

# Community Issues Program List

## January through March 2018

*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>
2018-01-01 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jim Attikson	Cheri Peters (Host) and Jim Attikson discuss nutrition.
2018-01-01 05:30*	Wonderfully Made	Christine Salter, John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 2.
2018-01-01 06:00*	Body and Spirit	Andrew Hard, William Brauer, Dick Nunez	Dick Nunez and helpers demonstrate exercises for strength training.
2018-01-01 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson (Host) and Dr. James Marcum discuss neuropathy.
2018-01-01 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2018-01-02 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.
2018-01-02 07:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh (Host) and Dr. Neil Nedley discuss new start.
2018-01-03 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson (Host) and Dr. James Marcum discuss neuropathy.
2018-01-03 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jim Attikson	Cheri Peters (Host) and Jim Attikson discuss nutrition.
2018-01-03 06:00*	Body and Spirit	Rick Nunez, William Brauer, Dick Nunez	Dick Nunez and helpers demonstrate exercises that can help with lower back training.
2018-01-03 13:00*	Issues and Answers	Shelley Quinn (Host), Paul Coneff	Shelley Quinn (Host) and Paul Coneff discuss the roots of forgiveness.
2018-01-03 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2018-01-04 04:30*	Issues and Answers	Shelley Quinn (Host), Paul Coneff	Shelley Quinn (Host) and Paul Coneff discuss the roots of forgiveness.
2018-01-04 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson (Host) and Dr. James Marcum discuss neuropathy.
2018-01-05 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez and helpers show simple home exercises and discuss the subject protein.
2018-01-05 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh (Host) and Dr. Neil Nedley discuss studies in memory, sleep, and retirement.
2018-01-05 13:00*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2018-01-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2018-01-05 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!
2018-01-08 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Fran McKain	Cheri Peters (Host) and Fran McKain discuss social support.
2018-01-08 05:30*	Wonderfully Made	Neil Nedley, Rise Rafferty	Dr. Neil Nedly and Rise Rafferty discuss heart disease. Part 1.
2018-01-08 06:00*	Body and Spirit	Brittany Nunez, Christy Soderling, Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.
2018-01-08 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson (Host) and Dr. James Marcum discuss pain faq.
2018-01-08 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2018-01-09 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.

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2018-01-09 07:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh (Host) and Dr. Neil Nedley discuss studies in memory, sleep, and retirement.
2018-01-10 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson (Host) and Dr. James Marcum discuss pain faq.
2018-01-10 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Fran McKain	Cheri Peters (Host) and Fran McKain discuss social support.
2018-01-10 06:00*	Body and Spirit	Kim Rogers, Madison Turner, Dick Nunez	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2018-01-10 13:00*	Issues and Answers	Shelley Quinn (Host), Paul Coneff	Shelley Quinn (Host) and Paul Coneff discuss breaking addictions.
2018-01-10 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2018-01-11 04:30*	Issues and Answers	Shelley Quinn (Host), Paul Coneff	Shelley Quinn (Host) and Paul Coneff discuss breaking addictions.
2018-01-11 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson (Host) and Dr. James Marcum discuss pain faq.
2018-01-12 06:00*	Body and Spirit	Christy Soderling, Dick Nunez, Brittany Nunez	Dick Nunez and helpers show simple home exercises that will help with balance.
2018-01-12 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh (Host) and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc..
2018-01-12 13:00*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2018-01-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2018-01-12 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2018-01-15 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Adam & Rayne Hamilton	Cheri Peters (Host), Adam, and Rayne Hamilton discuss grace.
2018-01-15 05:30*	Wonderfully Made	Neil Nedley, Rise Rafferty	Dr. Neil Nedly and Rise Rafferty discuss heart disease. Part 2.
2018-01-15 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Brittany Nunez	Dick Nunez and helpers shows the joys of exercising.
2018-01-15 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson (Host) and Dr. James Marcum discuss food is medicine.
2018-01-15 13:30*	Abundant Living	Curtis Eakins, Paula Eakins	Curtis Eakins and Paula Eakins discuss friends and family.
2018-01-15 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2018-01-16 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2018-01-16 06:00*	Body and Spirit Aerobics	Fred Garber, Matthew Hard, Dick Nunez	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2018-01-16 07:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc..
2018-01-16 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2018-01-16 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.

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2018-01-17 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss food is medicine.
2018-01-17 06:00*	Body and Spirit	William Brauer, Jason Maxwell, Dick Nunez	Dick Nunez and helpers demonstrate exercises for hip training.
2018-01-17 13:00*	Issues and Answers	Shelley Quinn (Host), Octavian Poenaru	Shelley Quinn and Octavian Poenaru discuss media and the family life part 1.
2018-01-17 13:30*	Abundant Living	Curtis Eakins, Paula Eakins	Curtis and Paula Eakins discuss Brunch for Mon's. What about breakfast?
2018-01-17 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2018-01-18 04:30*	Issues and Answers	Shelley Quinn (Host), Octavian Poenaru	Shelley Quinn and Octavian Poenaru discuss media and the family life part 1.
2018-01-18 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.
2018-01-18 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2018-01-18 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss food is medicine.
2018-01-18 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.
2018-01-19 06:00*	Body and Spirit	William Brauer, Jason Maxwell, Dick Nunez	Dick Nunez and helpers demonstrate exercises for hip training.
2018-01-19 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss types of memory loss.
2018-01-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2018-01-19 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2018-01-21 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2018-01-21 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2018-01-21 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.
2018-01-22 05:30*	Wonderfully Made	Neil Nedley, Rise Rafferty	Dr. Neil Nedly and Rise Rafferty discuss our brain's frontal lobe.
2018-01-22 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, William Brauer	Dick Nunez, Jason Maxwell, and William Brauer discuss train to the glory of god.
2018-01-22 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss greens.
2018-01-22 13:30*	Abundant Living	Curtis Eakins, Paula Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 1.
2018-01-22 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.

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2018-01-23 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2018-01-23 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2018-01-23 07:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss types of memory loss.
2018-01-23 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2018-01-23 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2018-01-24 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss greens.
2018-01-24 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Kim Rogers	Dick Nunez, Kim Rogers, and Madison Turner discuss knee injuries.
2018-01-24 13:00*	Issues and Answers	Shelley Quinn (Host), Octavian Poenaru	Shelley Quinn and Octavian Poenaru discuss media and family life part 2.
2018-01-24 13:30*	Abundant Living	Paula Eakins, Curtis Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 2.
2018-01-24 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2018-01-25 04:30*	Issues and Answers	Shelley Quinn (Host), Octavian Poenaru	Shelley Quinn and Octavian Poenaru discuss media and family life part 2.
2018-01-25 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2018-01-25 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2018-01-25 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss greens.
2018-01-25 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2018-01-26 06:00*	Body and Spirit	Brittany Nunez, Dick Nunez, Christy Soderling	Dick Nunez and helpers demonstrate simple home exercises to burn away the fat.
2018-01-26 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in bone loss, depression, homosexuality, etc..
2018-01-26 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2018-01-26 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2018-01-28 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2018-01-28 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.
2018-01-28 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.
2018-01-29 05:30*	Wonderfully Made	Neil Nedley, Rise Rafferty	Neil Nedley and Rise Rafferty discuss the truth will set you free pt.1.

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2018-01-29 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Kim Rogers	Dick Nunez, Kim Rogers, and Madison Turner discuss knee injuries.
2018-01-29 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss almonds and walnuts.
2018-01-29 13:30*	Abundant Living	Curtis Eakins, Paula Eakins	Curtis and Paula Eakins cook up some Mexican Cuisine.
2018-01-29 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2018-01-30 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2018-01-30 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.
2018-01-30 07:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in bone loss, depression, homosexuality, etc..
2018-01-30 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2018-01-30 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.
2018-01-31 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss almonds and walnuts.
2018-01-31 06:00*	Body and Spirit	Jason Maxwell, Dick Nunez, William Brauer	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2018-01-31 13:00*	Issues and Answers	Shelley Quinn (Host), Octavian Poenaru	Shelley Quinn and Octavian Poenaru discuss media and health.
2018-01-31 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the health advantages of getting to that winning weight.
2018-01-31 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2018-02-01 04:30*	Issues and Answers	Shelley Quinn (Host), Octavian Poenaru	Shelley Quinn and Octavian Poenaru discuss media and health.
2018-02-01 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.
2018-02-01 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2018-02-01 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss almonds and walnuts.
2018-02-01 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.
2018-02-02 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to keep you in better health with proper posture.
2018-02-02 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in bone loss, depression, homosexuality, etc..
2018-02-02 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.

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2018-02-02 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2018-02-04 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2018-02-04 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.
2018-02-04 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2018-02-04 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Connie Gilbert	Cheri Peters and Connie Gilbert discuss title domestic violence.
2018-02-05 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Connie Gilbert	Cheri Peters and Connie Gilbert discuss title domestic violence.
2018-02-05 05:30*	Wonderfully Made	Neil Nedley, Rise Rafferty	Neil Nedley and Rise Rafferty discuss the truth will set you free pt.2.
2018-02-05 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, William Brauer	Dick Nunez and helpers demonstrate simple home exercises for senior citizens.
2018-02-05 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss turmeric.
2018-02-05 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses living large.
2018-02-05 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2018-02-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2018-02-06 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2018-02-06 07:00*	Health for a Lifetime	Don Mckintosh (Host), Tim Lawton	Don Mckintosh and Tim Lawton discuss cancer.
2018-02-06 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2018-02-06 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.
2018-02-07 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss turmeric.
2018-02-07 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Connie Gilbert	Cheri Peters and Connie Gilbert discuss title domestic violence.
2018-02-07 06:00*	Body and Spirit	Jason Maxwell, Dick Nunez, William Brauer	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2018-02-07 13:00*	Issues and Answers	Shelley Quinn (Host), Octavian Poenaru	Shelley Quinn and Octavian Poenaru discuss media addiction: the solution.
2018-02-07 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss how the Snack Attack can sneak up on you.

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2018-02-07 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2018-02-08 04:30*	Issues and Answers	Shelley Quinn (Host), Octavian Poenaru	Shelley Quinn and Octavian Poenaru discuss media addiction: the solution.
2018-02-08 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.
2018-02-08 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2018-02-08 11:00!	Celebrating Life in Recovery	Cheri Peters (Host), Connie Gilbert	Cheri Peters and Connie Gilbert discuss title domestic violence.
2018-02-08 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss turmeric.
2018-02-08 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2018-02-09 06:00*	Body and Spirit	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers demonstrate simple home exercises for whell chair bound people.
2018-02-09 10:00*	Health for a Lifetime	Don Mckintosh (Host), Tim Lawton	Don Mckintosh and Tim Lawton discuss cancer.
2018-02-09 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2018-02-09 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2018-02-11 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2018-02-11 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.
2018-02-11 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2018-02-11 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nico Hill	Cheri Peters and Nico Hill discuss fighting to a high life.
2018-02-12 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nico Hill	Cheri Peters and Nico Hill discuss fighting to a high life.
2018-02-12 05:30*	Wonderfully Made	Stephen Campbell	Stephen Campbell discusses Crisis Intervention.
2018-02-12 06:00*	Body and Spirit	Dick Nunez, Brittany Nunez, Chirsty Soderling	Dick Nunez and helpers demonstrate simple home exercises especially for women.
2018-02-12 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss blue berries.
2018-02-12 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss fats you don't think about -- in liquid form.
2018-02-12 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2018-02-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.

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2018-02-13 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.
2018-02-13 07:00*	Health for a Lifetime	Don Mckintosh (Host), Tim Lawton	Don Mckintosh and Tim Lawson discuss diabetes.
2018-02-13 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2018-02-13 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2018-02-14 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss blue berries.
2018-02-14 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nico Hill	Cheri Peters and Nico Hill discuss fighting to a high life.
2018-02-14 06:00*	Body and Spirit	Dick Nunez, Chirsty Sodering, Brittany Nunez	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2018-02-14 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the inportance of daily walking for health.
2018-02-14 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2018-02-15 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.
2018-02-15 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclear?.
2018-02-15 11:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nico Hill	Cheri Peters and Nico Hill discuss fighting to a high life.
2018-02-15 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss blue berries.
2018-02-15 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2018-02-16 06:00*	Body and Spirit	Dick Nunez, Kim Rogers, Madison Turner	Dick Nunez and helpers demonstrate simple home exercises to keep arthritis sufferers limber.\
2018-02-16 10:00*	Health for a Lifetime	Don Mckintosh (Host), Tim Lawton	Don Mckintosh and Tim Lawson discuss diabetes.
2018-02-16 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2018-02-16 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benenefits of pool exercise.
2018-02-18 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2018-02-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2018-02-18 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2018-02-18 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lisa Eliuk	Cheri Peters and Lisa Eliuk discuss prison in my own home.

# Community Issues Program List

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*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>
2018-02-19 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lisa Eliuk	Cheri Peters and Lisa Eliuk discuss prison in my own home.
2018-02-19 05:30*	Wonderfully Made	Stephen Campbell	Stephen Campbell discusses Crisis Intervention for teens and young adults.
2018-02-19 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to combat hypertension.
2018-02-19 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss beans.
2018-02-19 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses pasta bilities.
2018-02-19 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2018-02-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2018-02-20 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.
2018-02-20 07:00*	Health for a Lifetime	Don Mckintosh (Host), Tim Lawton	Don Mckintosh and Tim Lawson discuss cardiovascular risk.
2018-02-20 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2018-02-20 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2018-02-21 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss beans.
2018-02-21 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lisa Eliuk	Cheri Peters and Lisa Eliuk discuss prison in my own home.
2018-02-21 06:00*	Body and Spirit	Madison Turner, Kim Rogers, Dick Nunez	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for strength training for girls.
2018-02-21 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on how to build up your immunity.
2018-02-21 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.
2018-02-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2018-02-22 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2018-02-22 11:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lisa Eliuk	Cheri Peters and Lisa Eliuk discuss prison in my own home.
2018-02-22 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss beans.
2018-02-22 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.
2018-02-23 06:00*	Body and Spirit	Brittany Nunez, Madison Turner, Dick Nunez	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1.

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*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>
2018-02-23 10:00*	Health for a Lifetime	Don Mckintosh (Host), Tim Lawton	Don Mckintosh and Tim Lawson discuss cardiovascular risk.
2018-02-23 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses soup medley.
2018-02-23 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.
2018-02-25 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2018-02-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2018-02-25 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.
2018-02-26 05:30*	Wonderfully Made	Stephen Campbell	Stephen Campbell discusses Crisis Intervention for older adults.
2018-02-26 06:00*	Body and Spirit	Dick Nunez, Madison Turner, Andrew Hard	Dick Nunez with Andrew Hard, Madison Turner, and Dick Nunez demonstrate exercise routines to help with shoulder problems.
2018-02-26 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss ginger.
2018-02-26 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis Eakins and Paula Eakins talk surprisingly about How to weaken your immunity.
2018-02-26 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2018-02-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2018-02-27 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.
2018-02-27 07:00*	Health for a Lifetime	Don McKintosh (Host), Tim Lawton	Don Mckintosh and Tim Lawson discuss achieveing and maintaining a healthy weight.
2018-02-27 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2018-02-27 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 excercises for osteoporosis.
2018-02-28 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss ginger.
2018-02-28 06:00*	Body and Spirit	Christy Soderling, Dick Nunez, Rick Nunez	Dick Nunez with Christy Soderling and Rick Nunez demonstrate exercise routines to help with ankle injuries.
2018-02-28 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula revisit the joys and convenience of crock-pot cooking for the busy family.
2018-02-28 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2018-03-01 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.

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*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>
2018-03-01 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2018-03-01 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss ginger.
2018-03-01 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.
2018-03-02 06:00*	Body and Spirit	William Brauer, Dick Nunez, Kim Rogers	Dick Nunez with Kim Rogers and William Brauer demonstrate exercise routines to combat neck pain.
2018-03-02 10:00*	Health for a Lifetime	Don McKintosh (Host), Tim Lawton	Don Mckintosh and Tim Lawson discuss achieving and maintaining a healthy weight.
2018-03-02 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses Indonesian sayur lodeh & cauliflower couscous.
2018-03-02 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of chiropractic procedures.
2018-03-04 03:30!	From Sickness to Health	Rico Hill (Host), Mwamiko Madden, Yvonne Lewis	Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health.
2018-03-04 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.
2018-03-04 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.
2018-03-05 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Stacey Bekkela	Cheri Peters and Stacey Bekkela discuss the trailer life.
2018-03-05 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2018-03-05 06:00*	Body and Spirit	Jason Maxwell, Dick Nunez, Brittany Nunez	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 2.
2018-03-05 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss hibiscus.
2018-03-05 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the difference between CRP and CPR for a healthy life.
2018-03-05 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2018-03-06 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
2018-03-06 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.
2018-03-06 07:00*	Health for a Lifetime	Don Mckintosh (Host), John Kelly	Don Mckintosh and John Kelly discuss adventist lifestyle research pt 1.
2018-03-06 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.

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### *January through March 2018*

*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>
2018-03-06 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.
2018-03-07 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss hibiscus.
2018-03-07 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Stacey Bekkela	Cheri Peters and Stacey Bekkela discuss the trailer life.
2018-03-07 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to combat stress.
2018-03-07 13:00*	Issues and Answers	Shelley Quinn (Host), Wyatt Allen, Brian Hamilton	Shelley Quinn, Brian Hamilton, and Wyatt Allen discuss none given.
2018-03-07 13:30*	Abundant Living	Paula and Curtis Eakins	For those who are a Gluten for Punishment, Curtis and Paula Eakins discuss.
2018-03-07 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2018-03-08 04:30*	Issues and Answers	Shelley Quinn (Host), Wyatt Allen, Brian Hamilton	Shelley Quinn, Brian Hamilton, and Wyatt Allen discuss none given.
2018-03-08 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.
2018-03-08 09:58!	From Sickness to Health	Rico Hill (Host), Mwamiko Madden, Yvonne Lewis	Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health.
2018-03-08 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss hibiscus.
2018-03-08 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.
2018-03-09 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with William Brauer and Rick Nunez demonstrate exercise routines to help with joint injuries.
2018-03-09 10:00*	Health for a Lifetime	Don Mckintosh (Host), John Kelly	Don Mckintosh and John Kelly discuss adventist lifestyle research pt 1.
2018-03-09 11:00!	Celebrating Life in Recovery	Cheri Peters (Host), Stacey Bekkela	Cheri Peters and Stacey Bekkela discuss the trailer life.
2018-03-09 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2018-03-09 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicyccycle.
2018-03-11 03:30*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2018-03-11 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.
2018-03-11 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.
2018-03-12 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1.

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2018-03-12 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2018-03-12 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines for circuit training.
2018-03-12 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss beets.
2018-03-12 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins cook up a yummy but healthy dinner for two.
2018-03-12 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2018-03-13 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2 Diabetes.
2018-03-13 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.
2018-03-13 07:00*	Health for a Lifetime	Don Mckintosh (Host), John Kelly	Don Mckintosh and John Kelly discuss adventist lifestyle research pt 2.
2018-03-13 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2018-03-13 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.
2018-03-14 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss beets.
2018-03-14 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1.
2018-03-14 06:00*	Body and Spirit	Andrew Hard, Dick Nunez, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the brain's frontal lobe.
2018-03-14 13:00*	Issues and Answers	Shelley Quinn (Host), Bob	Shelley Quinn and Bob discuss alcoholics anonymous part 5.
2018-03-14 13:30*	Abundant Living	Paula Eakins (Host), Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
2018-03-14 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2018-03-15 04:30*	Issues and Answers	Shelley Quinn (Host), Bob	Shelley Quinn and Bob discuss alcoholics anonymous part 5.
2018-03-15 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.
2018-03-15 10:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2018-03-15 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss beets.
2018-03-15 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.

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2018-03-16 06:00*	Body and Spirit	Jason Maxwell, Andrew Hard, Dick Nunez	Dick Nunez, with helpers, demonstrate beginning exercises.
2018-03-16 10:00*	Health for a Lifetime	Don Mckintosh (Host), John Kelly	Don Mckintosh and John Kelly discuss adventist lifestyle research pt 2.
2018-03-16 11:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1.
2018-03-16 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2018-03-16 14:00*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2018-03-18 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2018-03-18 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.
2018-03-18 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.
2018-03-18 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.2.
2018-03-19 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.2.
2018-03-19 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2018-03-19 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez, with helpers, demonstrate a workout for the office.
2018-03-19 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss sesame and pumpkin seeds.
2018-03-19 13:30*	Abundant Living	Paula Eakins (Host), Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the Cancer Fighters.
2018-03-19 14:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2018-03-20 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
2018-03-20 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.
2018-03-20 07:00*	Health for a Lifetime	Don Mckintosh (Host), Manjula Borge	Don Mckintosh and Manjula Borge discuss children's mental health after a natural disaster.
2018-03-20 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2018-03-20 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.
2018-03-21 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss sesame and pumpkin seeds.

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*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>
2018-03-21 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.2.
2018-03-21 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez with Andrew Hard and Jason Maxwell discusses Triglycerides as well as demonstrates exercise routines for health.
2018-03-21 13:00*	Issues and Answers	Shelley Quinn (Host), Bob	Shelley Quinn and Bob discuss alcoholics anonymous part 6.
2018-03-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression and unveiling the culprits.
2018-03-21 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2018-03-22 04:30*	Issues and Answers	Shelley Quinn (Host), Bob	Shelley Quinn and Bob discuss alcoholics anonymous part 6.
2018-03-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2018-03-22 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2018-03-22 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss sesame and pumpkin seeds.
2018-03-22 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.
2018-03-23 06:00*	Body and Spirit	Dick Nunez, Madison Turner, Kim Rogers	Dick Nunez with Kim Rogers and Madison Turner demonstrates exercise routines for circuit training for women.
2018-03-23 10:00*	Health for a Lifetime	Don Mckintosh (Host), Manjula Borge	Don Mckintosh and Manjula Borge discuss children's mental health after a natural disaster.
2018-03-23 11:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.2.
2018-03-23 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and others.
2018-03-23 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2018-03-25 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 fast food.
2018-03-25 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.
2018-03-25 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.
2018-03-25 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Janelle & Donald Owen	Cheri Peters, Janelle, and Donald Owen discuss self abuse.
2018-03-26 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Janelle & Donald Owen	Cheri Peters, Janelle, and Donald Owen discuss self abuse.

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*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>
2018-03-26 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses not butter chicken & others.
2018-03-26 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Brittany Nunez, Christy Soderling, and Dick Nunez discuss hope.
2018-03-26 07:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss flax seed.
2018-03-26 13:30*	Abundant Living	Paula Eakins (Host), Curtis Eakins	Curtis and Paula Eakins discuss Depression's Drugs and alternatives.
2018-03-26 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2018-03-27 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
2018-03-27 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.
2018-03-27 07:00*	Health for a Lifetime	Don Mckintosh (Host), Manjula Borge	Don Mckintosh and Manjula Borge discuss adult's mental health after a natural disaster.
2018-03-27 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2018-03-27 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.
2018-03-28 01:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss flax seed.
2018-03-28 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Janelle & Donald Owen	Cheri Peters, Janelle, and Donald Owen discuss self abuse.
2018-03-28 06:00*	Body and Spirit	Dick Nunez, Brittany Nunez, Christy Soderling	Dick Nunez with Brittany Nunez and Christy Soldering discusses Fat Metabolism as well as demonstrates exercise routines for health.
2018-03-28 13:30*	Abundant Living	Paula Eakins (Host), Curtis Eakins	Curtis and Paula Eakins discuss Depression.
2018-03-28 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2018-03-29 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.
2018-03-29 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 fast food.
2018-03-29 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss flax seed.
2018-03-29 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.
2018-03-30 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health.

# Community Issues Program List

## *January through March 2018*

*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>
2018-03-30 10:00*	Health for a Lifetime	Don Mckintosh (Host), Manjula Borge	Don Mckintosh and Manjula Borge discuss adult's mental health after a natural disaster.
2018-03-30 11:00!	Celebrating Life in Recovery	Cheri Peters (Host), Janelle & Donald Owen	Cheri Peters, Janelle, and Donald Owen discuss self abuse.
2018-03-30 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2018-03-30 14:00*	Action 4 Life	Casio Jones (Host), Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)