

# Community Issues Program List

## January through March 2013

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-01-01 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2013-01-01 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses celebrating.
2013-01-02 02:00!	Celebrating Life in Recovery	Cheri Peters *, Jason & Rachael Bickal	Cheri Peters, Jason, and Rachael Bickal discuss keep on workin'.
2013-01-02 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2013-01-02 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.
2013-01-02 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses pasta bilities.
2013-01-02 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2013-01-03 03:00!	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
2013-01-03 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses celebrating.
2013-01-03 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2013-01-03 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.
2013-01-03 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-01-03 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss metabolic syndrome.
2013-01-03 11:00!	Celebrating Life in Recovery	Cheri Peters *, Jason & Rachael Bickal	Cheri Peters, Jason, and Rachael Bickal discuss keep on workin'.
2013-01-03 13:30*	Let's Cook Together	Angela Lomacang *, MarVella Burton	Angela Lomacang and MarVella Burton prepare an easy breakfast.
2013-01-03 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2013-01-04 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.
2013-01-04 10:00*	Health for a Lifetime	Don Mackintosh *, Neil Nedley	Dr. Neil Nedley and Don Mackintosh review present Health Updates.
2013-01-04 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses a marriage for all times.
2013-01-04 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on how to build up your immunity.
2013-01-04 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2013-01-06 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss 14 Natural Laws of Health.

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2013-01-06 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.
2013-01-06 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2013-01-07 01:00!	Celebrating Life in Recovery	Cheri Peters *, Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2013-01-07 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss metabolic syndrome.
2013-01-07 06:00*	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2013-01-07 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis Eakins and Paula Eakins talk surprisingly about How to weaken your immunity.
2013-01-07 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2013-01-07 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2013-01-07 19:00!	Celebrating Life in Recovery	Cheri Peters *, Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2013-01-08 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.
2013-01-08 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss 14 Natural Laws of Health.
2013-01-08 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2013-01-08 13:30*	Let's Cook Together	Angela Lomacang *, MarVella Burton	Angela Lomacang and MarVella Burton demonstrate preparing healthy foods that are oil free, sugar free, and meatless.
2013-01-08 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2013-01-08 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses a marriage for all times.
2013-01-09 02:00!	Celebrating Life in Recovery	Cheri Peters *, Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2013-01-09 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2013-01-09 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
2013-01-09 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula revisit the joys and convenience of crock-pot cooking for the busy family.

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2013-01-09 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2013-01-10 03:00!	Up Close	Gerard McLane	Gerard McLane discusses obesity and diet.
2013-01-10 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses a marriage for all times.
2013-01-10 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.
2013-01-10 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-01-10 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss cancer prevention.
2013-01-10 11:00!	Celebrating Life in Recovery	Cheri Peters *, Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2013-01-10 13:30*	Let's Cook Together	Angela Lomacang *, MarVella Burton	Angela Lomacang and MarVella Burton prepare some Light and Filling foods.
2013-01-10 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.
2013-01-11 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.
2013-01-11 10:00*	Health for a Lifetime	Don Mackintosh *, Hans Diehl	Don Mackintosh and Hans Diehl discuss deadly plaques.
2013-01-11 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss forgiveness in marriage.
2013-01-11 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the difference between CRP and CPR for a healthy life.
2013-01-11 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2013-01-11 17:00*	NEWSTART Now	Ron Giannoni *, Krista Quillin	Ron Giannoni and Krista Quillin discuss crohn's disease in remission.
2013-01-13 03:00*	NEWSTART Now	Ron Giannoni *, Krista Quillin	Ron Giannoni and Krista Quillin discuss crohn's disease in remission.
2013-01-13 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas review and demonstrate the importance of exercise.
2013-01-13 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
2013-01-13 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2013-01-14 01:00!	Celebrating Life in Recovery	Cheri Peters *, Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2013-01-14 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss cancer prevention.

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2013-01-14 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
2013-01-14 13:30*	Abundant Living	Paula and Curtis Eakins	For those who are a Gluten for Punishment, Curtis and Paula Eakins discuss.
2013-01-14 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2013-01-14 19:00!	Celebrating Life in Recovery	Cheri Peters *, Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2013-01-15 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.
2013-01-15 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas review and demonstrate the importance of exercise.
2013-01-15 11:30*	NEWSTART Now	Ron Giannoni *, Krista Quillin	Ron Giannoni and Krista Quillin discuss crohn's disease in remission.
2013-01-15 13:30*	Let's Cook Together	Cari Christian *, Maria Ronquillo	Cari Christian and Maria Ronquillo demonstrate preparing some foods from South America.
2013-01-15 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.
2013-01-15 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss forgiveness in marriage.
2013-01-16 02:00!	Celebrating Life in Recovery	Cheri Peters *, Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2013-01-16 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-01-16 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.
2013-01-16 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins cook up a yummy but healthy dinner for two.
2013-01-16 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .
2013-01-17 03:00!	Up Close	Jason Seiber	Jason Seiber discusses taming your tv.
2013-01-17 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss forgiveness in marriage.
2013-01-17 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.
2013-01-17 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

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2013-01-17 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss ways to save your heart.
2013-01-17 11:00!	Celebrating Life in Recovery	Cheri Peters *, Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2013-01-17 13:30*	Let's Cook Together	Cari Christian *, Maria Ronquillo	Cari Christian and Maria Ronquillo demonstrate preparing some Mexican food.
2013-01-17 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.
2013-01-18 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2013-01-18 10:00*	Health for a Lifetime	Don Mackintosh *, Hans Diehl	Don Mackintosh and Hans Diehl discuss reversing deadly plaques.
2013-01-18 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss sexuality in marriage.
2013-01-18 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
2013-01-18 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2013-01-20 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller explain aspects of sleep.
2013-01-20 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2013-01-20 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.
2013-01-21 01:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2013-01-21 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss ways to save your heart.
2013-01-21 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jane Baker	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2013-01-21 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the Cancer Fighters.
2013-01-21 14:00*	Action 4 Life	Casio Jones *, Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2013-01-21 19:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2013-01-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Janet Nelson	Dick Nunez with Richard Nelson and Janet Nelson demonstrate excercises to help with heart disease.
2013-01-22 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller explain aspects of sleep.

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2013-01-22 13:30*	Let's Cook Together	Cari Christian *, Maria Ronquillo	Cari Christian and Maria Ronquillo demonstrate preparing Mexican delicacies.
2013-01-22 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic exercises that can be done in the home.
2013-01-22 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss sexuality in marriage.
2013-01-23 02:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2013-01-23 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2013-01-23 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Jonathon Hopkins	Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopkins.
2013-01-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression and unveiling the culprits.
2013-01-23 14:00*	Action 4 Life	Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2013-01-24 03:00!	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
2013-01-24 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss sexuality in marriage.
2013-01-24 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.
2013-01-24 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-01-24 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss weight management.
2013-01-24 11:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2013-01-24 13:30*	Let's Cook Together	Jill Morikone *, Maria Ronquillo	Jill Morikone and Maria Ronquillo talk about and show healthy breakfast foods.
2013-01-24 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.
2013-01-25 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins , Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
2013-01-25 10:00*	Health for a Lifetime	Don Mackintosh *, Hans Diehl	Don Mackintosh and Hans Diehl discuss hypertension.
2013-01-25 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses children.
2013-01-25 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression's Drugs and alternatives.
2013-01-25 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.

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2013-01-25 17:00*	NEWSTART Now	Ron Giannoni *, Renee Thomason	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Fibromyalgia and panic attacks.
2013-01-27 03:00*	NEWSTART Now	Ron Giannoni *, Renee Thomason	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Fibromyalgia and panic attacks.
2013-01-27 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 1)
2013-01-27 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2013-01-27 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.
2013-01-28 01:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2013-01-28 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss weight management.
2013-01-28 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2013-01-28 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression.
2013-01-28 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2013-01-28 19:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2013-01-29 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.
2013-01-29 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 1)
2013-01-29 11:30*	NEWSTART Now	Ron Giannoni *, Renee Thomason	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Fibromyalgia and panic attacks.
2013-01-29 13:30*	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.
2013-01-29 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.
2013-01-29 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses children.
2013-01-30 02:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2013-01-30 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1

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2013-01-30 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	Dick Nunez, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work.
2013-01-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression. (Part 2)
2013-01-30 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2013-01-31 03:00!	Up Close	Rick Howard	Rick Howard discusses the dangers of the occult.
2013-01-31 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses children.
2013-01-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2013-01-31 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-01-31 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss stress management.
2013-01-31 11:00!	Celebrating Life in Recovery	Cheri Peters *, Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2013-01-31 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.
2013-01-31 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.
2013-02-01 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Brittany Nunez	Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for young people.
2013-02-01 10:00*	Health for a Lifetime	Don Mackintosh *, Hans Diehl	Don Mackintosh and Hans Diehl discuss reversing over weight.
2013-02-01 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses richer/poor.
2013-02-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the Blues.
2013-02-01 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2013-02-03 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 2)
2013-02-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2013-02-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2013-02-04 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bobbie Hartman , Haylee Staton , Tammy Hartman	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2013-02-04 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss stress management.

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2013-02-04 06:00*	Body and Spirit	Dick Nunez *, Johnathon Hopkins & Leif Sjoren	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2013-02-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of sadness and how it affects the body.
2013-02-04 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2013-02-04 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bobbie Hartman , Haylee Staton , Tammy Hartman	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2013-02-05 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.
2013-02-05 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 2)
2013-02-05 13:30*	Let's Cook Together	Angela Lomacang *, Jennifer White	Angela Lomacang and Jennifer White show making food in a flash.
2013-02-05 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.
2013-02-05 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses richer/poor.
2013-02-06 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bobbie Hartman , Haylee Staton , Tammy Hartman	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2013-02-06 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-02-06 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Jonathon Hopkins	Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready.
2013-02-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning into Vegetarianiam.
2013-02-06 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2013-02-07 03:00!	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
2013-02-07 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses richer/poor.
2013-02-07 04:30*	Issues and Answers	J. D. Quinn *, Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2013-02-07 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.
2013-02-07 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

# Community Issues Program List

## January through March 2013

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-02-07 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas and Hildemar Dos Santos discuss health evangelism.
2013-02-07 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bobbie Hartman , Haylee Staton , Tammy Hartman	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2013-02-07 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better.
2013-02-07 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.
2013-02-08 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez & Steven Lingenfelter	Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
2013-02-08 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in premature birth, std's, etc..
2013-02-08 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss sickness and health in marriage.
2013-02-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of coffee on the body.
2013-02-08 14:00*	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2013-02-08 17:00*	NEWSTART Now	Ron Giannoni *, Alberta Sampson	Ron Giannoni and Alberta Sampson discuss how to abate numerous health problems.
2013-02-10 03:00*	NEWSTART Now	Ron Giannoni *, Alberta Sampson	Ron Giannoni and Alberta Sampson discuss how to abate numerous health problems.
2013-02-10 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 1)
2013-02-10 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.
2013-02-10 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.
2013-02-11 01:00!	Celebrating Life in Recovery	Cheri Peters *, Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2013-02-11 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas and Hildemar Dos Santos discuss health evangelism.
2013-02-11 06:00*	Body and Spirit	Dick Nunez *, Amy Andersen & Jonathon Hopkins	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2013-02-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein - Without the Bologna.
2013-02-11 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2013-02-11 18:30*	Issues and Answers	J. D. Quinn *, Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2013-02-11 19:00!	Celebrating Life in Recovery	Cheri Peters *, Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.

# Community Issues Program List

## January through March 2013

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-02-12 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.
2013-02-12 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 1)
2013-02-12 11:00*	Issues and Answers	J. D. Quinn *, Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2013-02-12 11:30*	NEWSTART Now	Ron Giannoni *, Alberta Sampson	Ron Giannoni and Alberta Sampson discuss how to abate numerous health problems.
2013-02-12 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..
2013-02-12 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.
2013-02-12 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss sickness and health in marriage.
2013-02-13 02:00!	Celebrating Life in Recovery	Cheri Peters *, Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2013-02-13 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2013-02-13 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2013-02-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for Picnic Time.
2013-02-13 14:00*	Action 4 Life	Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2013-02-14 03:00!	Up Close	Marti Jones	Marti Jones talks about dealing with death.
2013-02-14 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discuss sickness and health in marriage.
2013-02-14 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: the secret to perfect peace and happiness.
2013-02-14 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.
2013-02-14 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-02-14 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the Good News of Diabetes -- it can be controlled.
2013-02-14 11:00!	Celebrating Life in Recovery	Cheri Peters *, Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2013-02-14 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.
2013-02-14 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.
2013-02-15 06:00*	Body and Spirit	Dick Nunez *, Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.

# Community Issues Program List

## January through March 2013

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-02-15 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in caffeine, vitamin d, and exercise.
2013-02-15 13:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses rejoice.
2013-02-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss adventist advantage.
2013-02-15 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2013-02-17 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 2)
2013-02-17 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.
2013-02-17 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.
2013-02-18 01:00!	Celebrating Life in Recovery	Cheri Peters *, Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2013-02-18 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the Good News of Diabetes -- it can be controlled.
2013-02-18 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2013-02-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about foods for joint health.
2013-02-18 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.
2013-02-18 18:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: the secret to perfect peace and happiness.
2013-02-18 19:00!	Celebrating Life in Recovery	Cheri Peters *, Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2013-02-19 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.
2013-02-19 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 2)
2013-02-19 11:00*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: the secret to perfect peace and happiness.
2013-02-19 13:30*	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain discuss confronting cholesterol.
2013-02-19 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

## January through March 2013

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Date and Time	Program	Talent	Description
2013-02-19 17:30*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses rejoice.
2013-02-20 02:00!	Celebrating Life in Recovery	Cheri Peters *, Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2013-02-20 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2013-02-20 06:00*	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2013-02-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some easy healthy breakfast ideas.
2013-02-20 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.
2013-02-21 03:00!	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2013-02-21 04:00*	Marriage in God's Hands	Willie and Wilma Lee	Willie and Wilma Lee discusses rejoice.
2013-02-21 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes a marriage happier.
2013-02-21 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.
2013-02-21 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-02-21 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.
2013-02-21 11:00!	Celebrating Life in Recovery	Cheri Peters *, Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2013-02-21 13:30*	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain show making the old standard macaroni and cheese.
2013-02-21 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.
2013-02-22 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.
2013-02-22 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in diabetes, cholesterol and stroke.
2013-02-22 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go into making healthy marriages
2013-02-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about problems with Poultry.
2013-02-22 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2013-02-22 17:00*	NEWSTART Now	Ron Giannoni *, Norman Kraft	Ron Giannoni and Norman Kraft discuss how an inoperaple hernia can be relieved through a new lifestyle.

# Community Issues Program List

## January through March 2013

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-02-24 03:00*	NEWSTART Now	Ron Giannoni *, Norman Kraft	Ron Giannoni and Norman Kraft discuss how an inoperable hernia can be relieved through a new lifestyle.
2013-02-24 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss Syndrome X.
2013-02-24 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.
2013-02-24 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.
2013-02-25 01:00!	Celebrating Life in Recovery	Cheri Peters *, Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2013-02-25 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.
2013-02-25 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez.
2013-02-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss debriefing the beef.
2013-02-25 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2013-02-25 18:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes a marriage happier.
2013-02-25 19:00!	Celebrating Life in Recovery	Cheri Peters *, Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2013-02-26 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.
2013-02-26 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss Syndrome X.
2013-02-26 11:00*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes a marriage happier.
2013-02-26 11:30*	NEWSTART Now	Ron Giannoni *, Norman Kraft	Ron Giannoni and Norman Kraft discuss how an inoperable hernia can be relieved through a new lifestyle.
2013-02-26 13:30*	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain show making salad dressings and salads.
2013-02-26 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2013-02-26 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go into making healthy marriages
2013-02-27 02:00!	Celebrating Life in Recovery	Cheri Peters *, Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2013-02-27 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.

# Community Issues Program List

## January through March 2013

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-02-27 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Brittany Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2013-02-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about the benefits of squash.
2013-02-27 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2013-02-28 03:00!	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
2013-02-28 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go into making healthy marriages
2013-02-28 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life fulfilling.
2013-02-28 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2013-02-28 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-02-28 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss overweight.
2013-02-28 11:00!	Celebrating Life in Recovery	Cheri Peters *, Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2013-02-28 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making lunch.
2013-02-28 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.
2013-03-01 06:00*	Body and Spirit	Dick Nunez *, Amy Anderson and Leif Sjoren	Temdon injury can be helped with proper exercise. Dick Nunez with Amy Anderson and Leif Sjoren show how.
2013-03-01 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in child iq, stroke, heat exhaustion, etc..
2013-03-01 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about dysfunctional family patterns.
2013-03-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2013-03-01 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2013-03-03 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about a prenatal program.
2013-03-03 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.
2013-03-03 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.

# Community Issues Program List

## January through March 2013

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-03-04 01:00!	Celebrating Life in Recovery	Cheri Peters & C. A. Murray *	Cheri Peters and C. A. Murray discuss season 8 highlights.
2013-03-04 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss overweight.
2013-03-04 06:00*	Body and Spirit	Dick Nunez *, Amy Anderson and Brittany Nunez	Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls
2013-03-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2013-03-04 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2013-03-04 18:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life fulfilling.
2013-03-04 19:00!	Celebrating Life in Recovery	Cheri Peters & C. A. Murray *	Cheri Peters and C. A. Murray discuss season 8 highlights.
2013-03-05 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.
2013-03-05 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about a prenatal program.
2013-03-05 11:00*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life fulfilling.
2013-03-05 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making appetizers and dinner.
2013-03-05 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.
2013-03-05 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about dysfunctional family patterns.
2013-03-06 02:00!	Celebrating Life in Recovery	Cheri Peters & C. A. Murray *	Cheri Peters and C. A. Murray discuss season 8 highlights.
2013-03-06 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2013-03-06 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Leif Sjoren	Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.
2013-03-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.
2013-03-06 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicyccle.
2013-03-07 03:00!	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregancy.
2013-03-07 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about dysfunctional family patterns.
2013-03-07 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.

# Community Issues Program List

## January through March 2013

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-03-07 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-03-07 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.
2013-03-07 11:00!	Celebrating Life in Recovery	Cheri Peters & C. A. Murray *	Cheri Peters and C. A. Murray discuss season 8 highlights.
2013-03-07 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and demonstrate preparing main entrees.
2013-03-07 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2013-03-08 06:00*	Body and Spirit	Dick Nunez *, Kye Gabbert and Luther Whiting	Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis.
2013-03-08 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stds, secrets of aging, etc.
2013-03-08 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss Progressive Marriages.
2013-03-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cause for the pause.
2013-03-08 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2013-03-08 17:00*	NEWSTART Now	Ron Giannoni *, Milton Buehner	Ron Giannoni and Milton Buehner discuss ideas on how to break food addictions.
2013-03-10 03:00*	NEWSTART Now	Ron Giannoni *, Milton Buehner	Ron Giannoni and Milton Buehner discuss ideas on how to break food addictions.
2013-03-10 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Men's Health Issues.
2013-03-10 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.
2013-03-10 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.
2013-03-11 01:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-03-11 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.
2013-03-11 06:00*	Body and Spirit	Dick Nunez *, Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2013-03-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that prevent Power Surges during the day.
2013-03-11 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2013-03-11 19:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-03-12 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.

# Community Issues Program List

## January through March 2013

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-03-12 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Men's Health Issues.
2013-03-12 11:30*	NEWSTART Now	Ron Giannoni *, Milton Buehner	Ron Giannoni and Milton Buehner discuss ideas on how to break food addictions.
2013-03-12 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate preparing a quick lunch.
2013-03-12 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2013-03-12 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss Progressive Marriages.
2013-03-13 02:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-03-13 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2013-03-13 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
2013-03-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about Indian Cuisine.
2013-03-13 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2013-03-14 03:00!	Up Close	Kay Rizzo	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
2013-03-14 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss Progressive Marriages.
2013-03-14 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.
2013-03-14 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-03-14 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss physiology of health.
2013-03-14 11:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2013-03-14 13:30*	Let's Cook Together	Jill Morikone *, Mary Bernt	Jill Morikone and Mary Bernt discuss and show how to Roll it up with Tofu.
2013-03-14 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.
2013-03-15 06:00*	Body and Spirit	Dick Nunez *, Art Garner and Brittany Nunez	Dick Nunez and Art Garner and Brittany Nunez discuss fitness for everyone.
2013-03-15 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss new start.
2013-03-15 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about different conflicts in marriage.
2013-03-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2013-03-15 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.

# Community Issues Program List

## January through March 2013

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2013-03-17 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about meal menu planning.
2013-03-17 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.
2013-03-17 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2013-03-18 01:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-03-18 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss physiology of health.
2013-03-18 06:00*	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2013-03-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2013-03-18 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2013-03-18 19:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-03-19 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2013-03-19 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about meal menu planning.
2013-03-19 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Condy discuss and show making breakfast.
2013-03-19 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.
2013-03-19 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about different conflicts in marriage.
2013-03-20 02:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-03-20 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2013-03-20 06:00*	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2013-03-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2013-03-20 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2013-03-21 03:00!	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2013-03-21 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about different conflicts in marriage.
2013-03-21 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.
2013-03-21 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

# Community Issues Program List

## January through March 2013

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2013-03-21 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss herbs.
2013-03-21 11:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2013-03-21 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Condy discuss and show making lunch.
2013-03-21 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.
2013-03-22 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.
2013-03-22 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in memory, sleep, and retirement.
2013-03-22 13:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about seven costly mistakes parents make.
2013-03-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2013-03-22 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2013-03-22 17:00*	NEWSTART Now	Ron Giannoni *, Una Bourne	Ron Giannoni and Una Bourne discuss solving muscular problems.
2013-03-24 03:00*	NEWSTART Now	Ron Giannoni *, Una Bourne	Ron Giannoni and Una Bourne discuss solving muscular problems.
2013-03-24 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about how to plan meals.
2013-03-24 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2013-03-24 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2013-03-25 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-03-25 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss herbs.
2013-03-25 06:00*	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2013-03-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2013-03-25 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2013-03-25 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-03-26 06:00*	Body and Spirit Aerobics	Dick Nunez *, Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2013-03-26 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about how to plan meals.
2013-03-26 11:30*	NEWSTART Now	Ron Giannoni *, Una Bourne	Ron Giannoni and Una Bourne discuss solving muscular problems.

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## January through March 2013

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2013-03-26 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Cook prepare a healthy dinner.
2013-03-26 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2013-03-26 17:30*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about seven costly mistakes parents make.
2013-03-27 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-03-27 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2013-03-27 06:00*	Body and Spirit	Dick Nunez *, Barbara Nolen , Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2013-03-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss diabetes and carbohydrates.
2013-03-27 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2013-03-28 03:00!	Up Close	Shelley Quinn *, Dr. David Wilkins , Jay Gallimore	Shelly Quinn discuss facing the tough times.
2013-03-28 04:00*	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about seven costly mistakes parents make.
2013-03-28 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2013-03-28 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2013-03-28 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses diabetes.
2013-03-28 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2013-03-28 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook prepare ethnic salads.
2013-03-28 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Lyndi Schwartz , Nancy Diaz	Lyndi Schwartz, Lyndi Schwartz, and Nancy Diaz discuss just for kicks.
2013-03-29 06:00*	Body and Spirit	Dick Nunez , Susan Santos , Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2013-03-29 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc..
2013-03-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2013-03-29 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2013-03-31 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss modern society diseases. (Part 1)
2013-03-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2013-03-31 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Lyndi Schwartz , Tami Bivens	Lyndi Schwartz, Lyndi Schwartz, and Tami Bivens discuss interval jogging.