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-12-23 05:30*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
2013-12-23 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
2013-12-23 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss aging issues.
2013-12-23 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins cook up some Mexican Cuisine.
2013-12-23 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2013-12-23 18:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.
2013-12-23 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-12-24 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2013-12-24 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 1.
2013-12-24 11:00*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.
2013-12-24 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a Barbecue-style picnic lunch
2013-12-24 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss mix it up cardiovascular training.

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Date and Time	Program	Talent	Description
2013-12-24 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2013-12-24 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss aging issues.
2013-12-25 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss aging issues.
2013-12-25 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-12-25 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-12-25 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Brittany Nunez	Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training.
2013-12-25 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the health advantages of getting to that winning weight.
2013-12-25 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2013-12-26 03:00!	Up Close	Shelley Quinn *, Dr. David Wilkins , Jay Gallimore	Shelly Quinn discuss facing the tough times.
2013-12-26 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2013-12-26 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2013-12-26 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-12-26 10:00*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.
2013-12-26 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-12-26 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss aging issues.
2013-12-26 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate Jamaican and Southern style recipes.
2013-12-26 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2013-12-27 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
2013-12-27 10:00*	Health for a Lifetime	Don Mackintosh , Zeno Charles - Marcel	Don Mackintosh and Zeno Charles - Marcel discuss allergies.
2013-12-27 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
2013-12-27 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses living large.
2013-12-27 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .

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Date and Time	Program	Talent	Description
2013-12-27 17:00*	NEWSTART Now	Ron Giannoni *, Angelina Harrison	Ron Giannoni and Angelina Harrison discuss diabetes and high b.p. conquered.
2013-12-29 03:00*	NEWSTART Now	Ron Giannoni *, Angelina Harrison	Ron Giannoni and Angelina Harrison discuss diabetes and high b.p. conquered.
2013-12-29 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 2.
2013-12-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2013-12-29 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2013-12-30 05:30*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.
2013-12-30 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins.
2013-12-30 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss disease fighting foods.
2013-12-30 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss how the Snack Attack can sneak up on you.
2013-12-30 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2013-12-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2013-12-31 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 2.
2013-12-31 11:30*	NEWSTART Now	Ron Giannoni *, Angelina Harrison	Ron Giannoni and Angelina Harrison discuss diabetes and high b.p. conquered.
2013-12-31 13:30*	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and OzellaHead make up some dairy-free deserts and cheeses.
2013-12-31 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2013-12-31 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
2013-12-31 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss disease fighting foods.