CALM Act Certification

This is to certify that CINE MEXICANO :

- As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on CINE MEXICANO are or will be in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television ("ATSC A/85 Recommended Practice") at the point of distribution by CINE MEXICANO by December 13, 2012 to authorized reception equipment of downstream multichannel video programming distributors.
- 2. Compliance with the ATSC A/85 Recommended Practice is determined by CINE MEXICANO through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 30th day of September 2020.

By: ____ Colleen E. Glynn___

Name

Executive Vice President and General Counsel

Title

September 30th, 2020.

Dear Affiliate:

This letter is intended to assist in satisfying its obligations under Section 79.1 (b) of Title 47 of the Code of Federal Regulations regarding closed captioning.

Cine Classico during the following time periods:

For Third Quarter 2020 (July - September) and all prior calendar quarters:

1. _____has been in compliance with Section 79.1 (b) of the FCC's closed captioning requirements. All programming provided to our affiliates was captioned to the extent required pursuant to Section 79.1 (b) of the rules of the Federal Communications Commission:

OR

2. ____X hereby certifies that it is exempt from the closed captioning requirements pursuant to the Federal Communication's closed captioning rules applicable to it because <u>of the following exemptions</u>: *annual gross revenue less than three million*.

Further, we agree to notify you within thirty (30) days of a change in exempt status.

Sincerely yours,

Colleen E. Glynn

Colleen E. Glynn EVP, General Counsel Olympusat, Inc.

CALM Act Certification

This is to certify that CINE CLASSICO :

- As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on CINE CLASSICO are or will be in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television ("ATSC A/85 Recommended Practice") at the point of distribution by CINE CLASSICO by December 13, 2012 to authorized reception equipment of downstream multichannel video programming distributors.
- 2. Compliance with the ATSC A/85 Recommended Practice is determined by CINE CLASSICO through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 30th day of September 2020.

By: <u>Colleen E. Glynn</u>

Name

Executive Vice President and General Counsel

Title

CINE CLASICO

<u>Closed Caption Certification</u>

FCC rules require video programming distributers to caption programming delivered using IP if it was shown on television with captions.

Please initial those that are applicable:

_ The following programing satisfies the required caption quality standards

OR

X The following programming is exempt from the closed captioning rules under one or more properly attained exemptions. If you are claiming an exemption, please use the space provided below to specify all exemptions that apply

OR

All programming is exempt from the closed captioning rules under one or more properly attained exemptions. If you are claiming an exemption, please use the space provided below to specify all exemptions that apply

Programming is exempt from IP captioning rules because they are not required to be captioned on television.

This certification is made in good faith and is true to the best of my knowledge.

Executed this day 30th day of September 2020.

Colleen E. Slepn Signature:

Print Name: _Colleen E. Glynn_____

Title: <u>E.V.P. / General Counsel</u>

September 30th, 2020

Dear Affiliate:

This letter is intended to assist in satisfying its obligations under Section 79.1 (b) of Title 47 of the Code of Federal Regulations regarding closed captioning.

Sorpresa during the following time periods:

For Third Quarter 2020 (July - August) and all prior calendar quarters:

1. _____has been in compliance with Section 79.1 (b) of the FCC's closed captioning requirements. All programming provided to our affiliates was captioned to the extent required pursuant to Section 79.1 (b) of the rules of the Federal Communications Commission:

OR

2. ____X ____ hereby certifies that it is exempt from the closed captioning requirements pursuant to the Federal Communication's closed captioning rules applicable to it because <u>of the following exemptions</u>: *annual gross revenue less than three million*.

Further, we agree to notify you within thirty (30) days of a change in exempt status.

Sincerely yours,

Colleen E. Glynn

Colleen E. Glynn EVP, General Counsel Olympusat, Inc.

SOPRESA

Closed Caption Certification

FCC rules require video programming distributers to caption programming delivered using IP if it was shown on television with captions.

Please initial those that are applicable:

_ The following programing satisfies the required caption quality standards

OR

X The following programming is exempt from the closed captioning rules under one or more properly attained exemptions. If you are claiming an exemption, please use the space provided below to specify all exemptions that apply

OR

All programming is exempt from the closed captioning rules under one or more properly attained exemptions. If you are claiming an exemption, please use the space provided below to specify all exemptions that apply

Programming is exempt from IP captioning rules because they are not required to be captioned on television.

This certification is made in good faith and is true to the best of my knowledge.

Executed this day 30th day of September 2020.

Colleen E. Slepn Signature:

Print Name: _Colleen E. Glynn_____

Title: <u>E.V.P. / General Counsel</u>

CALM Act Certification

This is to certify that SORPRESA :

- 1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on SOPRESA are or will be in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television ("ATSC A/85 Recommended Practice") at the point of distribution by SOPRESA by December 13, 2012 to authorized reception equipment of downstream multichannel video programming distributors.
- 2. Compliance with the ATSC A/85 Recommended Practice is determined by SOPRESA through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 30th day of September 2020

By: <u>Colleen E. Glynn</u>

Name

Executive Vice President and General Counsel

Title



CLOSED CAPTIONING CERTIFICATION THIRD QUARTER 2020 (July 1, 2020 THROUGH September 30, 2020)

This is to certify that Outdoor Channel ("Network") is in compliance with the closed captioning requirements set forth in Section 79.1, *et seq.*, of Title 47 of the Code of Federal Regulations (the "Regulations"), and that all programming provided by Network to each Affiliate during the 3^{rd} Quarter of 2020 was, to the best of Network's knowledge and belief, captioned to the extent required by such Regulations. Further, pursuant to Section 79.1(j)(1) of the Regulations, Network hereby certifies that in the ordinary course of business, it has adopted and follows Best Practices set forth in Section 79.1(k)(1) thereof.

I certify that I have been designated by Network as the official responsible for the oversight of compliance with the Regulations and the Children's Programming Rules, and I am familiar with the Regulations and the Children's Programming Rules. I declare under penalty of perjury that the foregoing is true and correct.

Executed this 30th day of September 2020

Network: Outdoor Channel

At A

By: Steve Smith EVP Distribution & Affiliate Marketing

1000 Chopper Circle, Denver CO 80204 www.OutdoorChannel.com



CALM Act Certification

This is to certify that:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on Sportsman Channel are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television ("ATSC A/85 Recommended Practice") at the point of distribution by Sportsman Channel to authorized reception equipment of downstream multichannel video programming distributors.

2. Compliance with the ATSC A/85 Recommended Practice is determined by Sportsman Channel through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 30th day of September 2020

Network: Sportsman Channel

1th L

By: Steve Smith EVP Distribution & Affiliate Marketing

1000 Chopper Circle, Denver CO 80204 www.TheSportsmanChannel.com



CLOSED CAPTIONING CERTIFICATION THIRD QUARTER 2020 (July 1, 2020 THROUGH September 30, 2020)

This is to certify that Sportsman Channel ("Network") is in compliance with the closed captioning requirements set forth in Section 79.1, *et seq.*, of Title 47 of the Code of Federal Regulations (the "Regulations"), and that all programming provided by Network to each Affiliate during the 3^{rd} Quarter of 2020 was, to the best of Network's knowledge and belief, captioned to the extent required by such Regulations. Further, pursuant to Section 79.1(j)(1) of the Regulations, Network hereby certifies that in the ordinary course of business, it has adopted and follows Best Practices set forth in Section 79.1(k)(1) thereof.

I certify that I have been designated by Network as the official responsible for the oversight of compliance with the Regulations and the Children's Programming Rules, and I am familiar with the Regulations and the Children's Programming Rules. I declare under penalty of perjury that the foregoing is true and correct.

Executed this 30th day of September 2020

Network: Sportsman Channel

1 tm h

By: Steve Smith EVP Distribution & Affiliate Marketing

1000 Chopper Circle, Denver CO 80204 www.TheSportsmanChannel.com



CALM Act Certification

This is to certify that:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on the World Fishing Network are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television ("ATSC A/85 Recommended Practice") at the point of distribution by Outdoor Channel to authorized reception equipment of downstream multichannel video programming distributors.

2. Compliance with the ATSC A/85 Recommended Practice is determined by the World Fishing Network through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 30th day of September 2020

Network: World Fishing Network

1th.A

By: Steve Smith EVP Distribution & Affiliate Marketing



CLOSED CAPTIONING CERTIFICATION THIRD QUARTER 2020 (July 1, 2020 THROUGH September 30, 2020)

This is to certify that World Fishing Network ("Network") is in compliance with the closed captioning requirements set forth in Section 79.1, *et seq.*, of Title 47 of the Code of Federal Regulations (the "Regulations"), and that all programming provided by Network to each Affiliate during the 3^{rd} Quarter of 2020 was, to the best of Network's knowledge and belief, captioned to the extent required by such Regulations. Further, pursuant to Section 79.1(j)(1) of the Regulations, Network hereby certifies that in the ordinary course of business, it has adopted and follows Best Practices set forth in Section 79.1(k)(1) thereof.

I certify that I have been designated by Network as the official responsible for the oversight of compliance with the Regulations and the Children's Programming Rules, and I am familiar with the Regulations and the Children's Programming Rules. I declare under penalty of perjury that the foregoing is true and correct.

Executed this 30th day of September 2020

Network: World Fishing Network

th A

By: Steve Smith EVP Distribution & Affiliate Marketing



CALM Act Certification

This is to certify that:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on Outdoor Channel are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television ("ATSC A/85 Recommended Practice") at the point of distribution by Outdoor Channel to authorized reception equipment of downstream multichannel video programming distributors.

2. Compliance with the ATSC A/85 Recommended Practice is determined by Outdoor Channel through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 30^{th} day of September 2020

Network: Outdoor Channel

Stor A

By: Steve Smith EVP Distribution & Affiliate Marketing

1000 Chopper Circle, Denver CO 80204 www.OutdoorChannel.com



Caption Quality Standards and Best Practices Certification

Pursuant to section 79.1(j)(1) of its rules, the Federal communications Commission (FCC) requires Video Programmers to certify compliance with its closed captioning standards. This is to certify that programming distributed by The Word Network is in compliance with applicable FCC requirements concerning the quality of closed captioning, as indicated below:

- The video programming satisfies the caption quality standards of FCC Rule 79.1(j)(2), 47 C.F.R. § 79.1(b) &(j)(2)
- _____ One or more of The Word Network's programs are exempt from the closed captioning rules, as set forth below:

For purposes of determining compliance with Section 79.1, any video programming provider that meets one or more of the following criteria shall be exempt to the extent specified. (5)**Programming distributed in the late night hours**. Programming that is being distributed to residential households between 2 a.m. and 6 a.m. local time. Video programming distributors providing a channel that consists of a service that is distributed and exhibited for viewing in more than a single time zone shall be exempt from closed captioning that service for any continuous 4 hour time period they may select, commencing not earlier than 12 a.m. local time and ending not later than 7 a.m. local time in any location where that service is intended for viewing. This exemption is to be determined based on the primary reception locations and remains applicable even if the transmission is accessible and distributed or exhibited in other time zones on a secondary basis. Video programming distributors providing service outside of the 48 contiguous states may treat as exempt programming that is exempt under this paragraph when distributed in the contiguous states. Provider that meets one or more of the following criteria shall be exempt to the extent specified.

Program: Michael Jones Ministry/Exemption: Shown between 2am - 6am
Program: Horace Sheffield Ministry/ Exemption: Shown between 2am – 6am
Program: Addison Adamu Ministry/Exemption: Shown between 2am – 6am
Program: Ellen Bryant Brown Ministry/Exemption: Shown between 2am - 6am
Program: Willie Robinson Ministry/Exemption: Shown between 2am – 6am
Program: R.D. Scott Ministry/Exemption: Shown between 2am – 6am
Program: Terry D. McClean Ministry/Exemption: Shown between 2am – 6am
Program: Glenn Arekion Ministry/Exemption: Shown between 2am – 6am
Program: Robbi Warren Ministry/Exemption: Shown between 2am – 6am
Program: Angelo Jones Ministry/Exemption: Shown between 2am – 6am

This certification is made in good faith and is true to the best of my knowledge.

Executed this day / of <u>OCTOBER</u>, 2020.

The Word Network By: <u>JOHN MATTIELLO</u> Name: <u>JOHN MATTIELLO</u> Title: <u>DIRECTOR OF MARKETING</u>

CALM Act Certification

This is to certify that:

- As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on The Word Network are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: recommended Practice: techniques for Establishing and Maintaining Audio Loudness for Digital Television "ATSC A/85 Recommended Practice" at the point of distribution by The Word Network to authorized reception equipment of downstream multichannel video programming distributors.
- 2. Compliance with the ATSC A/85 Recommended Practice is determined by The Word Network through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 1st day of January 2020

Pete Glass By: Director of Engineering The Word Network



Phone: (248) 357-4566 fax: (248) 350-2531

CHILDREN'S PROGRAMMING CERTIFICATION

{THIRD QUARTER JULY 1 - SEPT. 30, 2019}

This is to certify that **The Word Network** ("Network") as a standard practice does not air advertising. Atlantic Broadband may rely upon this certification for future calendar quarters unless notified in writing by the Network within five (5) days after the close of any quarter that advertising has been included in the Network's programming and that the Network is in compliance with the Children's Television Act of 1990 and with the rules and regulations of the Federal Communications Commission.

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 1st day of October, 2019.

Signature:	g-Mattiello	
Name:	JOHN MATTIELLO	
		—

Title: DIRECTOR OF MARKETING



Caption Quality Standards and Best Practices Certification

Pursuant to section 79.1(j)(1) of its rules, the Federal communications Commission (FCC) requires Video Programmers to certify compliance with its closed captioning standards. This is to certify that programming distributed by The Word Network is in compliance with applicable FCC requirements concerning the quality of closed captioning, as indicated below:



The video programming satisfies the caption quality standards of FCC Rule 79.1(j)(2), 47 C.F.R. § 79.1(b) &(j)(2)

One or more of The Word Network's programs are exempt from the closed captioning rules, as set forth below:

For purposes of determining compliance with Section 79.1, any video programming provider that meets one or more of the following criteria shall be exempt to the extent specified. (5)**Programming distributed in the late night hours**. Programming that is being distributed to residential households between 2 a.m. and 6 a.m. local time. Video programming distributors providing a channel that consists of a service that is distributed and exhibited for viewing in more than a single time zone shall be exempt from closed captioning that service for any continuous 4 hour time period they may select, commencing not earlier than 12 a.m. local time and ending not later than 7 a.m. local time in any location where that service is intended for viewing. This exemption is to be determined based on the primary reception locations and remains applicable even if the transmission is accessible and distributed or exhibited in other time zones on a secondary basis. Video programming distributors providing service outside of the 48 contiguous states may treat as exempt programming that is exempt under this paragraph when distributed in the contiguous states. Provider that meets one or more of the following criteria shall be exempt to the extent specified.

Program: Michael Jones Ministry/Exemption: Shown between 2am – 6am
Program: Horace Sheffield Ministry/ Exemption: Shown between 2am – 6am
Program: Addison Adamu Ministry/Exemption: Shown between 2am – 6am
Program: Ellen Bryant Brown Ministry/Exemption: Shown between 2am – 6am
Program: Willie Robinson Ministry/Exemption: Shown between 2am – 6am
Program: R.D. Scott Ministry/Exemption: Shown between 2am - 6am
Program: Terry D. McClean Ministry/Exemption: Shown between 2am - 6am
Program: Glenn Arekion Ministry/Exemption: Shown between 2am – 6am
Program: Robbi Warren Ministry/Exemption: Shown between 2am – 6am
Program: Angelo Jones Ministry/Exemption: Shown between 2am – 6am

This certification is made in good faith and is true to the best of my knowledge.

Executed this day 1 of OCTOBER , 2019.

	The Word Network			
Ву:	J Mattiells			
Name:	JOHN MATTIELLO			
Title: _	DIRECTOR OF MARKETING			



TELEVISION RADID NEWS

ONLINE

PUBLISHING

October 8, 2020

Thomas Gunerman Atlantic Broadband 70 E. Lancaster Avenue Frzer, PA 19355

Via email tgunerman@atlanticbb.com

<u>3rd Quarter 2020 FCC Closed Captioning and Children's Television Compliance for</u> <u>EWTN Domestic Services: EWTN and EWTN *español*</u>

Dear Thomas:

This letter serves to certify Eternal Word Television Network's ongoing compliance with the FCC Closed Captioning Rules and the commercial limitations set forth in the Children's Television Act of 1990 as explained below:

Closed Captioning of Video Programming - 47 C.F.R. § 79.1. Under sub-parts (11) (expense greater than 2% of gross revenue from that channel) and (12) (gross revenue from that channel less than three million) of subsection 79.1(d), EWTN <u>remains exempt</u>.

Children's Television Act of 1990 - 47 USC § 303a. EWTN remains compliant with the commercial limitations set forth in 47 USC § 303a(b) of less than 10.5 minutes per hour on weekends and less than 12 minutes per hour otherwise.

Please feel free to contact me with questions or concerns regarding this certification.

Best regards, ETERNAL WORD TELEVISION NETWORK, INC.

John B. Mann

John B. Manos, Esq. Vice President and General Counsel

p.s. CALM Act and Caption Quality certifications are now available online at <u>http://ewtn.com/technical.asp</u>

Date and Time	Program	Talent	Description
2020-07-01 06:00*	Body and Spirit	Dick Nunez (Host), Alex	Dick Nunez with Alex Hinez and Omar
		Hinez, Omar Mosquera	Mosquera demonstrate exercise routines to
2020 07 04 00.001	Today Cooking		help with neck pain.
2020-07-01 08:00! 2020-07-01 13:00*	Today Cooking Issues and Answers	Ruthie Jacobsen (Host),	discusses authentic indian cuisine part 3. Ruthie Jacobsen and Kelly Veilleux discuss
2020-07-01 13.00	ISSUES AND ANSWEIS	Kelly Veilleux	unity.
2020-07-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2020-07-01 14:00*	Action 4 Life	Casio Jones (Host), Mindy	Casio Jones, Bradley Hite, and Mindy Issacs
		Issacs, Bradley Hite	discuss workout circuit.
2020-07-01 15:00!	Today Cooking		discusses authentic indian cuisine part 3.
2020-07-01 20:00!	Today Cooking		discusses authentic indian cuisine part 3.
2020-07-01 23:00!	Today Cooking		discusses authentic indian cuisine part 3.
2020-07-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan	Dick Nunez and Megan Frasier and Cindy
0000 07 00 10 00		Frasier and Cindy Hanson	Hanson discuss strength training for women.
2020-07-02 10:00*	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Reidland Bredy,
	Health	Jackson, Laverne Jackson,	Sherry-Lynne Bredy, and Thomas Jackson
		Sherry-Lynne Bredy, Reidland Bredy	discuss temperance.
2020-07-02 12:00*	Ultimate Prescription		discusses danny shelton's experience
			with bypass surgery.
2020-07-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Lauren Rittenhouse, and
		Lauren Rittenhouse, Lyndi	Lyndi Schwartz discuss tips for better health.
		Schwartz	
2020-07-03 03:00*	Action 4 Life	Casio Jones (Host), Zion	Casio Jones and Zion Judea Hamilton
0000 07 00 00 00*		Judea Hamilton	discuss workout for parents and children.
2020-07-03 06:00*	Body and Spirit	Dick Nunez (Host), Brittany	Dick Nunez with Brittany Nunez and
		Nunez, Jonathon Hopkins	Jonathon Hopkins demonstrate exercise routines to help with obesity.
2020-07-03 09:00*	Optimize 4 Life	Dick Nunez (Host), Jay	Dick Nunez (Host), Jay Sutliffe (Host), and
2020 01 00 00.00		Sutliffe (Host), Lisa Nunez	Lisa Nunez discuss optimize your respiratory
			system.
2020-07-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and
			others.
2020-07-03 10:00*	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Vicki Griffin discuss
0000 07 05 00 00*	From Oislands f	Vicki Griffin	journey to victory.
2020-07-05 03:30*		Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Reidland Bredy,
	Health	Jackson, Laverne Jackson, Sherry-Lynne Bredy,	Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
		Reidland Bredy	uscuss barbecully.
2020-07-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan	Dick Nunez with Megan Fraiser and Cindy
	· / · · · · · · · · · · · · · · · · · ·	Frasier and Cindy Hanson	Hanson discuss migraine headaches and
		, .	demonstrate exercises routines to help with
			migraines.
2020-07-05 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host),	Lyndi Schwartz , Andi Hunsaker, and Lauren
		Lauren Rittenhouse, Andi	Rittenhouse discuss how the body is
		Hunsaker	designed for action, not a sedentary lifestyle.
2020-07-06 05:30*	Cook 30	loromy Divon	Jeremy Dixon discusses dahalatoullie et al.
2020-07-06 05:30	Body and Spirit	Jeremy Dixon Dick Nunez (Host), Jane	Dick Nunez with Jane Baker demonstrate
2020 07 00 00.00		Bake	exercise routines to help with knee pain.

	All times are Central	Time Zone, Programs marke	ed * are 30 min and ! are 1 hour
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Date and Time	Program	Talent	Description
2020-07-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2020-07-06 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2020-07-07 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your immune system.
2020-07-07 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
2020-07-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2020-07-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2020-07-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2020-07-07 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2020-07-08 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
2020-07-08 08:00!	Today Cooking		discusses taco explosion.
2020-07-08 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2020-07-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2020-07-08 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2020-07-08 15:00!	Today Cooking		discusses taco explosion.
2020-07-08 20:00!	Today Cooking		discusses taco explosion.
2020-07-08 23:00!	Today Cooking		discusses taco explosion.
2020-07-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2020-07-09 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2020-07-09 12:00* 2020-07-09 14:00*	Ultimate Prescription Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren	discusses valves of the heart. Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening
2020-07-10 03:00*	Action 4 Life	Rittenhouse Casio Jones (Host), Rena Lee	exercises. Casio Jones and Rena Lee discuss exciting workout with the medicine ball.

Data and Time	Brogram	Talant	Description
Date and Time	Program	Talent	Description
2020-07-10 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Brittany Nunez	Dick Nunez with Alex Hinex and Brittany Nunez demonstrate exercise routines for lower back training.
2020-07-10 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your immune system.
2020-07-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2020-07-10 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven steps setting & sustaining.
2020-07-12 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2020-07-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2020-07-12 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2020-07-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2020-07-13 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
2020-07-13 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2020-07-13 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2020-07-14 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2020-07-14 05:30*	Wonderfully Made	Shelley Quinn (Host), James Marcum	Shelly Quinn leads a discussion with James Marcum focused on Could I Have a Heart Attack?
2020-07-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2020-07-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2020-07-14 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury disscuss the pitfalls of the American Lifestyle on health.
2020-07-14 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2020-07-15 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins	Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins.
2020-07-15 08:00!	Today Cooking		discusses soups, sandwiches, and salad.

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Date and Time	Program	Talent	Description
2020-07-15 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers -
2020-07-15 14:00*	Action 4 Life	Casia Janas (Hast) Bana	the causes. Casio Jones and Rena Lee discuss make a
2020-07-13 14.00	ACTION 4 LITE	Casio Jones (Host), Rena Lee	challenge workout fun!.
2020-07-15 15:00!	Today Cooking	200	discusses soups, sandwiches, and salad.
2020-07-15 20:00!	Today Cooking		discusses soups, sandwiches, and salad.
2020-07-15 23:00!	Today Cooking		discusses soups, sandwiches, and salad.
2020-07-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany	Dick Nunez, Brittany Nunez, and Daniel
0000 07 40 40 00*		Nunez, Daniel Hopkins	Hopkins discuss diet for a new economy.
2020-07-16 10:00*	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Thomas
	Health	Jackson, Laverne Jackson, Yvonne Lewis	Jackson, and Yvonne Lewis discuss food labeling.
2020-07-16 12:00*	Ultimate Prescription		discusses diagnosing a weak heart.
2020-07-16 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	Lyndi Schwartz, Andi Hunsaker, and Tami
		Hunsaker, Tami Bivens	Bivens discuss walking in the spirit.
2020-07-17 03:00*	Action 4 Life	Casio Jones (Host), Monica	Casio Jones and Monica Flowers discuss
		Flowers	who doesn't like to stretch?.
2020-07-17 06:00*	Body and Spirit	Dick Nunez (Host), Jane	Dick Nunez with Brittany Nunez and Jane
		Baker, Brittany Nunez	Baker demonstrate exercise routines
2020-07-17 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe	especially for Women. Dick Nunez, Jay Sutliffe (Host), and Lisa
2020-07-17 09.00	Optimize 4 Life	(Host), Lisa Nunez	Nunez discuss preparing to optimize 4 life.
2020-07-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza &
		,	others.
2020-07-17 10:00*	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Vicki Griffin discuss
		Vicki Griffin	seven goals for designer lifestyle.
2020-07-19 03:30*	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Camille Clark, Thomas Jackson,
	Health	Jackson, Camille Clark, Yvonne Lewis	and Yvonne Lewis discuss auto-immune disease.
2020-07-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany	Dick Nunez, Brittany Nunez and Zak
2020 01 10 00.00		Nunez, Zak Oberholster	Oberholster demonstrate aerobic exercise.
2020-07-19 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	Lyndi Schwartz, Andi Hunsaker, and Nancy
		Hunsaker, Nancy Diaz	Diaz discuss cardiovascular training /
	• • • • •		balance and strength.
2020-07-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese
2020-07-20 06:00*	Body and Spirit	Dick Nunez (Host), Alex	pho noodles et al. Getting enough of the proper rest is as import
2020-07-20 00.00	Body and Spint	Hinez, Jane Baker	as proper exercise. Dick Nunez discusses
			and leads exercise routings with Jane Baker
			and Jonathon Hopkins
2020-07-20 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers -
	A		the treatment.
2020-07-20 14:00*	Action 4 Life	Casio Jones (Host), Tyler	Casio Jones and Tyler Flower discuss
2020-07-21 02:00*	Optimize 4 Life	Flower Dick Nunez & Jay Sutliffe	working out with young folks. Dick Nunez, Jay Sutliffe (Host), and Lisa
2020-01-21 02.00		(Host), Lisa Nunez	Nunez discuss optimize your workout.
2020-07-21 05:30*	Wonderfully Made	· · · · ·	Shelly Quinn leads a health discussion with
		Marcum	James Marcum focused on treatment after a
			heart attack.

Date and Time	Program	Talent	Description
2020-07-21 06:00*		Dick Nunez (Host), Corrie Sample, Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2020-07-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-07-21 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2020-07-21 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2020-07-22 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Jonathon Hopkins	Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking.
2020-07-22 08:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-07-22 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Martin Kim, Liana Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss help when you're at the bottom.
2020-07-22 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2020-07-22 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2020-07-22 15:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-07-22 20:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-07-22 23:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-07-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2020-07-23 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2020-07-23 12:00*	Ultimate Prescription		discusses exercise.
2020-07-23 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2020-07-24 03:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2020-07-24 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins, Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
2020-07-24 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your workout.
2020-07-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2020-07-24 10:00*	Health for a Lifetime	Don Mackintosh (Host), Christina Salter	Don Mackintosh and Christina Salter discuss colon health.

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Date and Time	Program	Talent	Description
2020-07-26 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2020-07-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2020-07-26 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2020-07-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2020-07-27 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2020-07-27 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2020-07-27 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2020-07-28 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss good dieting practices.
2020-07-28 05:30*	Wonderfully Made	Shelley Quinn (Host), James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
2020-07-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2020-07-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2020-07-28 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	•
2020-07-28 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2020-07-29 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez	Dick Nunez, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work.
2020-07-29 08:00!	Today Cooking		discusses southern brunch.
2020-07-29 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2020-07-29 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2020-07-29 15:00!	Today Cooking		discusses southern brunch.
2020-07-29 23:00!	Today Cooking		discusses southern brunch.
2020-07-30 06:00*		Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2020-07-30 12:00*	Ultimate Prescription		discusses disease that can't be cured.
2020-07-30 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2020-07-31 03:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.

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Date and Time	Program	Talent	Description
2020-07-31 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Brittany Nunez	Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for young people.
2020-08-02 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2020-08-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2020-08-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2020-08-03 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2020-08-03 06:00*	Body and Spirit	Dick Nunez (Host), Johnathon Hopkins & Leif Sjoren	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2020-08-03 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2020-08-03 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2020-08-04 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2020-08-04 05:30*	Wonderfully Made	Shelley Quinn (Host), James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on the question, Where does cardio-vascular disease start?
2020-08-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2020-08-04 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2020-08-04 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2020-08-04 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2020-08-05 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Jonathon Hopkins	Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready.
2020-08-05 08:00! 2020-08-05 13:00*	Today Cooking Issues and Answers	Ruthie Jacobsen (Host), Pr.	discusses southern made simple. Ruthie Jacobsen and Pr. Roy Rugless
		Roy Rugless	discuss great help in hard times.
2020-08-05 13:30* 2020-08-05 14:00*	Abundant Living Action 4 Life	Paula & Curtis Eakin Casio Jones (Host), Frances Clark	Paula and Curtis Eakin discuss go red. Casio Jones with Frances Clark discuss the
2020-08-05 15:00!	Today Cooking	Ulaik	bennefits of pool exercise. discusses southern made simple.

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Date and Time	Program	Talent	Description
2020-08-05 20:00!	Today Cooking		discusses southern made simple.
2020-08-05 23:00!	Today Cooking		discusses southern made simple.
2020-08-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany	Dick Nunez, Brittany Nunez, and Corrie
		Nunez, Corrie Sample	Sample demonstrate exercises to help
2020-08-06 10:00*	From Sickness to	Rico Hill (Host), Thomas	strenghten your bones. Rico Hill, Laverne Jackson, Reidland Bredy,
2020-00-00 10.00	Health	Jackson, Laverne Jackson,	Sherry-Lynne Bredy, and Thomas Jackson
	liouuri	Sherry-Lynne Bredy,	discuss balance.
		Reidland Bredy	
2020-08-06 12:00*	Ultimate Prescription	·	discusses the number 1 killer.
2020-08-06 14:00*	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Lyndi Schwartz, and Nancy
		Nancy Diaz, Lyndi Schwartz	Diaz discuss quick start cardio.
2020-08-07 03:00*	Action 4 Life	Casio Jones (Host), Lynne	Casio Jones with Lynne Thompson Cundiff
		Thompson Cundiff	discuss the importance of breakfast and demonstrate exercises.
2020-08-07 06:00*	Body and Spirit	Dick Nunez (Host), Brittany	Dick Nunez with helpers Brittany Nunez and
2020-00-07 00.00	body and Opint	, , , , , , , , , , , , , , , , , , ,	Steven Lingenfelter demonstrate how to
			exercise but avoid the pitfalls of overtraining.
2020-08-07 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe	Dick Nunez, Jay Sutliffe (Host), and Lisa
2020 00 07 00.00		(Host), Lisa Nunez	Nunez discuss optimize your circadian
		(rhythm.
2020-08-07 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2020-08-07 10:00*	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Christina Salter discuss
		Christina Salter	gynecological.
2020-08-09 03:30*		Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got
0000 00 00 00 00t	Health		milked!.
2020-08-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating
		Nullez, Come Sample	disorders.
2020-08-09 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host),	Lyndi Schwartz M.D., Andi Hunsaker M.D.,
		Lauren Rittenhouse, Andi	Lauren Rittenhouse show how to prepare for
		Hunsaker M.D.	safe hiking.
2020-08-10 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2020-08-10 06:00*	Body and Spirit	Dick Nunez (Host), Amy	Dick Nunez with Amy Andersen and
		Andersen & Jonathon	Jonathon Hopkins demonstrate exercise and
0000 00 40 40 00*	Abum don't billing	Hopkins	discuss Eating Disorders
2020-08-10 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2020-08-10 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch
			and demonstrate exercises.
2020-08-11 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe	Dick Nunez, Jay Sutliffe (Host), and Lisa
	-1	(Host), Lisa Nunez	Nunez discuss optimize your brain & nervous
		· · ·	system.
2020-08-11 05:30*	Wonderfully Made	Daniel Miller, James	Daniel Miller and Jim Marcum discuss the
		Marcum	rhythms of the heart.
2020-08-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany	Dick Nunez, Brittany Nunez, and Zak
		Nunez, Zak Oberholster	Oberholster demonstrate exercise to
			increase fat metabolism.

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Date and Time	Program	Talent	Description
2020-08-11 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur
2020-08-11 14:00*	Pody and Spirit (Now)		lodeh & cauliflower couscous. Andi Hunsaker, Lauren Rittenhouse, and
2020-08-11 14:00	Body and Spirit (New)	Andi Hunsaker M.D. (Host),	
		Lyndi Schwartz M.D., Lauren Rittenhouse	Lyndi Schwartz show how to run with
2020-08-11 17:00*	From Sickness to		endurance. Rico Hill and Jim Said discuss you got
	Health	Rico Hill (Host), Jim Said	milked!.
2020-08-12 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate
		Cabbert & Luther Whiting	with diabetes.
2020-08-12 08:00!	Today Cooking		discusses authentic indian cuisine.
2020-08-12 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.
2020-08-12 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing
2020 00 12 10.00			power surges.
2020-08-12 14:00*	Action 4 Life	Casio Jones (Host), Lynne	Casio Jones with Lynne Thompson Cundiff
	-	Thompson Cundiff	offer some suggestions for a healthy dinner
		·	and demonstrate exercises.
2020-08-12 15:00!	Today Cooking		discusses authentic indian cuisine.
2020-08-12 20:00!	Today Cooking		discusses authentic indian cuisine.
2020-08-12 23:00!	Today Cooking		discusses authentic indian cuisine.
2020-08-13 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel	Dick Nunez, Corrie Sample, and Daniel
		Hopkins, Corrie Sample	Hopkins discuss the benefits of outdoor activities.
2020-08-13 10:00*	From Sickness to	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got
2020 00 10 10.00	Health		milked!.
2020-08-13 12:00*	Ultimate Prescription		discusses how to reduce your risk of
			coronary artery diease.
2020-08-13 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host),	Lyndi Schwartz M.D., Andi Hunsaker M.D.,
		Lauren Rittenhouse, Andi	and Lauren Rittenhouse show stepping
	Antine Allife	Hunsaker M.D.	excercises for osteoporosis.
2020-08-14 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2020-08-14 06:00*	Body and Spirit	Dick Nunez (Host), Art	Dick Nunez, with assistants Art and Betty
	Lody and Opine	Garner & Betty Garner	Gamer, demonstrate exercise for Seniors.
2020-08-14 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe	Dick Nunez, Jay Sutliffe (Host), and Lisa
		(Host), Lisa Nunez	Nunez discuss optimize your brain & nervous
			system.
2020-08-14 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin &
			cranberry filos et al.
2020-08-14 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil	•
		Mills	neurologic disorder.
2020-08-16 03:30*		Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my
2020 00 46 06.00*	Health	Dick Nunoz (Haat) Church	friend arthur. Dick Nuncz with Chuck Algeier demonstrate
2020-08-16 06:00*	Douy and Spirit Aerobics	Dick Nunez (Host), Chuck	Dick Nunez with Chuck Algaier demonstrate
2020-08-16 14.00*	Body and Spirit (Now)	Algaier	knee strenghtening exercises.
2020-08-16 14:00*	Body and Spirit (New)	-	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic
		Rittenhouse	excercises than can be done in the home.
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Date and Time	Program	Talent	Description
2020-08-17 01:00!	Celebrating Life in	Cheri Peters (Host),	Cheri Peters, Brackin, Brown, Elledge,
	Recovery	Brackin, Brown, Elledge,	Hanna, Porter, and Williams discuss multi -
2020-08-17 05:30*	Cook 30	Hanna, Porter, Williams Jeremy Dixon	guest. Jeremy Dixon discusses gourmet dahl.
2020-08-17 05:30	Body and Spirit	Dick Nunez (Host), Kyle	Dick Nunez, Kyle Gabbert and Leif Sjoren
2020-00-17 00.00	body and Spint	Gabbert & Leif Sjoren	show the types of exercise appropriate for
			those with Asthma.
2020-08-17 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
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2020-08-17 14:00*	Action 4 Life	Casio Jones (Host), Kevin	Casio Jones and Kevin Toms demonstrate
		Toms	exercise techniques.
2020-08-18 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe	Dick Nunez, Jay Sutliffe (Host), and Lisa
		(Host), Lisa Nunez	Nunez discuss optimize your muscular
2020 00 40 05.20*	Mandarfully Mada	Deniel Miller (Lleet) Lemes	system.
2020-08-18 05:30*	wonderrully Made	Daniel Miller (Host), James Marcum	Daniel Miller and Jim Marcum discuss heart valves; how they work and how they may fail.
2020-08-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel	Dick Nunez, Daniel Hopkins, and Zak
2020 00 10 12:20*	Cook 20	Hopkins, Zak Oberholster	Oberholster demonstrate men's exercises.
2020-08-18 13:30*	COOK 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2020-08-18 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host),	Andi Hunsaker M.D., Lauren Rittenhouse and
2020 00 10 14.00	body and opint (new)	Lyndi Schwartz, Lauren	Lyndi Schwartz discuss the joy of
		Rittenhouse	excercising.
2020-08-18 17:00*	From Sickness to	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my
	Health		friend arthur.
2020-08-19 06:00*	Body and Spirit	Dick Nunez (Host), Art	Dick Nunez and Art Gamer show exercises
		Garner	for Senior Men.
2020-08-19 08:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2020-08-19 12:00!	Celebrating Life in	Cheri Peters (Host),	Cheri Peters, Brackin, Brown, Elledge,
	Recovery	Brackin, Brown, Elledge,	Hanna, Porter, and Williams discuss multi -
2020-08-19 13:30*	Abundant Living	Hanna, Porter, Williams	guest. discusses drugs dark side.
2020-08-19 13:30	Action 4 Life	Casio Jones (Host), Larry	Casio Jones and Larry McLucas discuss the
2020 00 10 14.00		McLucas	benefits of Chiropractic procedures.
2020-08-19 15:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2020-08-19 20:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2020-08-19 23:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2020-08-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Kalie	Dick Nunez, Kalie O'Brien, and Zak
		O'Brien, Zak Oberholster	Oberholster discuss recreational activities.
2020-08-20 10:00*	From Sickness to	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my
	Health		friend arthur.
2020-08-20 12:00*	Ultimate Prescription		discusses atrial fibrillation.
2020-08-20 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	Jeanie Weaver, Terrence Marshall, and Tim
		Terrence Marshall, Tim	Tiernan show exercises to help with aching
2020-08-21 03:00*	Action 4 Life	Tiernan Casio Jones (Host), Idalia	knees. Casio Jones with Idalia Dinzey discuss
2020-00-21 03.00		Dinzey	nutrition and the pitfalls of the Mac & Cheese
		2209	diet.

All times are Ce	All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour			
Date and Time	Program	Talent	Description	
2020-08-21 06:00*		Dick Nunez (Host), Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.	
2020-08-21 09:00*		Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your muscular system.	
2020-08-21 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.	
2020-08-21 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss stroke.	
2020-08-23 03:30*	Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.	
2020-08-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.	
2020-08-23 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.	
2020-08-24 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Fred Stoeker	Cheri Peters and Fred Stoeker discuss fred stoeker.	
2020-08-24 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.	
2020-08-24 06:00*		Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez	For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez.	
2020-08-24 13:30*	•		discusses h for herbal medicine.	
2020-08-24 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.	
2020-08-25 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your skeletal system.	
2020-08-25 05:30*	Wonderfully Made	Daniel Miller, James Marcum	Daniel Miller and Jim Marcum discuss sleep as a medicine.	
2020-08-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.	
2020-08-25 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.	
2020-08-25 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.	
2020-08-25 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.	
2020-08-26 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins and Brittany Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.	
2020-08-26 08:00! 2020-08-26 12:00!	Today Cooking Celebrating Life in Recovery	Cheri Peters (Host), Fred Stoeker	discusses family favorites. Cheri Peters and Fred Stoeker discuss fred stoeker.	
2020-08-26 13:30*	Abundant Living		discusses e for eating.	
2020-08-26 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycycle.	

		rams marked * are 30 m	
Date and Time	Program	Talent	Description
2020-08-26 15:00!	Today Cooking		discusses family favorites.
2020-08-26 20:00!	Today Cooking		discusses family favorites.
2020-08-26 23:00!	Today Cooking		discusses family favorites.
2020-08-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel	Dick Nunez, Corrie Sample, and Daniel
		Hopkins, Corrie Sample	Hopkins discuss protein.
2020-08-27 10:00*		Rico Hill (Host), Jim Said,	Rico Hill, Jim Said, and Lydia Calhoun
	Health	Lydia Calhoun	discuss a new prescription.
2020-08-27 12:00*	Ultimate Prescription		discusses 21 facing cardiovascular disease part 1.
2020-08-27 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	Jeanie Weaver, Abigail Czeizinger, Frances
		Abigail Czeizinger, Frances	Clark show exercises to help aching
		Clark	shoulders.
2020-08-28 03:00*	Action 4 Life	Casio Jones (Host), Kevin	Casio Jones and Kevin Toms discuss the
		Toms	option of a fitness center workout.
2020-08-28 06:00*	Body and Spirit	Dick Nunez (Host), Amy	Dick Nunez with Amy Anderson and Leif
		Anderson and Leif Sjoren	Sjoren show how tendon injury can be helped with proper exercise.
2020-08-28 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe	Dick Nunez, Jay Sutliffe (Host), and Lisa
		(Host), Lisa Nunez	Nunez discuss optimize your skeletal system.
2020-08-28 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2020 00 20 00.00			
2020-08-28 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss back pain.
2020-08-30 03:30*	From Sickness to	Rico Hill (Host), Jim Said,	Rico Hill (Host), Jim Said, and Lydia Calhoun
	Health	Lydia Calhoun	discuss the best part of waking up.
2020-08-30 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez,	Dick Nunez and helpers show aerobics
		Brittany Nunez	exercises for health.
2020-08-30 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam	Jeanie Weaver, Pam Turner, and Summer
		Turner, Summer Boyd	Boyd show several exercises that should be
			done daily.
2020-08-31 01:00!	Celebrating Life in	Cheri Peters (Host),	Cheri Peters and Keeslers discuss keeslers.
	Recovery	Keeslers	
2020-08-31 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged
			savory breakfast bowl.
2020-08-31 06:00*	Body and Spirit	Dick Nunez (Host), Amy	Dick Nunez and helpers demonstrate simple
		Anderson and Brittany	home exercises to promote fitness for
		Nunez	teenage girls
2020-08-31 13:30*	0		discusses a is for adoration.
2020-08-31 14:00*	Action 4 Life	Casio Jones (Host), Dan	Casio Jones and Dan Summers demonstrate
		Summers	exercise techniques.
2020-09-01 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe	Dick Nunez, Jay Sutliffe (Host), and Lisa
		(Host), Lisa Nunez	Nunez discuss optimize your circulatory
			system.
2020-09-01 05:30*	Wonderfully Made	Daniel Miller, James	Daniel Miller and Jim Marcum discuss the
		Marcum	need to get moving by exercise.
2020-09-01 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez,	Dick Nunez with helpers shows simple
		Fred Garber	exercises to control stress.
2020-09-01 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable &
			cos salad.

		rams marked * are 30 m	
Date and Time	Program	Talent	Description
2020-09-01 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training
		Tiernan	exercises.
2020-09-01 17:00*	From Sickness to	Rico Hill (Host), Jim Said,	Rico Hill (Host), Jim Said, and Lydia Calhoun
2020 03 01 17.00	Health	Lydia Calhoun	discuss the best part of waking up.
2020-09-02 06:00*	Body and Spirit	Dick Nunez (Host),	Dick Nunez with Jonathon Hopkins and Leif
		Jonathon Hopkins and Leif	Sjoren demonstrate exercises for straight
		Sjoren	training.
2020-09-02 08:00!	Today Cooking		discusses incredibly delicious vegan
			specials part 2.
2020-09-02 12:00!	Celebrating Life in	Cheri Peters (Host),	Cheri Peters and Keeslers discuss keeslers.
	Recovery	Keeslers	
2020-09-02 13:00*	Issues and Answers	Ruthie Jacobsen (Host), R.	Ruthie Jacobsen and R. Peter Neri discuss
	AL 1 (11)	Peter Neri	reaching difficult people, part 1.
2020-09-02 13:30*	Abundant Living		discusses I for liquids.
2020-09-02 14:00*	Action 4 Life	Casio Jones (Host), Tom	Casio Jones with Tom Mann discuss
2020-09-02 15:00!	Today Cooking	Mann	Nutrition discusses incredibly delicious vegan
2020-03-02 13.00!	i Juay Juuking		specials part 2.
2020-09-02 20:00!	Today Cooking		discusses incredibly delicious vegan
2020 00 02 20.00.	roddy oboking		specials part 2.
2020-09-02 23:00!	Today Cooking		discusses incredibly delicious vegan
	, ,		specials part 2.
2020-09-03 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez,	Dick Nunez with helpers discusses fitness
		Brittany Nunez	level and demonstrates exercises to help.
2020-09-03 10:00*	From Sickness to	Rico Hill (Host), Jim Said,	Rico Hill (Host), Jim Said, and Lydia Calhoun
0000 00 00 40 00*	Health	Lydia Calhoun	discuss the best part of waking up.
2020-09-03 12:00*	Ultimate Prescription		discusses 21 facing cardiovascular disease
2020-09-03 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	part 2. Jeanie Weaver, Teresa Bonilla, and Tim
2020-09-03 14.00	body and Spint (New)	Teresa Bonilla, Tim Tiernan	Tiernan show exercises to help control your
			waisline.
2020-09-04 03:00*	Action 4 Life	Casio Jones (Host), Kevin	Casio Jones and Kevin Tom discuss exercise
	-	Tom	by cycling.
2020-09-04 06:00*	Body and Spirit	Dick Nunez (Host), Kye	Dick Nunez and helpers demonstrate simple
		Gabbert and Luther Whiting	home exercises to help lessen the effects of
			arthritis.
2020-09-04 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe	Dick Nunez, Jay Sutliffe (Host), and Lisa
		(Host), Lisa Nunez	Nunez discuss optimize your circulatory
2020 00 04 00.20*	Cook 20	loromy Divon	system.
2020-09-04 09:30* 2020-09-04 10:00*	Cook 30 Health for a Lifetime	Jeremy Dixon Don Mackintosh (Host),	Jeremy Dixon discusses salad mix. Don Mackintosh and John Chung discuss
2020-03-04 10.00		John Chung	skin disease for children.
2020-09-06 03:30*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host), Schubert Palmer, and Jim
_0_0 00 00 00.00	Health	Palmer, Jim Said	Said discuss where's the rest of my sleep?.
2020-09-06 06:00*		Fred Garber, Dick Nunez,	Dick Nunez with helpers shows simple
	, , , , , , , , , , , , , , , , , , , ,	Becky Garber	exercises helpful for those with joint
			problems.
2020-09-06 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim	Jeanie Weaver, Tim Tiernan, and Wendy
		Tiernan, Wendy Mitchell	Mitchell show exercises to help aching feet.

Date and Time Talent Description Program 2020-09-07 01:00! Celebrating Life in Cheri Peters (Host), Cheri Peters and friend Morrison discuss Recovery Morrison generational healing recovery from substance addiction. 2020-09-07 05:30* Cook 30 Jeremy Dixon Jeremy Dixon discusses salad bar special. Body and Spirit Dick Nunez (Host), Betty Dick Nunez with helpers shows compression 2020-09-07 06:00* exercises to help with osteoporosis Garner 2020-09-07 13:30* Abundant Living discusses healthy heart cooking. 2020-09-07 14:00* Action 4 Life Casio Jones (Host), Galen Casio Jones with Galen Comstock discuss the effects of sugar on the body. Comstock Dick Nunez & Jay Sutliffe Dick Nunez, Jay Sutliffe (Host), and Lisa 2020-09-08 02:00* Optimize 4 Life (Host), Lisa Nunez Nunez discuss optimize your digestive system. 2020-09-08 05:30* Wonderfully Made Christine Salter, John Dr. Christine Salter with John Dinzey discuss Dinslev Charcoal medicinal agent. Part 1. 2020-09-08 06:00* Body and Spirit Aerobics Becky Garber, Dick Nunez, Dick Nunez with helpers shows compression Fred Garber exercises to help with osteoporosis. Jeremy Dixon Jeremy Dixon discusses french lentil ragout. 2020-09-08 13:30* Cook 30 2020-09-08 14:00* Body and Spirit (New) Jeanie Weaver (Host), Jeanie Weaver, Ralph Sanchez, and Tim Ralph Sanchez, Tim Tiernan Tiernan show how the exercise for wellness. 2020-09-08 17:00* From Sickness to Rico Hill (Host), Schubert Rico Hill (Host), Schubert Palmer, and Jim Health Palmer, Jim Said Said discuss where's the rest of my sleep?. 2020-09-09 06:00* Body and Spirit Dick Nunez (Host), Kyle Dick Nunez and helpers show simple home exercises to help reduce hypertension. Gabbert and Steven Lingenfelter 2020-09-09 08:00! Today Cooking discusses taste of asia. 2020-09-09 12:00! Celebrating Life in Cheri Peters (Host), Cheri Peters and friend Morrison discuss Morrison generational healing recovery from Recovery substance addiction. Ruthie Jacobsen (Host), R. Ruthie Jacobsen and R. Peter Neri discuss 2020-09-09 13:00* Issues and Answers Peter Neri reaching difficult people, part 2. 2020-09-09 13:30* Abundant Living discusses e for exercise. 2020-09-09 14:00* Action 4 Life Casio Jones (Host), Sarah Casio Jones with Sarah Behn talk about Behn Juice and health. 2020-09-09 15:00! Today Cooking discusses taste of asia. **Today Cooking** 2020-09-09 20:00! discusses taste of asia. Today Cooking 2020-09-09 23:00! discusses taste of asia. Body and Spirit Aerobics Mrs. Ford, Dick Nunez 2020-09-10 06:00* Dick Nunez with helpers shows aerobics exercises designed for the elderly. Rico Hill (Host), Schubert Palmer, and Jim 2020-09-10 10:00* From Sickness to Rico Hill (Host), Schubert Palmer, Jim Said Said discuss where's the rest of my sleep?. Health 2020-09-10 12:00* Ultimate Prescription discusses rhythms of the heart. 2020-09-10 14:00* Body and Spirit (New) Jeanie Weaver (Host), Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome Lynette Jaque, Wendy Mitchell osteoarthritis. Casio Jones (Host), Barry Casio Jones with Barry and Dora Bayles 2020-09-11 03:00* Action 4 Life Bayles & Dora Bayles demonstrate and discuss Pilates exercises. 2020-09-11 06:00* Body and Spirit Dick Nunez (Host), Art Dick Nunez and Art Garner and Brittany Garner and Brittany Nunez Nunez discuss fitness for everyone.

		rams marked * are 30 m	
Date and Time	Program	Talent	Description
2020-09-11 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2020-09-11 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2020-09-11 10:00*	Health for a Lifetime	Don Mackintosh (Host), Jonh Chung	Don Mackintosh and Jonh Chung discuss skin disease for adults.
2020-09-13 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2020-09-13 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2020-09-13 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.
2020-09-14 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Kevin and Tara Hart	Cheri Peters and friend Leo Schreven openly discuss some of the challenges of recovery from additions.
2020-09-14 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2020-09-14 06:00*	Body and Spirit	Dick Nunez (Host), Mark Lenz	Dick Nunez and Mark Lenz discuss knee rehab.
2020-09-14 13:30*	5		discusses r for rest.
2020-09-14 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2020-09-15 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2020-09-15 05:30*	Wonderfully Made	Christine Salter, John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 2.
2020-09-15 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2020-09-15 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2020-09-15 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2020-09-15 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2020-09-16 06:00*	Body and Spirit	Dick Nunez (Host), Ronnie Evans Jr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2020-09-16 08:00! 2020-09-16 12:00!	Today Cooking Celebrating Life in Recovery	Cheri Peters (Host), Kevin and Tara Hart	discusses southern made simple. Cheri Peters and friend Leo Schreven openly discuss some of the challenges of recovery from additions.
2020-09-16 13:00*	Issues and Answers	Shelley Quinn (Host), Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2020-09-16 13:30*	Abundant Living		discusses meals in minutes.
2020-09-16 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.

Date and Time Program Talent Description 2020-061-61 500 Today Cooking discusses southern made simple. discusses southern made simple. 2020-061-61 23:00 Today Cooking discusses southern made simple. discusses southern made simple. 2020-09-17 10:00 From Sickness to Health Rico Hill (Host), Schubert Hosth, Schubert Health Dick Nunez / Mrs. Ford shows and discusses Senior Exercise. 2020-09-17 12:00* Ultimate Prescription discusses the latest advancements in medical tech. 2020-09-17 14:00* Body and Spirit (New) Jeanie Weaver (Host), Bartis Jeanie Weaver, Betsy Sajdak, and Donna 2020-09-18 03:00 Action 4 Life Casio Jones (Host), Marcie Casio Jones (Host), Marcie 2020-09-18 09:00* Optimize 4 Life Dick Nunez / Host), Marcie Dick Nunez / Son discusses curried zucchini fritters et al. 2020-09-18 09:00* Cock 30 Jeremy Dixon Jeremy Dixon discusses curried zucchini fritters et al. 2020-09-18 09:00* From Sickness to Rico Hill (Host), Schubert Health Palmer, Nunez, Dick Nunez, Nichost had Jonh Chung discuss 2020-09-20 06:00* Body and Spirit Aerobics Brittany Nunez, Dick Nunez Don Mackintosh (Host), Narcie			rams marked * are 30 m	
2020-09-16 20:001 Today Cooking discusses southern made simple. 2020-09-17 06:00* Body and Spirit Aerobics Dick Nunez, Mrs. Ford Dick Nunez, with Mrs. Ford shows and discusses Service. 2020-09-17 10:00* From Sickness to Health Rico Hill (Host), Schubert Palmer, and Nuamiko Madden discusse here comes the sun. 2020-09-17 12:00* Ultimate Prescription discusses (Host), Markie Sajdak, Donna Hall Casio Shows and discusse with Marcie English discuss 2020-09-17 14:00* Body and Spirit (New) Jeanie Weaver (Host), Betsy Sajdak, Donna Hall Casio Jones (Host), Marcie English discuss 2020-09-18 03:00* Action 4 Life Casio Jones (Host), Romung benefits. 2020-09-18 09:00* Optimize 4 Life Dick Nunez (Host), Romung benefits. 2020-09-18 09:30* Cook 30 Jeremy Dixon Jeremy Dixon discusse optimize your endocrine system. 2020-09-18 09:30* From Sickness to Rico Hill (Host), Schubert Health Palmer discuss when the heart attacks. Don Mackintosh (Host), Bothber Palmer discuss shine cancers. 2020-09-20 03:0* From Sickness to Rico Hill (Host), Schubert Health Palmer discuss when the heart attacks. Don Mackintosh (Host), Bothber Palmer discuss when the heart attacks. 2020-09-20 01:0* Body and Spirit (New) And Hunsaker (Host), Mark & Don Mackintosh (Host), Chunerz with hefles re autolimmune disease.	Date and Time	Program	Talent	Description
2020-09-16 23:001 Today Cooking discusses southern made simple. 2020-09-17 06:00 Body and Spirit Aerobics Dick Nunez, Mrs. Ford Dick Nunez, Mrs. Ford 2020-09-17 12:00* From Sickness to Health Rico Hill (Host), Schubert Palmer, Nwamiko Madden Nwamiko Madden discuss here comes the sun. 2020-09-17 12:00* Uttimate Prescription Madden discusses the atext advancements in medical tech. 2020-09-17 12:00* Body and Spirit (New) Jeanie Weaver (Host), Betsy Sajdak, Donna Hall Jeanie Weaver (Host), Betsy Sajdak, Donna Hall 2020-09-18 Action 4 Life Casio Jones (Host), Marcia English Dick Nunez (Host), Marcia English 2020-09-18 Body and Spirit Dick Nunez (Host), Schubert Dick Nunez, Jay Sutliffe (Host), Lisa Nunez Dick Nunez, Jay Sutliffe (Host), Lisa Nunez Dick Nunez, Jay Sutliffe (Host), Lisa Nunez 2020-09-18 0:30* Cook 30 Jeremy Dixon Jeremy Dixon discusse curried zucchini fritters et al. 2020-09-20 16:00* Body and Spirit Aerobics Brittany Nunez, Dick Nunez, And Hunsaker, Lauren Rittenhouse, and Lauren Rittenhouse, Lyndi 2020-09-20 14:00* Body and Spirit (New) Jeremy Dixon Jeremy Dixon discusses revive super salad mingle. 2020-09-21 14:00* Body and Spirit (New) Jeremy Dixon Jeremy Dixon discusses curried zucc				•
2020-09-17 06:00* Body and Spirit Aerobics Dick Nunez, Mrs. Ford discusses Senior Exercise. Dick Nunez, Mrs. Ford discusses Senior Exercise. 2020-09-17 10:00* From Sickness to Health Rico Hill (Host), Schubert Palmer, Nwamiko Madden Rico Hill (Host), Schubert Palmer, Nwamiko Madden Rico Hill (Host), Schubert Palmer, Nwamiko Madden 2020-09-17 12:00* Uttimate Prescription Sciusses the latest advancements in medical tech. 2020-09-18 03:00* Action 4 Life Casio Jones (Host), Betsy Sajdak, Donna Hall Casio Jones with Marcie English 2020-09-18 06:00* Body and Spirit Dick Nunez (Host), Body and Spirit Dick Nunez (Host), Botk Nunez (Host), Nonto Evans Sr. Dick Nunez, and Rony Evans Sr. discuss senior fitness. 2020-09-18 09:00* Optimize 4 Life Don Mackintosh (Host), Jonh Chung Don Mackintosh (Host), Jonh Chung Don Mackintosh and Jonh Chung discuss senior fitness. 2020-09-20 08:00 Body and Spirit Aerobics Britany Nunez, Dick Nunez, Rick Nunez Don Mackintosh and Jonh Chung discuss senior fitness. 2020-09-20 06:00 Body and Spirit Newit Health And Hunsaker (Host), Nicki Rick Nunez Rick Nunez, Mark, and Diane Lenz, discuss reducing body fat sensibly and demonstrate vecreises for autoimmune disease.				
2020-09-17 10:00From Sickness to HealthRico Hill (Host), Schubert Palmer, and Namiko Madden Balmer, Nwamiko MaddenRico Hill (Host), Schubert Palmer, and Nwamiko Madden discusses here comes the sun.2020-09-17 12:00Ultimate PrescriptionSchubert Palmer, Nwamiko MaddenNwamiko Madden discusses here comes the sun.2020-09-17 12:00Ultimate PrescriptionJeanie Weaver (Host), Betsy Sajdak, Donna Hall English Lock Nunez (Host), Marcie EnglishJeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches. Casio Jones (Host), Marcie English Dick Nunez (Host), Rony Evans Sr.2020-09-18 09:00Optimize 4 LifeDick Nunez (Host), Rony Evans Sr.Dick Nunez and Rony Evans Sr. discuss senior fitness. Dick Nunez, Jay Sutiffe (Host), and Lisa Nunez discusses curried zucchini fritters et al.2020-09-18 09:00Optimize 4 LifeDon Mackintosh (Host), John ChungJeremy Dixon Rice Mill (Host), Schubert Palmer discuss when the heart attacks.2020-09-20 03:30From Sickness to Body and Spirit AerobicsRice Minez PalmerNunez with helpers show and talk about exercises for autoimmune discusse. Lauren Rittenhouse, Lyndi Schwartz2020-09-21 01:00!Celebrating Life in RecoveryCheri Peters (Host), Nark & Dian Lauren Rittenhouse, Lyndi SchwartzDick Nunez (Host), Mark & Dick Nunez, Mark, and Diane Lenz discuss heart disease. Jeremy Dixon Schwartz2020-09-21 06:00*Body and SpiritDick Nunez (Host), Mark & Diane Lenz Dick Nunez (Host), Jay Sutiffe (Host), Lisa NunezDick Nunez, Mark, and Diane Lenz discuss heart disease. Jeremy Dixon <t< td=""><td></td><td>, ,</td><td></td><td>•</td></t<>		, ,		•
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2020-09-22 13:30* Cook 30 Jeremy Dixon Jeremy Dixon discusses pho noodles and	2020-09-22 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard,	Dick Nunez with helpers show and talk about
			Rick Nunez	exercises for beginners.
others.	2020-09-22 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and
				others.

Date and Time	Program	Talent	Description
2020-09-22 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host),	Lyndi Schwartz , Andi Hunsaker, and Lauren
		Lauren Rittenhouse, Andi	Rittenhouse discuss how the body is
		Hunsaker	designed for action, not a sedentary lifestyle.
2020-09-22 17:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss
	Health	Palmer	when the heart attacks.
2020-09-23 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez & Fischer	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.
2020-09-23 08:00!	Today Cooking		discusses international cuisine.
2020-09-23 12:00!	Celebrating Life in	Cheri Peters (Host), Vicki	Cheri Peters, with friend Leo Schreven,
	Recovery	Duffy	offers some plain talk and ideas about making healthy choices.
2020-09-23 13:00*	Issues and Answers	Shelley Quinn (Host), Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2020-09-23 13:30*	Abundant Living		discusses tools for transformation.
2020-09-23 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2020-09-23 15:00!	Today Cooking		discusses international cuisine.
2020-09-24 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez with helpers show and talk about exercises for toning your muscles
2020-09-24 10:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss
	Health	Palmer	when the heart attacks.
2020-09-24 12:00*	Ultimate Prescription		discusses Danny Shelton's experience with bypass surgery.
2020-09-24 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2020-09-25 03:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2020-09-25 06:00*	Body and Spirit	Dick Nunez (Host), Brian Heath	Dick Nunez and Brian Heath discuss fat burning.
2020-09-25 09:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2020-09-25 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-09-25 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss cancer. (Part 1.)
2020-09-27 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout excercises for men.
2020-09-28 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), John Leaman	Cheri Peters, with friend John Learman, offers plain talk about Alcoholism
2020-09-28 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2020-09-28 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss sugar burning.
2020-09-28 13:30*	Abundant Living		discusses the one bowl meal.
2020-09-28 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2020-09-29 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your immune system.

Date and Time	Program	Talent	Description
2020-09-29 05:30*	Wonderfully Made	Neil Nedley, Rise Rafferty	Dr. Neil Nedly and Rise Rafferty discuss heart disease. Part 2.
2020-09-29 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.
2020-09-29 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2020-09-29 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2020-09-29 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2020-09-30 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss fibromyalgia.
2020-09-30 08:00!	Today Cooking		discusses breakfasts that will make your morning.
2020-09-30 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), John Leaman	Cheri Peters, with friend John Learman, offers plain talk about Alcoholism
2020-09-30 13:00*	Issues and Answers	Shelley Quinn (Host), Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2020-09-30 13:30*	Abundant Living		discusses drugs dark side.
2020-09-30 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2020-09-30 15:00!	Today Cooking		discusses breakfasts that will make your morning.
2020-09-30 20:00!	Today Cooking		discusses breakfasts that will make your morning.
2020-09-30 23:00!	Today Cooking		discusses breakfasts that will make your morning.



July 10, 2020

VIA EMAIL

Atlantic Broadband

Attn: Thomas J. Gunerman (tgunerman@atlanticbb.com) 2 Batterymarch Park, Suite 205 Quincy, CA 02169

RE: Closed Captioning Requirements – Q3 2020

Dear Mr. Gunerman:

Attached please find HBO's certification for the calendar quarter ending September 30, 2020, detailing our compliance with the FCC's Closed Captioning rules.

Very truly yours,

Kedrin MacKenzie Legal Assistant

Attachment

cc: Dominic Dorman

Closed Captioning Rules Certification

This is to certify that for the calendar quarter ended September 30, 2020:

(i) Home Box Office, Inc. ("HBO") distributed the following channels of video programming:

HBO (Main Channel) HBO2 **HBO** Signature **HBO** Family HBO Comedy HBO Zone **HBO** Latino Cinemax (Main Channel) MoreMax ActionMax ThrillerMax 5StarMax WMax OuterMax @Max HBO High Definition **Cinemax High Definition** HBO on Demand Cinemax on Demand

(ii) Each channel of video programming distributed by HBO was captioned in substantial compliance with the requirements specified in Section 79.1(b) of Title 47 of the Code of Federal Regulations.

Executed this fthe day of October, 2020

Home Box Office, Inc.

Dominic Dorman

Vice President Distribution Technology & Operations



October 5, 2020

Subject: WGN America Children's Television Act Compliance Certification Q3 2020

This letter will certify that no programs subject to the FCC's commercial time limits for children's programs were broadcast over WGN America during the 3rd quarter of 2020. We will continue to certify Children's Television Act Compliance quarterly.

If you have any questions or need any further assistance, contact me at cdiazfinch@nexstar.tv .

Sincerely, Carmen Finch Programming Supervisor WGN America Cable Network





October 5, 2020

Subject: WGN America FCC Closed Captioning Compliance Certification Q3 2020

This letter certifies that during the 3rd quarter of 2020, based on certifications received from its program providers/syndicators, the video programming either aired on or provided by WGN America satisfies the captioning requirements of FCC Rule 79.1(b) and the caption quality standards of FCC Rule 79.1(j)(2) (accuracy, synchronicity, completeness and placement).

If you have any questions or need any further assistance, contact me at cdiazfinch@nexstar.tv .

Sincerely, Carmen Finch Programming Supervisor WGN America Cable Network

