

Community Issues Program List

July through September 2013

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

Date and Time	Program	Talent	Description
2013-07-01 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.
2013-07-01 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fibroids.
2013-07-01 06:00*	Body and Spirit	Amiee Walker , Barbara Nolen , Dick Nunez	Dick Nunez with Megan Fraiser and Cindy Hanson demonstrate exercises routines for strength training for women.
2013-07-01 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss from the darkness.
2013-07-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about problems with Poultry.
2013-07-01 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2013-07-01 18:30*	Issues and Answers	Shelley Quinn *, Janice Browne	Shelley Quinn and Janice Browne discuss impossible dreams made possible.
2013-07-01 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.
2013-07-02 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2013-07-02 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash, Don Miller, and Justina Thomas discuss heart disease.
2013-07-02 11:00*	Issues and Answers	Shelley Quinn *, Janice Browne	Shelley Quinn and Janice Browne discuss impossible dreams made possible.
2013-07-02 11:30*	NEWSTART Now	Ron Giannoni *, Rich John	Ron Giannoni and Rich John discuss lifestyle changes that solve undiagnosed illnesses.
2013-07-02 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla discuss ethnic variations.
2013-07-02 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Lyndi Schwartz , Tami Bivens	Lyndi Schwartz, Lyndi Schwartz, and Tami Bivens discuss interval jogging.
2013-07-02 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Married and Angry.
2013-07-02 21:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss from the darkness.
2013-07-03 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss from the darkness.
2013-07-03 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.
2013-07-03 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-07-03 06:00*	Body and Spirit	Dick Nunez , Mike Wilson	Dick Nunez and helpers demonstrate exercises that can help control hypertension.
2013-07-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss debriefing the beef.
2013-07-03 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2013-07-04 03:00!	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.

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2013-07-04 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Married and Angry.
2013-07-04 04:30*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age deception.
2013-07-04 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.
2013-07-04 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-07-04 10:00*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss menopause.
2013-07-04 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.
2013-07-04 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss from the darkness.
2013-07-04 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare some sweet treats with a twist.
2013-07-04 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2013-07-05 06:00*	Body and Spirit	Dick Nunez , Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with hip pain.
2013-07-05 10:00*	Health for a Lifetime	Don Mackintosh , Glen Wiltse	Don Mackintosh and Glen Wiltse discuss healthy hearts.
2013-07-05 13:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver talk about Forgive or Forget in marriage.
2013-07-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about the benefits of squash.
2013-07-05 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2013-07-07 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Agatha Thrash and Don Miller discuss herbal remedies.
2013-07-07 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.
2013-07-07 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss aerobics for upper extremities.
2013-07-08 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-07-08 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss menopause.
2013-07-08 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez and helpers demonstrate exercises that can help with knee pain.
2013-07-08 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2013-07-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2013-07-08 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .

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2013-07-08 18:30*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age deception.
2013-07-08 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-07-09 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2013-07-09 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Agatha Thrash and Don Miller discuss herbal remedies.
2013-07-09 11:00*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age deception.
2013-07-09 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald prepare some Filipino Recipes.
2013-07-09 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2013-07-09 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver talk about Forgive or Forget in marriage.
2013-07-09 21:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2013-07-10 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2013-07-10 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-07-10 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2013-07-10 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , William Brauer	Dick Nunez and helpers demonstrate exercises for strength training.
2013-07-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2013-07-10 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2013-07-11 03:00!	Up Close	Gerard McLane	Gerard McLane discusses obesity and diet.
2013-07-11 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver talk about Forgive or Forget in marriage.
2013-07-11 04:30*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2013-07-11 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.
2013-07-11 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-07-11 10:00*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss cervical cancer.
2013-07-11 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-07-11 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2013-07-11 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show how to prepare Phillipine Cuisine.
2013-07-11 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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2013-07-12 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez and helpers demonstrate exercises that can help with lower back training.
2013-07-12 10:00*	Health for a Lifetime	Don Mackintosh , Glen Wiltse	Don Mackintosh and Glen Wiltse discuss healthy eating.
2013-07-12 13:00*	Marriage in God's Hands	Willie Oliver * , Elaine Oliver	Willie and Elaine Oliver offer honest talk concerning truths about sex in marriage.
2013-07-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.
2013-07-12 14:00*	Action 4 Life	Casio Jones * , Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2013-07-12 17:00*	NEWSTART Now	Ron Giannoni * , Al Weathington	Ron Giannoni and Al Weathington discuss terrifying kidney and diabetes problems.
2013-07-14 03:00*	NEWSTART Now	Ron Giannoni * , Al Weathington	Ron Giannoni and Al Weathington discuss terrifying kidney and diabetes problems.
2013-07-14 03:30*	Help Yourself to Health	Agatha Thrash * , Don Miller	Dr. Agatha Thrash and Don Miller discuss allergy symptoms and natural treatment.
2013-07-14 06:00*	Body and Spirit Aerobics	Dick Nunez * , Jonathan Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2013-07-14 14:00*	Body and Spirit (New)	Andi Hunsaker * , Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2013-07-15 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss cervical cancer.
2013-07-15 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers show simple home exercises and discuss the subject protein.
2013-07-15 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.
2013-07-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cause for the pause.
2013-07-15 14:00*	Action 4 Life	Casio Jones * , Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2013-07-15 18:30*	Issues and Answers	Shelley Quinn * , Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2013-07-16 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.
2013-07-16 10:00*	Help Yourself to Health	Agatha Thrash * , Don Miller	Dr. Agatha Thrash and Don Miller discuss allergy symptoms and natural treatment.
2013-07-16 11:00*	Issues and Answers	Shelley Quinn * , Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2013-07-16 11:30*	NEWSTART Now	Ron Giannoni * , Al Weathington	Ron Giannoni and Al Weathington discuss terrifying kidney and diabetes problems.
2013-07-16 13:30*	Let's Cook Together	Jill Morikone * , Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show some quick and easy recipes.
2013-07-16 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.
2013-07-16 17:30*	Marriage in God's Hands	Willie Oliver * , Elaine Oliver	Willie and Elaine Oliver offer honest talk concerning truths about sex in marriage.
2013-07-16 21:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.

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2013-07-17 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.
2013-07-17 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2013-07-17 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.
2013-07-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that prevent Power Surges during the day.
2013-07-17 14:00*	Action 4 Life	Casio Jones * , Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2013-07-18 03:00!	Up Close	Jason Seiber	Jason Seiber discusses taming your tv.
2013-07-18 04:00*	Marriage in God's Hands	Willie Oliver * , Elaine Oliver	Willie and Elaine Oliver offer honest talk concerning truths about sex in marriage.
2013-07-18 06:00*	Body and Spirit Aerobics	Dick Nunez * , Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2013-07-18 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-07-18 10:00*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss labor and delivery.
2013-07-18 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.
2013-07-18 13:30*	Let's Cook Together	Irma Guerra-Murray * , Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates lunch-box ideas.
2013-07-18 14:00*	Body and Spirit (New)	Andi Hunsaker * , Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2013-07-19 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2013-07-19 13:00*	Marriage in God's Hands	Willie Oliver * , Elaine Oliver	Willie and Elaine Oliver offer communion information in marriage.
2013-07-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about Indian Cuisine.
2013-07-19 14:00*	Action 4 Life	Casio Jones * , Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2013-07-21 03:30*	Help Yourself to Health	Agatha Thrash * , Don Miller	Dr. Agatha Thrash and Don Miller discuss the importance of a healthy diet to minimize cancer risks.
2013-07-21 06:00*	Body and Spirit Aerobics	Dick Nunez * , Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2013-07-21 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.
2013-07-22 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss labor and delivery.
2013-07-22 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers show simple home exercises that will help with balance.
2013-07-22 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2013-07-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.

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Date and Time	Program	Talent	Description
2013-07-22 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2013-07-23 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
2013-07-23 13:30*	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates some quick meal ideas.
2013-07-23 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.
2013-07-23 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer communion information in marriage.
2013-07-23 21:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2013-07-24 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2013-07-24 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2013-07-24 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez and helpers shows the joys of exercising.
2013-07-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2013-07-24 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2013-07-25 03:00!	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
2013-07-25 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer communion information in marriage.
2013-07-25 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2013-07-25 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-07-25 10:00*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss breast cancer.
2013-07-25 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2013-07-25 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss family picnic.
2013-07-25 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.
2013-07-26 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez and helpers demonstrate exercises for hip training.
2013-07-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2013-07-26 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.

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2013-07-26 17:00*	NEWSTART Now	Ron Giannoni *, Lindsay Jacob	Ron Giannoni and Lindsay Jacob discuss Eczema and antibiotic resistant bacterial infection.
2013-07-28 03:00*	NEWSTART Now	Ron Giannoni *, Lindsay Jacob	Ron Giannoni and Lindsay Jacob discuss Eczema and antibiotic resistant bacterial infection.
2013-07-28 03:30*	Help Yourself to Health	Agatha Thrash *, Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 1
2013-07-28 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
2013-07-28 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 aerobic exercises that can be done in the home.
2013-07-29 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.
2013-07-29 05:30*	Wonderfully Made	Amy Wellard , Cherie Lon Fernandez	Amy Wellard and Cherie Lon Fernandez discuss breast cancer.
2013-07-29 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez, Jason Maxwell, and William Brauer discuss train to the glory of god.
2013-07-29 07:30*	Ultimate Prescription	James Marcum	James Marcum discusses a new song to sing.
2013-07-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2013-07-29 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2013-07-29 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.
2013-07-30 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2013-07-30 10:00*	Help Yourself to Health	Agatha Thrash *, Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 1
2013-07-30 11:30*	NEWSTART Now	Ron Giannoni *, Lindsay Jacob	Ron Giannoni and Lindsay Jacob discuss Eczema and antibiotic resistant bacterial infection.
2013-07-30 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss bahamian feast.
2013-07-30 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.
2013-07-30 21:30*	Ultimate Prescription	James Marcum	James Marcum discusses a new song to sing.
2013-07-31 01:30*	Ultimate Prescription	James Marcum	James Marcum discusses a new song to sing.

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2013-07-31 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.
2013-07-31 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-07-31 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to burn away the fat.
2013-07-31 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2013-07-31 14:00*	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2013-08-01 03:00!	Up Close	Rick Howard	Rick Howard discusses the dangers of the occult.
2013-08-01 04:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2013-08-01 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2013-08-01 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-08-01 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
2013-08-01 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.
2013-08-01 12:00*	Ultimate Prescription	James Marcum	James Marcum discusses a new song to sing.
2013-08-01 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss kingly breakfast.
2013-08-01 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.
2013-08-02 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez, Kim Rogers, and Madison Turner discuss knee injuries.
2013-08-02 10:00*	Health for a Lifetime	Don Mackintosh , Glen Wiltse	Don Mackintosh and Glen Wiltse discuss brittle bones.
2013-08-02 13:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss leadership in marriage.
2013-08-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss diabetes and carbohydrates.
2013-08-02 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2013-08-04 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 2
2013-08-04 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.

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Date and Time	Program	Talent	Description
2013-08-04 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.
2013-08-05 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
2013-08-05 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to keep you in better health with proper posture.
2013-08-05 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2013-08-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2013-08-05 14:00*	Action 4 Life	Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2013-08-05 18:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2013-08-06 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health.
2013-08-06 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 2
2013-08-06 11:00*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2013-08-06 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss caribbean cuisine.
2013-08-06 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.
2013-08-06 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss leadership in marriage.
2013-08-06 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2013-08-07 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2013-08-07 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2013-08-07 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez and helpers demonstrate simple home exercises for senior citizens.
2013-08-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2013-08-07 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2013-08-08 03:00!	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
2013-08-08 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss leadership in marriage.
2013-08-08 04:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.

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Date and Time	Program	Talent	Description
2013-08-08 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2013-08-08 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-08-08 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2
2013-08-08 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2013-08-08 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss special meal for sabbath.
2013-08-08 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2013-08-09 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2013-08-09 10:00*	Health for a Lifetime	Bernell Baldwin , Don Mackintosh	Bernell Baldwin and Don Mackintosh discuss frontal lobe.
2013-08-09 13:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss marriage with a mission.
2013-08-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2013-08-09 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.
2013-08-11 03:00*	NEWSTART Now	Ron Giannoni *, Laura Dorans	Ron Giannoni and Laura Dorans discuss more energy and improved health in spite of m s.
2013-08-11 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 3
2013-08-11 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
2013-08-11 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.
2013-08-12 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-08-12 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2
2013-08-12 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers demonstrate simple home exercises for whell chair bound people.
2013-08-12 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2013-08-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.

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Date and Time	Program	Talent	Description
2013-08-12 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.
2013-08-12 18:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2013-08-12 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-08-13 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2013-08-13 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 3
2013-08-13 11:00*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2013-08-13 11:30*	NEWSTART Now	Ron Giannoni *, Laura Dorans	Ron Giannoni and Laura Dorans discuss more energy and improved health in spite of m s.
2013-08-13 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss bahamian feast pt. 2.
2013-08-13 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.
2013-08-13 17:30*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss marriage with a mission.
2013-08-13 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2013-08-14 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2013-08-14 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-08-14 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2013-08-14 06:00*	Body and Spirit	Brittany Nunez , Chirsty Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises especially for women.
2013-08-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2013-08-14 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2013-08-15 03:00!	Up Close	Marti Jones	Marti Jones talks about dealing with death.
2013-08-15 04:00*	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss marriage with a mission.
2013-08-15 04:30*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.
2013-08-15 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2013-08-15 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-08-15 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.

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Date and Time	Program	Talent	Description
2013-08-15 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2013-08-15 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2013-08-15 13:30*	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.
2013-08-15 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.
2013-08-16 06:00*	Body and Spirit	Brittany Nunez , Chirsty Sodering , Dick Nunez	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2013-08-16 10:00*	Health for a Lifetime	Don Mackintosh , Patti Barnes	Don Mackintosh and Patti Barnes discuss prenatal care.
2013-08-16 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss the effects that adultery has on entire family units.
2013-08-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living
2013-08-16 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2013-08-18 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark reviews breast diseases
2013-08-18 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2013-08-18 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.
2013-08-19 01:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-08-19 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
2013-08-19 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez and helpers demonstrate simple home exercises to keep arthritis sufferers limber.
2013-08-19 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2013-08-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2013-08-19 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2013-08-19 18:30*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.
2013-08-19 19:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-08-20 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2013-08-20 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark reviews breast diseases
2013-08-20 11:00*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.

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Date and Time	Program	Talent	Description
2013-08-20 13:30*	Let's Cook Together	Angela Lomacang *, Jennifer White	Jill Morikone and Jennifer White talk about and show how to prepare a healthy lunch box.
2013-08-20 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.
2013-08-20 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss the effects that adultery has on entire family units.
2013-08-20 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2013-08-21 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2013-08-21 02:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-08-21 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-08-21 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to combat hypertension.
2013-08-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2013-08-21 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2013-08-22 03:00!	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2013-08-22 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss the effects that adultery has on entire family units.
2013-08-22 04:30*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2013-08-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2013-08-22 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-08-22 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
2013-08-22 11:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2013-08-22 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2013-08-22 13:30*	Let's Cook Together	Angela Lomacang *, Jennifer White	Angela Lomacang and Jennifer White show making food in a flash.
2013-08-22 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.
2013-08-23 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for strength training for girls.

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Date and Time	Program	Talent	Description
2013-08-23 10:00*	Health for a Lifetime	Don Mackintosh , Patti Barnes	Don Mackintosh and Patti Barnes discuss nutrition.
2013-08-23 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith have suggestions on how to deal with difficult people.
2013-08-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2013-08-23 14:00*	Action 4 Life	Casio Jones * , Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2013-08-23 17:00*	NEWSTART Now	Ron Giannoni * , Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.
2013-08-25 03:00*	NEWSTART Now	Ron Giannoni * , Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.
2013-08-25 03:30*	Help Yourself to Health	Agatha Thrash * , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark demonstrate the effects of stress on the body.
2013-08-25 06:00*	Body and Spirit Aerobics	Dick Nunez * , Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2013-08-25 14:00*	Body and Spirit (New)	Jeanie Weaver * , Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.
2013-08-26 01:00!	Celebrating Life in Recovery	Cheri Peters * , Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-08-26 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
2013-08-26 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1.
2013-08-26 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2013-08-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2013-08-26 14:00*	Action 4 Life	Casio Jones * , Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicyccle.
2013-08-26 18:30*	Issues and Answers	Shelley Quinn * , Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2013-08-26 19:00!	Celebrating Life in Recovery	Cheri Peters * , Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-08-27 06:00*	Body and Spirit Aerobics	Dick Nunez * , Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2013-08-27 10:00*	Help Yourself to Health	Agatha Thrash * , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark demonstrate the effects of stress on the body.
2013-08-27 11:00*	Issues and Answers	Shelley Quinn * , Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2013-08-27 11:30*	NEWSTART Now	Ron Giannoni * , Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.

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Date and Time	Program	Talent	Description
2013-08-27 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better.
2013-08-27 14:00*	Body and Spirit (New)	Jeanie Weaver *, Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2013-08-27 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith have suggestions on how to deal with difficult people.
2013-08-27 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2013-08-28 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2013-08-28 02:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-08-28 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2013-08-28 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Madison Turner	Dick Nunez with Andrew Hard, Madison Turner, and Dick Nunez demonstrate exercise routines to help with shoulder
2013-08-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2013-08-28 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2013-08-29 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.
2013-08-29 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith have suggestions on how to deal with difficult people.
2013-08-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2013-08-29 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-08-29 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
2013-08-29 11:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-08-29 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2013-08-29 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show and discuss the basics of cooking in a slow cooker..
2013-08-29 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.
2013-08-30 06:00*	Body and Spirit	Christy Soderling , Dick Nunez , Rick Nunez	Dick Nunez with Christy Soderling and Rick Nunez demonstrate exercise routines to help with ankle injuries.
2013-08-30 10:00*	Health for a Lifetime	Don Mackintosh , Patti Barnes	Don Mackintosh and Patti Barnes discuss home births.
2013-08-30 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss defiance in marriage.

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2013-08-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2013-08-30 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2013-09-01 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark discuss common laws of health and how they affect your body.
2013-09-01 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2013-09-01 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2013-09-02 01:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-09-02 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
2013-09-02 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , William Brauer	Dick Nunez with Kim Rogers and William Brauer demonstrate exercise routines to combat neck pain.
2013-09-02 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2013-09-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2013-09-02 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss
2013-09-02 19:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-09-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2013-09-03 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark discuss common laws of health and how they affect your body.
2013-09-03 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show how to do fast cooking in a slow cooker.
2013-09-03 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.
2013-09-03 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and June Smith discuss defiance in marriage.
2013-09-03 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2013-09-04 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2013-09-04 02:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-09-04 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2013-09-04 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Jason Maxwell	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 2.
2013-09-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.

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Date and Time	Program	Talent	Description
2013-09-04 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2013-09-05 03:00!	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
2013-09-05 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss defiance in marriage.
2013-09-05 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2013-09-05 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-09-05 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the benefits and side effects of sun exposure.
2013-09-05 11:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-09-05 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2013-09-05 13:30*	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain discuss confronting cholesterol.
2013-09-05 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.
2013-09-06 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to combat stress.
2013-09-06 10:00*	Health for a Lifetime	Don Mackintosh , Patti Barnes	Don Mackintosh and Patti Barnes discuss labor and delivery.
2013-09-06 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss what single people want married people to hear.
2013-09-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2013-09-06 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2013-09-08 03:30*	Help Yourself to Health	Agatha Thrash	Dr. Agatha Thrash discusses insulin resistance. Part 1
2013-09-08 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2013-09-08 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 strenght.
2013-09-09 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-09-09 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the benefits and side effects of sun exposure.
2013-09-09 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with William Brauer and Rick Nunez demonstrate exercise routines to help with joint injuries.
2013-09-09 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.

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Date and Time	Program	Talent	Description
2013-09-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2013-09-09 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2013-09-09 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-09-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2013-09-10 10:00*	Help Yourself to Health	Agatha Thrash	Dr. Agatha Thrash discusses insulin resistance. Part 1
2013-09-10 13:30*	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain show making the old standard macaroni and cheese.
2013-09-10 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2013-09-10 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss what single people want married people to hear.
2013-09-10 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2013-09-11 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2013-09-11 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-09-11 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2013-09-11 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines for circuit training.
2013-09-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2013-09-11 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2013-09-12 03:00!	Up Close	Kay Rizzo	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
2013-09-12 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss what single people want married people to hear.
2013-09-12 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2013-09-12 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-09-12 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss homocysteine.
2013-09-12 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-09-12 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2013-09-12 13:30*	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain show making salad dressings and salads.

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Date and Time	Program	Talent	Description
2013-09-12 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss matters of the heart.
2013-09-13 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the brain's frontal lobe.
2013-09-13 10:00*	Health for a Lifetime	Don Mackintosh , Patti Barnes	Don Mackintosh and Patti Barnes discuss postpartum.
2013-09-13 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part I.
2013-09-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living
2013-09-13 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2013-09-13 17:00*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.
2013-09-15 03:00*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.
2013-09-15 03:30*	Help Yourself to Health	Agatha Thrash *	Dr. Agatha Thrash continues the discussion on Insulin Resistance.
2013-09-15 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2013-09-15 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises.
2013-09-16 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss homocysteine.
2013-09-16 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez, with helpers, demonstrate beginning exercises.
2013-09-16 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2013-09-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2013-09-16 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2013-09-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2013-09-17 10:00*	Help Yourself to Health	Agatha Thrash *	Dr. Agatha Thrash continues the discussion on Insulin Resistance.
2013-09-17 11:30*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.
2013-09-17 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making lunch.
2013-09-17 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.
2013-09-17 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part I.
2013-09-17 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.

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Date and Time	Program	Talent	Description
2013-09-18 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2013-09-18 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-09-18 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez, with helpers, demonstrate a workout for the office.
2013-09-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2013-09-18 14:00*	Action 4 Life	Casio Jones * , Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2013-09-19 03:00!	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2013-09-19 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part I.
2013-09-19 06:00*	Body and Spirit Aerobics	Dick Nunez * , Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2013-09-19 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-09-19 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.
2013-09-19 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2013-09-19 13:30*	Let's Cook Together	Jill Morikone * , Bev Cook	Jill Morikone and Bev Cook discuss and show making appetizers and dinner.
2013-09-19 14:00*	Body and Spirit (New)	Lyndi Schwartz * , Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2013-09-20 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Andrew Hard and Jason Maxwell discusses Triglycerides as well as demonstrates exercise routines for health.
2013-09-20 10:00*	Health for a Lifetime	Don Mackintosh , Hans Diehl	Don Mackintosh and Hans Diehl discuss the brain: overfed, under nourished.
2013-09-20 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part II.
2013-09-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2013-09-20 14:00*	Action 4 Life	Casio Jones * , Marcie English	Casio Jones with Marcie English discuss running benefits.
2013-09-22 03:30*	Help Yourself to Health	Agatha Thrash * , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss how certain habits can lead to addictive behavior.
2013-09-22 06:00*	Body and Spirit Aerobics	Dick Nunez * , Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strenghten your bones.
2013-09-22 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.
2013-09-23 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.
2013-09-23 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.

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2013-09-23 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrates exercise routines for circuit training for women.
2013-09-23 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2013-09-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2013-09-23 14:00*	Action 4 Life	Casio Jones * , Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2013-09-23 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.
2013-09-24 06:00*	Body and Spirit Aerobics	Dick Nunez * , Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2013-09-24 10:00*	Help Yourself to Health	Agatha Thrash * , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss how certain habits can lead to addictive behavior.
2013-09-24 13:30*	Let's Cook Together	Jill Morikone * , Bev Cook	Jill Morikone and Bev Cook discuss and demonstrate preparing main entrees.
2013-09-24 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.
2013-09-24 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part II.
2013-09-24 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2013-09-25 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2013-09-25 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.
2013-09-25 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2013-09-25 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Brittany Nunez, Christy Soderling, and Dick Nunez discuss hope.
2013-09-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2013-09-25 14:00*	Action 4 Life	Casio Jones * , Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2013-09-26 03:00!	Up Close	Shelley Quinn * , Dr. David Wilkins , Jay Gallimore	Shelly Quinn discuss facing the tough times.
2013-09-26 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and Jume Smith discuss the danger of deception and envy in marriage. Part II.
2013-09-26 04:30*	Issues and Answers	Shelley Quinn * , Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss getting motivated.
2013-09-26 06:00*	Body and Spirit Aerobics	Dick Nunez * , Brittany Nunez , Zak Oberholster	Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.
2013-09-26 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

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Date and Time	Program	Talent	Description
2013-09-26 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss methods for avoiding Cancer
2013-09-26 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.
2013-09-26 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2013-09-26 13:30*	Let's Cook Together	Jill Morikone * , Bev Cook	Jill Morikone and Bev Cook demonstrate preparing a quick lunch.
2013-09-26 14:00*	Body and Spirit (New)	Andi Hunsaker * , Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2013-09-27 06:00*	Body and Spirit	Brittany Nunez , Christy Sodering , Dick Nunez	Dick Nunez with Brittany Nunez and Christy Sodering discusses Fat Metabolism as well as demonstrates exercise routines for health.
2013-09-27 10:00*	Health for a Lifetime	Don Mackintosh , Hans Diehl	Don Mackintosh and Hans Diehl discuss forgiveness.
2013-09-27 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Arlanzo and June Smith discuss challenges children face in blended families.
2013-09-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2013-09-27 14:00*	Action 4 Life	Casio Jones * , Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2013-09-27 17:00*	NEWSTART Now	Ron Giannoni * , Carol Higgins	Ron Giannoni and Carol Higgins discuss learning how to eat properly and weight loss.
2013-09-29 03:00*	NEWSTART Now	Ron Giannoni * , Carol Higgins	Ron Giannoni and Carol Higgins discuss learning how to eat properly and weight loss.
2013-09-29 03:30*	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.
2013-09-29 06:00*	Body and Spirit Aerobics	Dick Nunez * , Corrie Sample , Daniel Hopkins	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2013-09-29 14:00*	Body and Spirit (New)	Andi Hunsaker * , Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2013-09-30 01:00!	Celebrating Life in Recovery	Cheri Peters * , Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2013-09-30 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss methods for avoiding Cancer
2013-09-30 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health.
2013-09-30 19:00!	Celebrating Life in Recovery	Cheri Peters * , Dave Casey	Cheri Peters and Dave Casey discuss the big dog.