

K33LN-D CHANNEL 33 – MINNEAPOLIS, MN  
**Q3 2023 ISSUES AND PROGRAMS LIST**

**LOCAL ISSUES ADDRESSED DURING THE QUARTER**

The following are local issues of concern to the community ***“PROBLEMAS Y SOLUCIONES*** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Problemas y Soluciones Minneapolis	07/03/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p align="center"><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p align="center">On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p align="center">Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	07/04/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p align="center"><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p align="center">On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> </ul>

		<i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		<p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>07/05/2023</p>	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <p><i>Repeat</i></p> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones</p>	<p>07/06/2023</p>	<i>Starts: 09:00am</i>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the</p>

Minneapolis		<p><i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	07/07/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>

		<i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	07/10/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	07/11/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>

		<i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones  Minneapolis	07/12/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones  Minneapolis	07/13/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> </ul>

		<i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		<p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones</p> <p>Minneapolis</p>	07/14/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <p><i>Repeat</i></p> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Pastor Marcos</p>
			<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the</p>

<p>Problemas y Soluciones Minneapolis</p>	<p>07/17/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>07/18/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>



		<p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		
<p>Problemas y Soluciones</p> <p>Minneapolis</p>	<p>07/19/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones</p> <p>Minneapolis</p>	<p>07/20/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>

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Problemas y Soluciones Minneapolis	07/21/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	07/24/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> </ul>

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<p>Problemas y Soluciones</p> <p>Minneapolis</p>	<p>07/25/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>

<p>Problemas y Soluciones Minneapolis</p>	<p>07//26/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>07/27/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	07/28/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	07/31/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>

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Problemas y Soluciones Minneapolis	08/01/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	08/02/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		<p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>08/03/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Pastor Marcos</p>

Problemas y Soluciones Minneapolis	08/04/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	08/07/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> </ul> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>



		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	08/08/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> </ul> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	08/09/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> </ul> <p>-TST Holy Spirit</p>

		<p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		Host: Pastor Marcos
<p>Problemas y Soluciones</p> <p>Minneapolis</p>	08/10/2023	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones</p> <p>Minneapolis</p>	08/11/2023	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p>

		<p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		<p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>08/14/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>

Problemas y Soluciones Minneapolis	08/15/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	08/16/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>

		<p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		
<p>Problemas y Soluciones Minneapolis</p>	<p>08/17/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i></p> <p><i>Ends: 05:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>08/18/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> </ul>

		<p><i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>-TST 7 prayers Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>08/21/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones</p>	<p>08/22/2023</p>	<p><i>Starts: 09:00am</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the</p>

<p>Minneapolis</p>		<p><i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>08/23/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>

		<i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	08/24/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	08/25/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>



		<p><i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		
<p>Problemas y Soluciones Minneapolis</p>	08/28/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	08/29/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> </ul>

		<i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		<p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones</p> <p>Minneapolis</p>	08/30/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <p><i>Repeat</i></p> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>
	08/31/2023		<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the</p>

<p>Problemas y Soluciones Minneapolis</p>		<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>09/01/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST of Cure</li> </ul> <p>Host: Pastor Marcos</p>

		<i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	09/04/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST of Cure</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	09/05/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>

		<i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	09/06/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	09/07/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> </ul>

		<p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i></p> <p><i>Ends: 04:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		<p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones</p> <p>Minneapolis</p>	<p>09/08/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i></p> <p><i>Ends: 04:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST of Cure</p> <p>Host: Pastor Marcos</p>

<p>Problemas y Soluciones Minneapolis</p>	<p>09/11/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> </ul> <p>-TST of Cure</p> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>09/12/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	09/13/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> </ul> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	09/14/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>



		<i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	09/15/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST of Cure</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	09/18/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i></p> <p><i>Ends: 04:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		<p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST of Cure</p> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>09/19/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i></p> <p><i>Ends: 04:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Pastor Marcos</p>

Problemas y Soluciones Minneapolis	09/20/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	09/21/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	09/22/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>  <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i>  <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> </ul> <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	09/25/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>  <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul>

		<p><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i></p> <p><i>Ends: 04:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		<p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>09/26/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i></p> <p><i>Ends: 04:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>09/27/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p>

		<p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i></p> <p><i>Ends: 04:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>		<p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>
<p>Problemas y Soluciones</p> <p>Minneapolis</p>	<p>09/28/2023</p>	<p><i>Starts: 09:00am</i></p> <p><i>Ends: 09:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i></p> <p><i>Ends: 06:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i></p> <p><i>Ends: 04:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i></p> <p><i>Ends: 10:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p>Host: Pastor Marcos</p>

<p>Problemas y Soluciones Minneapolis</p>	<p>09/29/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i></p> <p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST of Cure</li> </ul> <p>Host: Pastor Marcos</p>

The following are local issues of concern to the community ***“ROMPIENDO EL SILENCIO”*** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	07/03/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>HOW TO FIND YOUR LIFE INSPIRATION</b>	<p>In a world full of daily challenges and demands, we often need something to drive us, to fill us with energy and motivate us to reach our goals. that something is inspiration, a powerful force that can significantly transform our lives.</p> <p>Guests:            -Angeles Sanchez            Life Coach</p> <p>-Yeny Hércules            Integrative Mental Health Ttherapist</p> <p>ZOOM            Jessica Medina            Psycho-Corporal Therapist</p> <p>-</p>
Rompiendo el Silencio	07/04/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>INDEPENDENT WOMEN</b>	<p>In today’s world is important to be independent in every sense of the word. Many women leave their dreams behind to become wives and mothers. Today we discuss the possibilities of becoming independent and the steps we can take to achieve out gold</p> <p>Guests:            Mayra Alvarez            Human Developing Specialist</p> <p>Jackeline Cacho            Producer/Journalist/ Writer</p>



				<p>Jackeline Vrba President and Founder of FRIDARS</p>
Rompiendo el Silencio	07/05/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p><b>OVERWEIGHT, THE BURDEN THAT AFFECTS YOUR HEALTH</b></p>	<p>Obesity is a silent killer in the United States. Our experts gave us the most up to date information in order to lose those extra pounds the best and easiest possible way</p> <p>Guests:</p> <p>-Lonera Ruan Integral Nutrition Advisor</p> <p>-Viviana Rodriguez Trainer</p> <p>Zoom Francis de Freitas Nutritionist</p>
Rompiendo el Silencio	07/06/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p><b>THE INVISIBLE LINK; THE IMPORTANCE OF COMMUNICATION</b></p>	<p>The importance of communication in human relations is fundamental and can have a profound impact in our lives. Effective communication allows us to establish stronger connections, understand each other, and solve problems constructively.</p> <p>Guests:</p> <p>-Joha Rivera Remodeling Mentalities and creating conscious habits.</p> <p>- Paola Rezo Expert in effective communication</p>

				<p>ZOOM</p> <p>-Elvia Allred</p> <p>Self Confidence and Couples Relations Coach</p>
Rompiendo el Silencio	07/07/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>FROM ZERO TO ENTREPENOUR</p>	<p>multi-faceted women are true leaders in today's society. With the ability to perform multiple roles simultaneously, these women stand out as mothers, housewives, workers and entrepreneurs. they are experts at balancing their family, work and personal responsibilities, and face daily challenges with courage and determination</p> <p>Guest</p> <p>-Paulina Thomas Director of Marketing Relator</p> <p>-Rachel Medina Executive Director of RM101 Media Group</p>
Rompiendo el Silencio	07/10/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>THE COURAGE OF RISKS: DOING THINGS IN SPITE OF FEAR</p>	<p>Overcoming fears and the willingness to act despite fear are fundamental aspects on the path towards personal growth and the achievement of our goals.</p> <p>Guests</p> <p>Dr. Patricia Arcache Family Therapist</p> <p>Elisa Guzman Family Therapist</p>
Rompiendo el Silencio	07/11/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>DO YOU LIKE YOURSELF OR DO YOU HAVE COMPLEXES ?</p>	<p>complexes are those negative thoughts and feelings that can affect our perception about ourselves, influencing our self-esteem and emotional well-being. How can we see ourselves through a kinder mirror?</p> <p>Guests:</p> <p>-Itzel Molina</p>

				<p>Family Psychotherapist</p> <p>-Laura Aguilar Psychologist</p> <p>Zoom</p> <p>Sanaa Vanessa Saab Life Coach</p>
Rompiendo el Silencio	07/12/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	HOARDERS	<p>In the world of organization and psychology, there is an intriguing and complex phenomenon that affects many people: compulsive hoarding. In our today's program, we will go into this disorder that goes beyond the simple accumulation of objects.</p> <p>Guests:</p> <p>Isabel Medher Clinical Psychologist</p> <p>-Gladys Menendez Live Coach</p> <p>ZOOM</p> <p>Jeannette Escudero Space Organization Consultant</p>
Rompiendo el Silencio	07/13/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	GENTLE PARENTING	<p>We explore the benefits of gentle parenting. Is it effective? How does it work? What is it all about? Many moms are adopting this new way of parenting and it seems to be working.</p> <p>Guests:</p> <p>-Julia Aguilar Pedagogue</p> <p>-Marcela Arrieta Emotional Healing Specialist</p> <p>Zoom</p> <p>Anabel Hernandez Child Psychologist</p>

Rompiendo el Silencio	07/14/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	PMS	<p>3 out of 4 women suffer from premenstrual syndrome, some to the extreme of not being able to go to work and do every day activities.</p> <p>Guests</p> <p>-Nataly Cifuentes</p> <p>OBGYN</p> <p>-Giselle Hernandez</p> <p>Nutritionist</p>
Rompiendo el Silencio	07/17/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	WHAT TO DO WITH KIDS DURING SUMMER	<p>During summer, there is a wide range of options to keep your kids entertained and engaged. from exciting family getaways to creative activities at home, the summer provides countless opportunities for fun and learning.</p> <p>guests:</p> <p>Nancy Tabares</p> <p>health and Nutrition coach</p> <p>Azalia correa</p> <p>Summer camp lata Academy</p> <p>zoom</p> <p>Yurina Melaria</p> <p>press secretary</p>
Rompiendo el Silencio	07/18/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	NARCISIST	<p>Narcissistic personality disorder is characterized by inflated self-esteem and an exaggerated sense of personal importance. narcissists tend to constantly seek validation and admiration from others, and may have difficulty recognizing or valuing the needs and feelings of others.</p> <p>guests:</p>

				<p>-Blanca Ochoa Motivation Ttherapist</p> <p>-jacqueline cacho journalist/producer/writer</p>
Rompiendo el Silencio	07/19/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p><b>NERVOUS TICS &amp; MANIAS</b></p>	<p>Manias and tics are repetitive, obsessive behaviors that some people develop as a way of relieving anxiety or stress. these actions are usually irrational and can range from constantly checking something to repeatedly washing their hands. manias can affect the daily lives of those who suffer from them and, in some cases, are associated with mental disorders such as obsessive-compulsive disorder (ocd).</p> <p>Guests:</p> <p>- Joha Rivera</p> <p>Reshaping Mentalities &amp; Creating Conscious Habits</p> <p>-Emily Chavez</p> <p>Neuropsychopedagogue/Master in Neurolinguistic Programming</p> <p>-Dr. Gisela Acevedo</p> <p>Neurologist</p>
Rompiendo el Silencio	07/20/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p><b>THE POWER OF FEMALE HEADS OF HOUSEHOLDS</b></p>	<p>women heads of households, also known as single mothers, play a vital role in modern society. taking responsibility for both childcare and financial support, these women face unique challenges and show exceptional strength and resilience. their dedication and courage inspire and demonstrate</p>

				<p>that gender should not be a barrier to achieving a full and successful life.</p> <p>-Rosa Milano Immigration Consultant</p> <p>-Angelica Arias Gerontologist- Health and Wellness Coach</p> <p>ZOOM</p> <p>-Dr. Maria Mendez Clinical Psychologist</p>
Rompiendo el Silencio	07/21/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW CAN CHILD ABUSE BE PREVENTED?</p>	<p>The problem of child abuse is an alarming issue that affects millions of children around the world. it refers to any form of physical, emotional or sexual abuse, as well as neglect that undermines the well-being and safety of the very young. this tragic reality can have lasting effects on the physical, emotional and psychological development of children, profoundly affecting their quality of life.</p> <p>Guests:</p> <p>Dr. Patricia Arcache Family Therapist</p> <p>Zoom</p> <p>Franally Archicoque Clinical Psychologist</p> <p>Dr.Ariana Huerta Pediatrician</p>

<p>Rompiendo el Silencio</p>	<p>07/24/2023</p>	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>HOW DO YOU "CURE" JEALOUSY?</p>	<p>Jealousy is an intense emotion that arises when we perceive a threat to something or someone we value deeply, such as a relationship or a possession. jealousy can be normal to some extent, but if not managed properly, it can negatively affect our lives and relationships.</p> <p>Guests:</p> <p>-Aileen Nealie Psicoteraphist</p> <p>Yeny Hercules Comprehensive Mental Health Therapist</p> <p>Zoom</p> <p>Jennifer Flores Psychologist</p>
<p>Rompiendo el Silencio</p>	<p>07/25/2023</p>	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>HOW CAN WE IMPROVE OUR EMPATHY?</p>	<p>Empathy is an emotional bond that connects people, it is a fundamental skill that allows us to understand and share the feelings of others. empathy is putting ourselves in the other person's shoes, experiencing their joys, sorrows and concerns as if they were our own. by cultivating empathy, we can improve our interpersonal relationships, foster mutual understanding and build a more compassionate and caring society.</p> <p>Guests:</p> <p>Laura Aguilar Psychologist</p> <p>Veronica Villatoro Writer and Entrepeneur</p> <p>ZOOM Aydee Martinez Life Coach</p>

<p>Rompiendo el Silencio</p>	<p>07/26/2023</p>	<p><i>Starts: 6:00pm</i>  <i>Ends: 6:58pm</i>  <i>Duration:58min</i></p>	<p><b>ALL OR NOTHIG DAY:  HOW TO PERSUE  YOUR DREAMS WITH  PASION AND  DETERMINATION</b></p>	<p>On all-or-nothing day, we celebrate the fearlessness and determination that drives people to pursue their dreams and goals with passion and absolute dedication. is a day dedicated to exploring the psychology behind this mindset, understanding how to overcome obstacles, maintain motivation and face the fear of failure.</p> <p>Guests:</p> <p>Paloma Zuñiga  Life Coach</p> <p>Adriana Loera  Entrepreneur</p> <p>Andrea Olivares  Entrepreneur</p> <p>ZOOM</p> <p>Jessica Medina  Pysho-Corporal Therapist</p>
	<p>07/27/2023</p>	<p><i>Starts: 6:00pm</i>  <i>Ends: 6:58pm</i>  <i>Duration:58min</i></p>	<p><b>RED AND GREEN  FLAGS IN  REALIIONSHIPS</b></p>	<p>In all types of relationships there are signs that can determine weather is a good idea to continue with it or if is time to say goodbye. More often than not we ignore the red flags and enhance the green ones. How to identify these red and green flags to have healthy relationships?</p> <p>Guests:</p> <p>Elisa Guzman  Family Therapist</p> <p>Angeles Sanchez  Life Coach</p> <p>ZOOM</p>



				<p>Mariana Bermudez</p> <p>REMOTE</p> <p>Hilda Del Toro</p> <p>Maria Solis</p> <p>Entrepeneur</p> <p>Bonicos and Cafe</p>
Rompiendo el Silencio	07/28/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	MENOPAUSE	<p>It happens to every woman in the world. For some it can be easy and go unnoticed but for others it could become a horrible time with all kinds of symptoms that can make your life very difficult.</p> <p>Guests:</p> <p>Nataly Cifuentes</p> <p>OBGYN</p> <p>Danni Solorio</p> <p>Herbalist Expert</p> <p>Zoom</p> <p>Maria Teresa Aragon</p> <p>Nutritionist</p>
Rompiedo el Silencio	07/31/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	IS NEVER TOO LATE TO GO AFTER YOUR DREAMS	<p>in life, we all have dreams and aspirations that we long to achieve. often, time and circumstances can make us wonder whether it is possible to pursue those dreams in adulthood or in old age. however, the reality is that it is never too late to fulfill our deepest yearnings.</p> <p>Guests:</p> <p>-Angelica Arias</p>

				<p>Gerontologist</p> <p>Gladys Menendez</p> <p>Life Coach</p> <p>Zoom</p> <p>Daniela Naranjo</p> <p>Therapist</p>
Rompiendo el Silencio	08/01/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW TO APPLY EMOTIONAL INTELLIGENCE IN DAILY LIFE?</p>	<p>emotional intelligence is a key skill to navigate life effectively. applying it implies recognizing and understanding our own emotions, as well as those of others. by developing this capacity, we can improve our interpersonal relationships, manage stress and make more informed and balanced decisions in challenging situations.</p> <p>Sergia Quiroz</p> <p>Amy Muratalla</p> <p>Family Counselor</p> <p>ZOOM</p> <p>Sanaa Vanessa Saab</p> <p>Live Coach and woman's self steem</p>
Rompiendo el Silencio	08/02/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>TDHD</p>	<p>Attention deficit hyperactivity disorder, known as adhd, is a neurobiological condition that affects a person's ability to sustain attention, control impulses, and regulate physical activity.</p> <p>Guests:</p>

				<p>-Julia Aguilar Pedagogue</p> <p>-Dr. Patricia Arcache Family Therapist</p> <p>ZOOM</p> <p>Emily Chávez Family Therapist</p>
Rompiendo el Silencio	08/03/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	SINGLE WOMEN AFTER 40	<p>Today, the landscape of relationships and love life has evolved considerably. single women after 40 are redefining what it means to be at this stage of life. with a blend of independence, past experiences, and new purposes, these women face unique challenges and discover exciting opportunities as they explore love, self-discovery, and personal fulfillment.</p> <p>Guests:</p> <p>-Yamila Zevallos Personal Trainer Coach in high performance</p> <p>Blanca Ochoa Motivational Therapist</p> <p>ZOOM</p> <p>Patty Gomez Coach and Therapist</p> <p>Cris Rodriguez Single and Happy</p>

Rompiendo el Silencio	08/04/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<p>HOW DOES THE CHANGE OF MENTALITY OPEN DOORS IN THE FULFILLMENT OF OBJECTIVES?</p>	<p>In the world of personal finance, mindset shift is emerging as a powerful catalyst for more informed and responsible financial decisions. breaking with old beliefs and habits, this mental transformation opens the doors to effective financial planning, savings, investment and entrepreneurship.</p> <p>Guests:</p> <p>-Bessy Ateaga  President of MACH (active women in Hispanic commerce)</p> <p>- Nancy Rodriguez  Entrepreneur</p> <p>Leidy Garcia  Entrepreneur</p> <p>ZOOM</p> <p>Silvia Ramirez  Psychologist</p>
Rompiendo el Silencio	08/07/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<p>IMPORTANCE OF PHYSICAL AND EMOTIONAL CARE OF WOMEN</p>	<p>The physical and emotional care of women is essential for her integral well-being. by addressing both physical and mental health, women can cultivate a better quality of life, increase their self-esteem, and strengthen their ability to face daily challenges. the balance between regular exercise, an adequate diet and attention to emotional needs contributes to a fuller and more active life.</p> <p>Guest</p>

				<p>-Joha Rivera</p> <p>Remodeling mentality and creating conscious habits</p> <p>-Paloma Zúñiga</p> <p>Live Coach</p> <p>Andrea Olivares</p> <p>Facial Yoga Expert</p>
Rompiendo el Silencio	08/09/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p><b>DISPOSABLE RELATIONSHIPS</b></p>	<p>Disposable relationships are a phenomenon that reflects a decrease in long-term commitment in loving relationships. this change may be influenced by factors such as current culture and technology, which may lead to a higher turnover of partners and less tolerance towards challenges in a relationship.</p> <p>Guests</p> <p>Marcela Arrieta</p> <p>Specialist in emotional healing</p> <p>-Izabel Medher</p> <p>Clinical Phycologist</p> <p>Martha Díaz</p> <p>Tanat ologist – Therapist</p>
Rompiendo el Silencio	08/10/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p><b>READY TO GO BACK TO SCHOOL</b></p>	<p>Back to school is an exciting yet challenging period for kids and parents alike. after the holidays, it is essential to help children make a successful transition to the school environment. in our tv show we will explore effective strategies to prepare children emotionally, mentally and practically, ensure they are ready to face the classroom with confidence and enthusiasm.</p>

				<p>Guests:</p> <ul style="list-style-type: none"> <li>-Valentina Ortiz</li> <li>Psychologist</li> <li>-Teresa Verdugo</li> <li>Teacher</li> <li>-Sandra González</li> <li>Writer</li> <li>-Cecilia Caballero</li> <li>Writer</li> </ul>
Rompiendo el Silencio	08/11/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>REBUILDING FAMILY TIES</p>	<p>Latino families that have been separated for a long time and have not been able to reunite are able to see each other after years, thanks to an especial program.</p> <p>Guests:</p> <p>Mónica Chávez</p> <p>Secretary of Club Cuquio San Felipe</p> <p>-Family Unified</p> <p>Leticia Pérez Mercado</p> <p>Érica</p> <p>Yadira</p> <p>Guadalupe (Lupita)</p> <p>Guadalupe Mercado (Mom)</p>
Rompiendo el Silencio	08/14/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>DISCIPLINE AS A HABIT TO ACHIEVE SUCCESS</p>	<p>Being a disciplined woman has a series of fundamental benefits in personal and professional life. discipline provides the necessary structure to achieve concrete goals and maintain a balance in all areas.</p> <p>Guests:</p> <p>-Rosy Rios</p>

				<p>Personal Care Expert</p> <p>-Silvia Santiago Public Image Advisor</p> <p>-Mimy Castillo Personal Trainer</p>
Rompiendo el Silencio	08/15/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>HOW TO TAKE CARE OF OUR SKIN ACCORDING TO AGE?</p>	<p>Skin care is an essential practice at every stage of life. As we age, our skin needs change dramatically.</p> <p>Guests:</p> <p>Dr. Luciana Yacomotti - MD GC Skin Medspa Medical director</p> <p>Mayra Muñoz Entrepreneur and Influencer</p> <p>Erika Aceves Skin Specialist</p>
Rompiendo el Silencio	08/16/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>VEGAN OR VEGETARIAN</p>	<p>In an ever-evolving world, food choices have taken on new meaning. Veganism and vegetarianism, more than just dietary choices, have become manifestations of environmental awareness, health, and ethics.</p> <p>Guests:</p> <p>Lorena Ruán Integrative Nutrition Consultant</p> <p>Laura González nutritionist</p> <p>ZOOM Fernanda Meizoso</p>

				Clinical nutritionist
Rompiendo el Silencio	08/17/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>HOW TO DEAL WITH BULLYING OR DISCRIMINATION?</b>	<p>While discrimination presents differential treatment which is intended to impair the enjoyment or exercise of a person's rights, bullying is a type of violence that is characterized by intentional behaviors of harassment, lack of respect, and verbal or physical mistreatment that receives a person repeatedly by one or several persons, with the purpose of intimidating or exclude him, attempting his dignity.</p> <p>Guests:  Dra. Patricia Arcache  Family Therapist</p> <p>Julia Aguilar  Pedagogue</p> <p>Rebeca Cruz</p>
Rompiendo el Silencio	08/18/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>PHOTOGRAPHY</b>	<p>One of the best ways to make yourself happy in the present is to remember happy moments from the past. photos are an excellent memory boost, and because we tend to take photos of happy occasions, they weight our memories for the good.</p> <p>Guests:  Dr. Patricia Arcache  Family therapist</p> <p>Julia Aguilar  Pedagogue</p>
		<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i>		The relationship between our way of dressing and our personality has been a fascinating subject.



Rompiendo el Silencio	08/21/2023	<i>Duration:58min</i>	DOES THE WAY WE DRESS REFLECT OUR PERSONALITY?	<p>clothing not only protects us from the environment, but it can also serve as a means of expression and communication. From colors and styles to accessories and specific garments, every choice seems to tell a unique story.</p> <p>Guests:</p> <p>Silvia Santiago Public image advisor</p> <p>Karon Sanders Image consultant</p>
Rompiendo el Silencio	08/22/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	WHAT KIND OF CHILDREN ARE WE RAISING?	<p>We do not have to go far to find out what is coming upon us if the production of spoiler young people in the world continues to grow.</p> <ul style="list-style-type: none"> <li>-The disfachateness when speaking.</li> <li>- The lack of respect with the adults</li> </ul> <p>we ask ourselves: is there a lack of discipline?</p> <p>Guests:</p> <p>Laura Aguilar Psychologist</p> <p>ZOOM</p> <p>Emily Chavez neuropsychopedagogue</p> <p>Siria Guerrero Psychotherapist Specialist in children and adolescents</p>
	08/23/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i>		<p>Most actions for which people feel some types of regret are those for which they feel responsible, and</p>

Rompiendo el Silencio		<i>Duration:58min</i>	<b>I DID, I SAID AND I REGRET</b>	<p>the more they think about them, the more they generate feelings of rage, guilt and shame.</p> <p>Guests:</p> <p>Jackeline Cacho</p> <p>Journalist – Producer – Writer</p> <p>Specialist in positive psychology and emotional intelligence</p> <p>ZOOM</p> <p>Solimar Vargas</p> <p>Psychologist</p> <p>Jessica Medina</p> <p>Psychobody Therapist</p>
Rompiendo el Silencio	08/24/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>HOW TO LEARN TO OVERCOME TRAUMAS?</b>	<p>A trauma is a psychic injury as a consequence of a negative event or set of events, which affect dramatically causing pain and emotional anguish.</p> <p>Guests:</p> <p>Gladys Menendez</p> <p>Life Coach</p> <p>paloma Zuñiga</p> <p>Life coach</p> <p>ZOOM</p> <p>Mariana Morales</p> <p>Psychiatrist</p>
Rompiendo el Silencio	08/25/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>HOW TO GET OLD AND FEEL USEFUL?</b>	<p>Aging is a natural part of life, and dealing with it in a healthy way has become a fundamental issue today. as we advance in age, maintaining an optimal quality of life becomes essential.</p>

				<p>Guests:</p> <p>Pilar Looney</p> <p>Fundación Círculo Tercera Juventud</p> <p>Alma Bautista</p> <p>Therapist and facilitator in functional nutrition</p> <p>Angelica Arias</p> <p>Gerontologist – health and wellbeing coach</p> <p>ZOOM</p> <p>Dra. Gloria Monsalve</p> <p>Family medicine</p>
Rompiendo el Silencio	08/28/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>SCARED OF SPEAKING IN PUBLIC?</p>	<p>On all-or-nothing day, we celebrate the fearlessness and determination that drives people to pursue their dreams and goals with passion and absolute dedication. is a day dedicated to exploring the psychology behind this mindset, understanding how to overcome obstacles, maintain motivation and face the fear of failure.</p> <p>Guests:</p> <p>Rachel Medina</p> <p>Business woman</p> <p>Founder and CEO of RM 101 Media Group</p> <p>Laura M. Gonzalez</p> <p>Rainbow Artistic Workshop</p> <p>Dra. Patricia Arcache</p> <p>Family Therapist</p> <p>ZOOM</p> <p>Paola Vivas</p> <p>Communication mentor</p>

Rompiendo el Silencio	08/29/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<p>THE POWER TO RELEASE AND FORGIVE</p>	<p>What is that change you need to make to find that peace and harmony that many times seem far away?</p> <p>Most people tend to cling to situations, people or material things that prevent them from living in constant growth and well-being</p> <p>Guests:</p> <p>Elizabeth Meder Clinical psychologist</p> <p>Martha Diaz Tanatologist - therapist</p> <p>ZOOM</p> <p>Carolina Uribe Psychologist</p>
Rompiendo el Silencio	08/30/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<p>WE ARE HAPPY AND WE DON'T KNOW IT?</p>	<p>Many times, we do not feel happy because we do not know how to value the blessings we have, if we learn to value the good of each day, the positive part of the people who surround you, the blessing of having people who love you, a job... then ... you will see how happy you are!</p> <p>Guests:</p> <p>Yeny Hercules Integral Mental health therapist</p> <p>Valentine Ortiz Psychologist</p> <p>ZOOM</p> <p>Sirian Guerrero</p>

				Psychotherapist
Rompiedo el Silencio	08/31/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	FINANCIAL INFIDELITY	<p>It is not a surprise to anyone that cheating within a couple can mean the definitive breakup of any couple. but there is less talk about another type of disloyalty, which can also end up ruining a link: not being sincere about money. we will tell you what financial infidelities are, their causes and some tips to avoid them.</p> <p>Guests: Natalie Torres-Haddad Finance expert</p> <p>Jessica Amerilla Investor</p> <p>ZOOM Vira Egli Finance Expert</p>
Rompiendo el Silencio	09/01/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	GOOD ATTITUDE IN THE FACE OF ADVERSITIES	<p>EVERY HUMAN BEING HAS HAD EXPERIENCES OR LIVED SITUATIONS THAT HAVE BROUGHT THE BEST OR THE WORST IN THEM, THEY HAVE BEEN PUT TO THE TEST AND EACH ONE HAS EXPERIENCED IT IN DIFFERENT WAYS, SOME HAVE COPEDED WITH IT WITH A GOOD ATTITUDE AND OTHERS WITH A MORE NEGATIVE ATTITUDE.</p> <p>Guests: Marcela Arrieta Specialist in emotional healing</p> <p>Rachel Miranda Cancer survivor</p> <p>Glenda Ramirez zumba instructor</p>

				<p>ZOOM</p> <p>Silvia Ramirez</p> <p>Psychologist</p>
Rompiendo el Silencio	09/04/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	CRUMBS OF LOVE	<p>This term, also known as "breadcrumbing", refers to the strategies that a person employs in order to feed an illusion of love to obtain specific things.</p> <p>Guests:</p> <p>Mayra Alvarez</p> <p>Human development specialist</p> <p>Melissa Carcano</p> <p>Human development specialist</p> <p>ZOOM</p> <p>Yali Blanco</p> <p>Psychologist</p> <p>Marisol Cazarez</p> <p>Neuro-linguistic programming coach</p>
Rompiendo el Silencio	09/05/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	EVALUATE BEFORE LOSING	<p>IN OUR DAILY LIFE, WE MANY TIMES FOCUS ON WHAT WE DON'T HAVE AND WE FORGET TO VALUE WHAT WE DO HAVE. THIS CAN LEAD US TO LOSE VALUABLE THINGS WITHOUT EVEN REALIZING IT. LEARNING TO VALUE WHAT WE HAVE NOT ONLY ALLOWS US TO ENJOY LIFE MORE, BUT ALSO ATTRACT MORE POSITIVE THINGS INTO OUR LIFE..</p> <p>Guests:</p> <p>ELISA GUZMAN</p> <p>FAMILY THERAPIST</p>

				<p>GLADYS MENENDEZ</p> <p>LIFE COACH</p> <p>MARGARITA CALDERON</p> <p>MOTIVATOR / WRITER</p>
Rompiendo el Silencio	09/06/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p><b>EMPTY NEST SYNDROME</b></p>	<p>THE DUTY OF EVERY PARENT IS TO RAISE THEIR CHILDREN UNTIL THE MOMENT THEY ARE ABLE TO FIND FOR THEMSELVES AND BE INDEPENDENT. IT IS A LAW OF LIFE AND, ALTHOUGH IT IS A VERY POSITIVE TIME FOR PARENTS AND CHILDREN, AND EVOLUTIONARILY NECESSARY, IT IS NOT ALWAYS EASY TO DEAL WITH IT. THUS, ON OCCASIONS IT CAN TRIGGER EMPTY NEST SYNDROME.</p> <p>Guests:</p> <p>EDITH TEJEDA</p> <p>EMOTIONAL HEALING COACH</p> <p>SARA BOLIVAR</p> <p>REPORTER</p> <p>ZOOM</p> <p>FRANLLY ANCHICOQUE</p> <p>CLINICAL PSYCHOLOGIST</p> <p>EMILY CHAVEZ</p> <p>PEDAGOG – FAMILY GUIDE</p>
Rompiendo el Silencio	09/07/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p><b>FREE YOURSELF FROM YOUR LIMITATIONS</b></p>	<p>THERE ARE SO MANY THINGS WE WANT TO DO, WE WANT OUR LIFE TO MAKE A DIFFERENCE, TO BE PRODUCTIVE, HAPPY, FULL AND SATISFACTORY. BUT VERY OFTEN, AT THE SAME TIME WE HAVE ALL THESE DREAMS, WE GET FILLED WITH NEGATIVE THOUGHTS THAT PREVENT US FROM PROGRESSING, ESTABLISHING AND FULFILLING OUR GOALS.</p>

				<p>Guest</p> <p>ELIZABETH VARGAS FAMILY AND MARRIAGE ADVISOR</p> <p>ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH</p> <p>MAFE OSORIO PERSONAL FINANCE MENTOR</p>
Rompiendo el Silencio	09/08/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	POSTPARTUM CARE	<p>AFTER CHILDBIRTH, THE MOTHER CAN EXPECT SOME PHYSICAL CHANGES AND SYMPTOMS, BUT THEY ARE USUALLY MILD AND TEMPORARY. SERIOUS HEALTH PROBLEMS ARE RARE. HOWEVER, A FOLLOW-UP PROGRAM IN OFFICE OR HOME VISITS IS USUALLY ARRANGED BY THE DOCTOR, HOSPITAL STAFF MEMBERS, OR A HEALTH CARE GROUP.</p> <p>Guests</p> <p>DR. NATY CIFUENTES GYNECOLOGIST</p> <p>LORENA NIETO ARTIST</p> <p>ZOOM</p> <p>DR. OLYNES NÚÑEZ PEDIATRICIAN</p> <p>GRACIELA HESS BREASTFEEDING EXPERT</p>



<p>Rompiendo el Silencio</p>	<p>09/11/2023</p>	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p><b>HOW TO START AND SCALE YOUR OWN BUSINESS?</b></p>	<p>A BUSINESS MINDSET IS ONE IN WHICH THE PERSON TAKES ACTIONS, HAS BEHAVIORS AND ADOPT POSITIONS BASED ON THEIR PERSONAL OR PROFESSIONAL PURPOSE, INVOLVING ALL THOSE TOOLS THAT THEY HAVE BEEN GENERATION WITH THEIR LIFE EXPERIENCES. THESE TOOLS ARE THOSE THAT WILL ALLOW US TO THE SUCCESS OF THE PROJECTS THAT WE ARE FACING.</p> <p>Guests:</p> <p>RACHEL MEDINA FOUNDER AND EXECUTIVE DIRECTOR OF RM101 MEDIA GROUP</p> <p>MARIA REYES GENERAL MANAGER SHE.E.O LATINA</p> <p>JACKIE HERNANDEZ VICE PRESIDENT SHE.E.O LATINA</p>
<p>Rompiendo el Silencio</p>	<p>09/12/2023</p>	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p><b>INFIDELITY AND BETRAYAL</b></p>	<p>BETRAYAL IS ONE OF THE MOST PAINFUL EXPERIENCES WE CAN LIVE. IT DOESN'T MATTER IF IT'S A COUPLE, FRIENDS OR A FAMILY MEMBER. WHENEVER OUR TRUST IS BROKEN, A WOUND OPENS THAT TAKES A LONG TIME TO HEAL AND WHICH EVEN SOMETIMES NEVER HEALS. OF COURSE, THIS WOUND IS GREATER WHEN THE ONE BETRAYING IS SOMEONE WE TRUST.</p> <p>Guests:</p> <p>ACKELINE CACHO JOURNALIST – PRODUCER – WRITER SPECIALIST IN POSITIVE PSYCHOLOGY AND EMOTIONAL INTELLIGENCE</p> <p>ITZEL MOLINA FAMILY PSYCHOTHERAPIST</p> <p>ZOOM DIANA PARDO</p>

				PSYCHOLOGIST
Rompiendo el Silencio	09/14/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	FOOD MYTHS AND REALITIES	BEFORE READING A NUTRITION TABLE, TO TAKE INTO ACCOUNT THAT THE NUTRITIONAL REQUIREMENTS WILL ALWAYS DEPEND ON EACH PERSON: ON THE PHYSICAL ACTIVITY THEY PERFORM, ON THEIR AGE, ON THEIR SEX, ON THEIR NEEDS, ON THEIR PHYSIOLOGICAL STATE ( PREGNANCY, BREASTFEEDING), AMONG OTHER FACTORS THAT ONLY A NUTRITION PROFESSIONAL CAN IDENTIFY.  Guests:  DR. GISELLE HERNANDEZ  NUTRITIONIST  MIMI CASTILLO  PERSONAL TRAINER
Rompiendo el Silencio	09/14/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	IS ADOLESCENCE A DIFFICULT STAGE?	ADOLESCENCE IS THE MOMENT OF TRANSITION BETWEEN CHILDHOOD AND ADULTHOOD. «A STAGE WHERE THE TEENAGER SEEKS HIS OWN IDENTITY AND OBTAINS HIS AUTONOMY.  Guests:  IZABEL MEDHER  CLINICAL PSYCHOLOGIST  PALOMA ZÚÑIGA  LIFE COACH  ZOOM  GINA IBARRA  COMMUNOCOLOGIST
Rompiendo el Silencio	09/15/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	MEXICO INDEPENDENCY	SEPTEMBER 15, MILLIONS OF MEXICANS WILL CELEBRATE THE CRY OF INDEPENDENCE.  Guests:

				<p>NANCY BARAJAS CLOTHING DESIGNER - FRIDARS INSTITUTE</p> <p>LION QUEEN NAIL TEACHER - FRIDARS INSTITUTE</p> <p>GISSEL MONTERROSAS DEPUTY DIRECTOR</p>
Rompiendo el Silencio	09/18/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p><b>BENEFITS OF SPORTS FOR WOMEN</b></p>	<p>THE BENEFITS OF PHYSICAL ACTIVITY ARE INCREASING AS RESEARCH DEVELOPES. SPORTS STIMULATES AND MOTIVATES US, BUT EXERCISE, INDIVIDUALIZED AND CONTROLLED, IMPROVES HEALTH.</p> <p>Guests: KAREN CALLED PROFESSIONAL FOOTBALL REFEREE</p> <p>HELENA ORTS BASKETBALLIST</p> <p>LUCIANA DI LUNA TENNIS PLAYER</p>
Rompiendo el Silencio	09/19/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p><b>FAMILY AND DISABILITY: WHAT IS THE ROLE OF THE FAMILY?</b></p>	<p>PARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY.</p> <p>Guests: ELIZABETH GOMEZ DIRECTOR INTEGRATED COMMUNITY COLLABORATIVE</p> <p>MARLENI PINEDA INTEGRATED COMMUNITY COLLABORATIVE FACILITATOR</p>

				<p>JOSEFINA ROMO INTEGRATED COMMUNITY COLLABORATIVE FACILITATOR</p> <p>DIANA GUTIERREZ CEO DG THERAPY GROUP</p>
Rompiendo el Silencio	09/20/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	DID I MARRY THE RIGHT PERSON?	<p>IT IS VERY DIFFICULT, NOT TO SAY IMPOSSIBLE, TO FIND THE 'IDEAL COUPLE'. WE ARE SICK OF REPEATING TO OURSELVES THAT 'NO ONE IS PERFECT' AND BEING AWARE THAT, IN THE END, WE ALL HAVE TO SUPPORT EACH OTHER - WHICH IS NOT EASY.</p> <p>Guests:</p> <p>LAURA AGUILAR PSYCHOTHERAPIST</p> <p>LUPITA PADILLA COACH AND FACILITATOR OF HUMAN DEVELOPMENT PROCESSES</p> <p>PRISCILA LAFARGA ACTRESS</p> <p>ZOOM JENNIFER FLOREZ PSYCHOLOGIST</p>
Rompiendo el Silencio	09/21/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	PREVENTION OF ALZHEIMER	<p>ALZHEIMER'S DISEASE IS A BRAIN DISORDER THAT WORSE OVER TIME. IT IS CHARACTERIZED BY CHANGES IN THE BRAIN THAT LEAD TO DEPOSITS OF CERTAIN PROTEINS. ALZHEIMER'S DISEASE CAUSES THE BRAIN TO SHRINK AND THE BRAIN NEURONS ULTIMATELY DIE.</p>

				<p>Guests:</p> <p>DR. PATRICIA ARCACHE</p> <p>FAMILY THERAPIST</p> <p>MEMBER OF ALZHEIMER'S RESEARCH &amp; PREVENTION FOUNDATION</p> <p>BAPTIST SOUL</p> <p>THERAPIST - FACILITATOR IN FUNCTIONAL NUTRITION AND INTEGRAL LIVING</p> <p>ZOOM:</p> <p>DR. CECILIA FERNÁNDEZ</p> <p>NEUROLOGIST SPECIALIST IN MEMORY DISORDERS</p>
Rompiendo el Silencio	09/22/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW TO STRENGTHEN OUR IMMUNE SYSTEM?</p>	<p>The immune system is the body's defense against infections and other harmful invaders. Without it, we would constantly get sick from bacteria or viruses. The immune system is made up of special cells, tissues, and organs that work together to protect you.</p> <p>Guests:</p> <p>LAURA GONZÁLEZ</p> <p>NUTRIOLOGY</p> <p>SILVIA RAMÍREZ</p> <p>PSYCHOLOGIST</p> <p>MIROSLAVA LOPEZ</p> <p>ZUMBA INSTRUCTOR</p> <p>KICKBOXING INSTRUCTOR, BOOT CAMP AND PERSONAL TRAINER</p> <p>ZOOM</p> <p>ANDREINA WHITE</p>

				<p>MAGISTER IN METABOLISM AND IMMUNOLOGY</p> <p>CO FOUNDER AND DIRECTOR OF NUTRIWHITE</p>
Rompiendo el Silencio	09/25/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW TO FIND MOTIVATION? CHANGE YOUR MIND CHANGE YOUR LIFE</p>	<p>WHAT IS THE IMPORTANCE OF PERSONAL MOTIVATION? MOTIVATION IN PSYCHOLOGY IS ONE OF THE FUNDAMENTAL SKILLS TO ENJOY A LIFE FULL OF HAPPINESS.</p> <p>Guests:</p> <p>ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH</p> <p>ELIZABETH PAMANES FAMILY ADVISOR</p> <p>ZOOM</p> <p>PAOLA VIVAS COMMUNICATION MENTOR</p>
Rompiendo el Silencio	09/26/2023	<p><i>Starts: 6:00pm</i></p> <p><i>Ends: 6:58pm</i></p> <p><i>Duration:58min</i></p>	<p>CODEPENDENCY</p>	<p>THE FACT THAT A PERSON HAS EMOTIONAL DEPENDENCIES IS A VERY HARMFUL FACTOR FOR THEMSELVES, SINCE THEIR WELL-BEING, TRANQUILITY AND HAPPINESS NO LONGER DEPEND ON THEM, BECOME DEPENDING ON ANOTHER PERSON, PLACING AN OBSTACLE WHEN EXPRESSING THEIR THINGS. FEELINGS OR DESIRES.</p> <p>Guests:</p> <p>BLANCA OCHOA MOTIVATIONAL THERAPIST</p> <p>MAYRA ALVAREZ HUMAN DEVELOPMENT SPECIALIST</p> <p>ZOOM</p> <p>ANAYANSI SERRA THERAPIST AND COACH</p>

Rompiendo el Silencio	09/27/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>BAD POSTURES_BACK PAIN</b>	<p>GOOD POSTURE IS MORE THAN STANDING STRAIGHT TO LOOK BETTER. IT IS AN IMPORTANT PART OF YOUR LONG-TERM HEALTH. KEEPING YOUR BODY IN THE RIGHT POSITION, WHETHER YOU'RE MOVING OR STILL, CAN HELP YOU AVOID PAIN, INJURIES AND OTHER HEALTH PROBLEMS.</p> <p>Guests:  DRA. GABRIELA CARLOS  CHIROPRACTIC</p>
Rompiendo el Silencio	09/28/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>SUICIDE PREVENTION</b>	<p>SINCE 2003, THE INTERNATIONAL ASSOCIATION FOR SUICIDE PREVENTION, IN COLLABORATION WITH THE WORLD HEALTH ORGANIZATION (WHO), HAS PROMOTED WORLD SUICIDE PREVENTION DAY ON SEPTEMBER 10. THE GOAL OF THIS DAY IS TO RAISE AWARENESS WORLDWIDE THAT SUICIDE CAN BE PREVENTED BY UP TO 90%.</p> <p>Guests:</p>
Rompiendo el Silencio	09/29/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	<b>WORLD HEART DAY</b>	<p>Since 2000, World Heart Day has been celebrated on the last Sunday of September with the aim of raising awareness among the population about the importance of cardiovascular diseases (CVD), as well as to promote its control.</p> <p>Guests:</p>

# Community Issues Program List

## July through September 2023

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

Date and Time	Program	Talent	Description
<b>Column1</b>	<b>Column2</b>	<b>Column3</b>	<b>Column4</b>
2023-07-02 03:30*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health.
2023-07-02 06:00*	Body and Spirit Aerobics	Becky Garber, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2023-07-02 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2023-07-03 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Siki Plang, Edwin M Cotto	Cheri Peters (Host), Siki Plang, and Edwin M Cotto discuss our higher calling.
2023-07-03 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2023-07-03 06:00*	Body and Spirit	Dick Nunez (Host), Omar Mosquera, Jonathan Hopkins	Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migrane headaches.
2023-07-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2023-07-03 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2023-07-04 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2023-07-04 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses beta-cell burnout.
2023-07-04 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2023-07-04 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2023-07-04 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2023-07-05 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines.
2023-07-05 08:00!	Today Cooking		discusses south american favorites.
2023-07-05 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Siki Plang, Edwin M Cotto	Cheri Peters (Host), Siki Plang, and Edwin M Cotto discuss our higher calling.
2023-07-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2023-07-05 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2023-07-05 15:00!	Today Cooking		discusses south american favorites.
2023-07-05 20:00!	Today Cooking		discusses south american favorites.
2023-07-05 23:00!	Today Cooking		discusses south american favorites.
2023-07-06 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2023-07-06 10:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health.
2023-07-06 12:00*	Ultimate Prescription		discusses valves of the heart.



# Community Issues Program List

## *July through September 2023*

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2023-07-06 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2023-07-07 03:30*	Live to Be Well		discusses made up mind.
2023-07-07 04:30*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2023-07-07 05:30*	Ultimate Prescription		discusses valves of the heart.
2023-07-07 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
2023-07-07 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2023-07-07 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry filos et al.
2023-07-09 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2023-07-09 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2023-07-09 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2023-07-10 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dwight Hall, Debbie Hall	Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse.
2023-07-10 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2023-07-10 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression.
2023-07-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2023-07-10 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2023-07-11 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2023-07-11 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses the cause of hypertension.
2023-07-11 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2023-07-11 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2023-07-11 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 strengthening exercises.
2023-07-12 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker	Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
2023-07-12 08:00!	Today Cooking		discusses supper ideas.
2023-07-12 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dwight Hall, Debbie Hall	Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse.

# Community Issues Program List

## July through September 2023

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Date and Time	Program	Talent	Description
2023-07-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2023-07-12 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2023-07-12 15:00!	Today Cooking		discusses supper ideas.
2023-07-12 20:00!	Today Cooking		discusses supper ideas.
2023-07-12 23:00!	Today Cooking		discusses supper ideas.
2023-07-13 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2023-07-13 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2023-07-13 12:00*	Ultimate Prescription		discusses diagnosing a weak heart.
2023-07-13 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.
2023-07-14 03:30*	Live to Be Well		discusses attitude of gratitude.
2023-07-14 04:30*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2023-07-14 05:30*	Ultimate Prescription		discusses diagnosing a weak heart.
2023-07-14 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2023-07-14 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2023-07-14 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2023-07-16 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2023-07-16 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2023-07-16 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2023-07-17 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Gerri Morrison	Cheri Peters (Host) and Gerri Morrison discuss healing with prayer.
2023-07-17 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2023-07-17 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Brittany Nunez	Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
2023-07-17 13:30*	Abundant Living	Paula & Curtis Eakin	Ron Giannoni discusses Type II Diabetes and Chronic Obesity.
2023-07-17 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.

# Community Issues Program List

## July through September 2023

*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>
2023-07-18 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2023-07-18 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses hypertension & insulin resistance syndrome.
2023-07-18 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2023-07-18 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2023-07-18 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2023-07-19 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
2023-07-19 08:00!	Today Cooking		discusses everyday favorites.
2023-07-19 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Gerri Morrison	Cheri Peters (Host) and Gerri Morrison discuss healing with prayer.
2023-07-19 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2023-07-19 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2023-07-19 15:00!	Today Cooking		discusses everyday favorites.
2023-07-19 20:00!	Today Cooking		discusses everyday favorites.
2023-07-19 23:00!	Today Cooking		discusses everyday favorites.
2023-07-20 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Getting enough of the proper rest is as important as proper exercise. Dick Nunez discusses and leads exercise routines with Jane Baker and Jonathon Hopkins
2023-07-20 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2023-07-20 12:00*	Ultimate Prescription		discusses exercise.
2023-07-20 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2023-07-21 03:30*	Live to Be Well		discusses not looking back pt 1.
2023-07-21 04:30*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2023-07-21 05:30*	Ultimate Prescription		discusses exercise.
2023-07-21 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
2023-07-21 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.

# Community Issues Program List

## July through September 2023

*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>
2023-07-21 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2023-07-23 03:30*	From Sickness to Health	Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2023-07-23 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2023-07-23 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.
2023-07-24 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dr. Janet Claymore, Duane Ross	Cheri Peters (Host), Dr. Janet Claymore, and Duane Ross discuss working with native american students.
2023-07-24 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2023-07-24 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Omar Mosquera	Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
2023-07-24 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2023-07-24 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.
2023-07-25 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2023-07-25 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1.
2023-07-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2023-07-25 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2023-07-25 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.
2023-07-26 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2023-07-26 08:00!	Today Cooking		discusses kid approved foods.
2023-07-26 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dr. Janet Claymore, Duane Ross	Cheri Peters (Host), Dr. Janet Claymore, and Duane Ross discuss working with native american students.
2023-07-26 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2023-07-26 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2023-07-26 15:00!	Today Cooking		discusses kid approved foods.

# Community Issues Program List

## *July through September 2023*

*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>
2023-07-26 20:00!	Today Cooking		discusses kid approved foods.
2023-07-26 23:00!	Today Cooking		discusses kid approved foods.
2023-07-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2023-07-27 10:00*	From Sickness to Health	Rico Hill (Host), Sherry- Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2023-07-27 12:00*	Ultimate Prescription		discusses why we are sick.
2023-07-27 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises.
2023-07-28 03:30*	Live to Be Well		discusses not looking back pt 2.
2023-07-28 04:30*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2023-07-28 05:30*	Ultimate Prescription		discusses why we are sick.
2023-07-28 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins	Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
2023-07-28 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2023-07-28 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2023-07-30 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2023-07-30 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2023-07-30 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2023-07-31 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2023-08-01 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2023-08-01 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2.
2023-08-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2023-08-01 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2023-08-01 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2023-08-02 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
2023-08-02 08:00!	Today Cooking		discusses diabetes defying vital veggies.
2023-08-02 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.

# Community Issues Program List

## *July through September 2023*

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2023-08-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2023-08-02 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2023-08-02 15:00!	Today Cooking		discusses diabetes defying vital veggies.
2023-08-02 23:00!	Today Cooking		discusses diabetes defying vital veggies.
2023-08-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2023-08-03 12:00*	Ultimate Prescription		discusses why we are sick.
2023-08-03 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2023-08-04 03:30*	Live to Be Well		discusses refusing to compromise.
2023-08-04 04:30*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2023-08-04 05:30*	Ultimate Prescription		discusses why we are sick.
2023-08-04 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Brittany Nunez	Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training.
2023-08-06 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2023-08-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2023-08-06 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2023-08-07 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2023-08-07 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2023-08-07 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.
2023-08-07 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2023-08-07 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2023-08-08 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2023-08-08 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3.
2023-08-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.

# Community Issues Program List

## *July through September 2023*

*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>
2023-08-08 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2023-08-08 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.
2023-08-09 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.
2023-08-09 08:00!	Today Cooking		discusses holidays made simple.
2023-08-09 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2023-08-09 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2023-08-09 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycyle.
2023-08-09 15:00!	Today Cooking		discusses holidays made simple.
2023-08-09 20:00!	Today Cooking		discusses holidays made simple.
2023-08-09 23:00!	Today Cooking		discusses holidays made simple.
2023-08-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
2023-08-10 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2023-08-10 12:00*	Ultimate Prescription		discusses light.
2023-08-10 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2023-08-11 03:30*	Live to Be Well		discusses not living with excuses.
2023-08-11 04:30*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2023-08-11 05:30*	Ultimate Prescription		discusses light.
2023-08-11 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2023-08-11 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2023-08-11 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2023-08-13 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 temperance.

# Community Issues Program List

## *July through September 2023*

*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>
2023-08-13 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2023-08-13 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2023-08-14 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2023-08-14 05:30*	Cook 30	Jeremy Dixon	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2023-08-14 06:00*	Body and Spirit	Dick Nunez (Host), 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
2023-08-14 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2023-08-14 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2023-08-15 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.
2023-08-15 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers & immune system, pt. 1.
2023-08-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
2023-08-15 13:30*	Cook 30	Jeremy Dixon	Curtis Eakins and Paula Eakins discuss friends and family.
2023-08-15 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2023-08-16 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.
2023-08-16 08:00!	Today Cooking		discusses energy boosting recipes for the outdoors.
2023-08-16 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2023-08-16 13:30*	Abundant Living	Paula & Curtis Eakin	Christine Salter discusses prevention and screening.
2023-08-16 14:00*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2023-08-16 15:00!	Today Cooking		discusses energy boosting recipes for the outdoors.
2023-08-16 20:00!	Today Cooking		discusses energy boosting recipes for the outdoors.
2023-08-16 23:00!	Today Cooking		discusses energy boosting recipes for the outdoors.
2023-08-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.



## Community Issues Program List

### *July through September 2023*

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2023-08-17 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 temperance.
2023-08-17 12:00*	Ultimate Prescription		discusses light.
2023-08-17 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2023-08-18 03:30*	Live to Be Well		discusses no more fear.
2023-08-18 04:30*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2023-08-18 05:30*	Ultimate Prescription		discusses light.
2023-08-18 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.
2023-08-18 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.
2023-08-18 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2023-08-20 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2023-08-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2023-08-20 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2023-08-21 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby.
2023-08-21 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2023-08-21 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2023-08-21 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2023-08-21 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2023-08-22 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2023-08-22 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	N. David Emerson discusses fevers & immune system, pt. 2.
2023-08-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
2023-08-22 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.

# Community Issues Program List

## July through September 2023

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2023-08-22 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2023-08-23 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.
2023-08-23 08:00!	Today Cooking		discusses brain powering breakfasts.
2023-08-23 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby.
2023-08-23 13:30*	Abundant Living		discusses frequently asked questions.
2023-08-23 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2023-08-23 15:00!	Today Cooking		discusses brain powering breakfasts.
2023-08-23 20:00!	Today Cooking		discusses brain powering breakfasts.
2023-08-23 23:00!	Today Cooking		discusses brain powering breakfasts.
2023-08-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health.
2023-08-24 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2023-08-24 12:00*	Ultimate Prescription		discusses movement part 1.
2023-08-24 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2023-08-25 03:30*	Live to Be Well		discusses positive reflection.
2023-08-25 04:30*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2023-08-25 05:30*	Ultimate Prescription		discusses movement part 1.
2023-08-25 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.
2023-08-25 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2023-08-25 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2023-08-27 03:30*	From Sickness to Health	Rico Hill (Host), Camille Clark, Thomas Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2023-08-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2023-08-27 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2023-08-28 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters (Host) and Brad Peters discuss love brings everyone together.
2023-08-28 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.

# Community Issues Program List

## July through September 2023

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Date and Time	Program	Talent	Description
2023-08-28 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.
2023-08-28 13:30*	Abundant Living		discusses drugs dark side.
2023-08-28 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2023-08-29 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2023-08-29 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss reproductive years.
2023-08-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
2023-08-29 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2023-08-29 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis.
2023-08-30 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.
2023-08-30 08:00!	Today Cooking		discusses quick & easy supper meals.
2023-08-30 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters (Host) and Brad Peters discuss love brings everyone together.
2023-08-30 13:30*	Abundant Living		discusses h for herbal medicine.
2023-08-30 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2023-08-30 15:00!	Today Cooking		discusses quick & easy supper meals.
2023-08-30 20:00!	Today Cooking		discusses quick & easy supper meals.
2023-08-30 23:00!	Today Cooking		discusses quick & easy supper meals.
2023-08-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2023-08-31 10:00*	From Sickness to Health	Rico Hill (Host), Camille Clark, Thomas Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2023-08-31 12:00*	Ultimate Prescription		discusses movement part 2.
2023-08-31 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic exercises than can be done in the home.
2023-09-01 03:30*	Live to Be Well		discusses genuine friendship.
2023-09-01 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2023-09-01 05:30*	Ultimate Prescription		discusses movement part 2.

# Community Issues Program List

## *July through September 2023*

*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>
2023-09-01 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez & Steven Lingenfelter	Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
2023-09-01 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2023-09-01 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2023-09-03 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2023-09-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2023-09-03 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2023-09-04 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Tom & Vicki Mann	Cheri Peters with Tom and Vicki Mann discuss working through divorce.
2023-09-04 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2023-09-04 06:00*	Body and Spirit	Dick Nunez (Host), Amy Andersen & Jonathon Hopkins	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2023-09-04 13:30*	Abundant Living		discusses e for eating.
2023-09-04 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2023-09-05 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2023-09-05 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss p.m.s..
2023-09-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2023-09-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2023-09-05 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2023-09-06 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2023-09-06 08:00!	Today Cooking		discusses simply brunch.
2023-09-06 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Tom & Vicki Mann	Cheri Peters with Tom and Vicki Mann discuss working through divorce.
2023-09-06 13:30*	Abundant Living		discusses a is for adoration.

# Community Issues Program List

## July through September 2023

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2023-09-06 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2023-09-06 15:00!	Today Cooking		discusses simply brunch.
2023-09-06 20:00!	Today Cooking		discusses simply brunch.
2023-09-06 23:00!	Today Cooking		discusses simply brunch.
2023-09-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2023-09-07 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2023-09-07 12:00*	Ultimate Prescription		discusses water.
2023-09-07 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.
2023-09-08 03:30*	Live to Be Well		discusses total sacrifice music therapy.
2023-09-08 04:30*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2023-09-08 05:30*	Ultimate Prescription		discusses water.
2023-09-08 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.
2023-09-08 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2023-09-08 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2023-09-10 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2023-09-10 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.
2023-09-10 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.
2023-09-11 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Martin Weber	Cheri Peters with Martin Weber discuss controlling addiction in a segment titled The Buzzard is Called In.
2023-09-11 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2023-09-11 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2023-09-11 13:30*	Abundant Living		discusses I for liquids.
2023-09-11 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2023-09-12 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.

# Community Issues Program List

## July through September 2023

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Date and Time	Program	Talent	Description
2023-09-12 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fertility & infertility.
2023-09-12 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.
2023-09-12 13:30*	Cook 30	Jeremy Dixon	Nick Evenson (Host) and Dr. James Marcum discuss food is medicine.
2023-09-12 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2023-09-13 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2023-09-13 08:00!	Today Cooking		discusses diabetes defying protein dishes.
2023-09-13 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Martin Weber	Cheri Peters with Martin Weber discuss controlling addiction in a segment titled The Buzzard is Called In.
2023-09-13 13:30*	Abundant Living		discusses healthy heart cooking.
2023-09-13 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2023-09-13 15:00!	Today Cooking		discusses diabetes defying protein dishes.
2023-09-13 20:00!	Today Cooking		discusses diabetes defying protein dishes.
2023-09-13 23:00!	Today Cooking		discusses diabetes defying protein dishes.
2023-09-14 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.
2023-09-14 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2023-09-14 12:00*	Ultimate Prescription		discusses nutrition for diabetes.
2023-09-14 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2023-09-15 03:30*	Live to Be Well		discusses inner city finances.
2023-09-15 04:30*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2023-09-15 05:30*	Ultimate Prescription		discusses nutrition for diabetes.
2023-09-15 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.
2023-09-15 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2023-09-15 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2023-09-17 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Jeremy Dixon discusses revive super salad mingle.
2023-09-17 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.

# Community Issues Program List

## July through September 2023

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Date and Time	Program	Talent	Description
2023-09-17 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2023-09-18 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Aaron, Gwen and Vonzell Chancy	Cheri Peters with Aaron, Gwen, and Vonzell Chancy disscuss recovery from addiction as a family.
2023-09-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2023-09-18 06:00*	Body and Spirit	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.
2023-09-18 13:30*	Abundant Living		discusses e for exercise.
2023-09-18 14:00*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2023-09-19 02:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2023-09-19 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss preconception & prenatal care.
2023-09-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2023-09-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2023-09-19 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2023-09-20 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.
2023-09-20 08:00!	Today Cooking		discusses brunch made simple.
2023-09-20 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Aaron, Gwen and Vonzell Chancy	Cheri Peters with Aaron, Gwen, and Vonzell Chancy disscuss recovery from addiction as a family.
2023-09-20 13:30*	Abundant Living		discusses r for rest.
2023-09-20 14:00*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2023-09-20 15:00!	Today Cooking		discusses brunch made simple.
2023-09-20 20:00!	Today Cooking		discusses brunch made simple.
2023-09-20 23:00!	Today Cooking		discusses brunch made simple.
2023-09-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2023-09-21 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Jeremy Dixon discusses revive super salad mingle.
2023-09-21 12:00*	Ultimate Prescription		discusses nutrition for cardiovascular health.
2023-09-21 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2023-09-22 03:30*	Live to Be Well		discusses patience to endure.
2023-09-22 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.

# Community Issues Program List

## *July through September 2023*

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2023-09-22 05:30*	Ultimate Prescription		discusses nutrition for cardiovascular health.
2023-09-22 06:00*	Body and Spirit	Dick Nunez (Host), Amy Anderson and Leif Sjoren	Dick Nunez with Amy Anderson and Leif Sjoren show how tendon injury can be helped with proper exercise.
2023-09-22 09:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2023-09-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2023-09-24 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2023-09-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2023-09-24 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2023-09-25 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Reginald & Marquand Buchanan	Cheri Peters with Reginald and Marquand Buchanan discuss going from gangs to fatherhood.
2023-09-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2023-09-25 06:00*	Body and Spirit	Dick Nunez (Host), Amy Anderson and Brittany Nunez	Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls
2023-09-25 13:30*	Abundant Living		discusses meals in minutes.
2023-09-25 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss full body / abdominal workout.
2023-09-26 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2023-09-26 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	George Guthrie and Tim Arnott discuss homocysteine.
2023-09-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2023-09-26 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry fillo et al.
2023-09-26 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2023-09-27 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins and Leif Sjoren	Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.
2023-09-27 08:00!	Today Cooking		discusses baking with the menas.
2023-09-27 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Reginald & Marquand Buchanan	Cheri Peters with Reginald and Marquand Buchanan discuss going from gangs to fatherhood.
2023-09-27 13:30*	Abundant Living		discusses s for sunlight.



## Community Issues Program List

### *July through September 2023*

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2023-09-27 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2023-09-27 15:00!	Today Cooking		discusses baking with the menas.
2023-09-27 20:00!	Today Cooking		discusses baking with the menas.
2023-09-27 23:00!	Today Cooking		discusses baking with the menas.
2023-09-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2023-09-28 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2023-09-28 12:00*	Ultimate Prescription		discusses brain health (part 1).
2023-09-28 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 strengthening exercises.
2023-09-29 03:30*	Live to Be Well		discusses learning to forgive.
2023-09-29 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2023-09-29 05:30*	Ultimate Prescription		discusses brain health (part 1).
2023-09-29 06:00*	Body and Spirit	Dick Nunez (Host), Kye Gabbert and Luther Whiting	Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis.