

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 Condy	Jill Morikone and Bev Condy 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 Jume 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 Jume 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 Condy	Jill Morikone and Bev Condy 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.

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
2013-10-04 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.

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
2013-10-09 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.

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
2013-10-14 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.

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
2013-10-17 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.

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
2013-10-22 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.

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
2013-10-25 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 excercises 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 excercises 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.

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
2013-10-30 14:00*	Action 4 Life	Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the benefits 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 June 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 exercising.
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.

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
2013-11-07 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.

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
2013-11-11 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.

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
2013-11-14 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 overcoming 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.

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
2013-11-19 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 bicycicle.
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.

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
2013-11-26 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.

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
2013-12-02 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.

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
2013-12-09 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 Stotz 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.

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
2013-12-12 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

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
2013-12-17 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 Hnusaker with Lauren Rittethnouse 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 excercises..
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. Meschach 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.

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
2013-12-19 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 excercises
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.

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
2013-12-24 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 .

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
2013-12-27 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.