

K25OB-D CHANNEL 27 – SAN ANTONIO, TX

**Q2 2022 ISSUES AND PROGRAMMING LIST**  
**ADDITIONAL PROGRAMMING**

Community Issues Programming Report  
2nd Quarter April to June 2022

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

Date and Time	Program	Talent	Description
2022-05-02 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2022-05-04 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2022-05-06 04:30*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2022-05-09 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2022-05-11 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2022-05-13 04:30*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2022-05-16 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the bennefits of pool exercise.
2022-05-18 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.
2022-05-20 04:30*	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.
2022-05-23 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.
2022-05-25 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2022-05-27 04:30*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.

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2022-05-30 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2022-06-01 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.
2022-06-03 04:30*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2022-06-06 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycle.
2022-06-08 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2022-06-10 04:30*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2022-06-13 14:00*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2022-06-15 14:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2022-06-17 04:30*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2022-06-20 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2022-06-22 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2022-06-24 04:30*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2022-06-27 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.



Community Issues Programming Report  
2nd Quarter April to June 2022

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Date and Time	Program	Talent	Description
2022-06-29 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2022-04-01 04:30*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2022-04-04 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2022-04-06 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss full body / abdominal workout.
2022-04-08 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2022-04-11 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2022-04-13 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2022-04-15 04:30*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones and Mindy Isaacs discuss a great workout!.
2022-04-18 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2022-04-20 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2022-04-22 04:30*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2022-04-25 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2022-04-27 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flower discuss focus on the midsection.



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2022-04-29 04:30*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2022-04-11 13:30*	Abundant Living	Curtis & Paula Eakins	discusses frequently asked questions.
2022-04-13 13:30*	Abundant Living	Curtis & Paula Eakins	discusses drugs dark side.
2022-04-18 13:30*	Abundant Living	Curtis & Paula Eakins	discusses h for herbal medicine.
2022-04-20 13:30*	Abundant Living	Curtis & Paula Eakins	discusses e for eating.
2022-04-25 13:30*	Abundant Living	Curtis & Paula Eakins	discusses a is for adoration.
2022-04-27 13:30*	Abundant Living	Curtis & Paula Eakins	discusses l for liquids.
2022-04-04 13:30*	Abundant Living	Curtis & Paula Eakins	discusses s for sunlight.
2022-04-06 13:30*	Abundant Living	Curtis & Paula Eakins	discusses tools for transformation.
2022-05-02 13:30*	Abundant Living	Curtis & Paula Eakins	discusses sista, can we talk?.
2022-06-13 13:30*	Abundant Living	Curtis & Paula Eakins	discusses relieving power surges.
2022-06-15 13:30*	Abundant Living	Curtis & Paula Eakins	discusses a woman's heart.
2022-06-20 13:30*	Abundant Living	Curtis & Paula Eakins	discusses reversing heart failure.
2022-06-22 13:30*	Abundant Living	Curtis & Paula Eakins	discusses crockpot cooking.
2022-06-27 13:30*	Abundant Living	Curtis & Paula Eakins	discusses the master gland.
2022-05-23 13:30*	Abundant Living	Curtis & Paula Eakins	discusses thyroid recovery!.
2022-05-25 13:30*	Abundant Living	Curtis & Paula Eakins	discusses mom's special breakfast.
2022-05-30 13:30*	Abundant Living	Curtis & Paula Eakins	discusses malignancies of matrons & misses.
2022-06-01 13:30*	Abundant Living	Curtis & Paula Eakins	discusses sunshine vitamin.
2022-06-06 13:30*	Abundant Living	Curtis & Paula Eakins	discusses mixed berry recipes.

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Date and Time	Program	Talent	Description
2022-04-01 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.
2022-04-04 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.
2022-04-06 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.
2022-04-08 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.
2022-04-11 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.
2022-04-13 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.
2022-04-15 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.
2022-04-18 06:00*	Body and Spirit	Jason Maxwell, Andrew Hard, Dick Nunez	Dick Nunez, with helpers, demonstrate beginning exercises.
2022-04-20 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez, with helpers, demonstrate a workout for the office.
2022-04-22 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.
2022-04-25 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.
2022-04-27 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Timothy Howe and Sheryl McWilliams discusses high blood pressure.



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Date and Time	Program	Talent	Description
2022-04-29 06:00*	Body and Spirit	Dick Nunez, Brittany Nunez, Christy Soderling	Dick Nunez with Brittany Nunez and Christy Soderling discusses Fat Metabolism as well as demonstrates exercise routines for health.
2022-05-02 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.
2022-05-04 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for spinal health.
2022-05-06 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, Andrew Hard	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for dealing with aggression
2022-05-09 06:00*	Body and Spirit	Andrew Hard, Jason Maxwell, Dick Nunez	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for super slow training.
2022-05-11 06:00*	Body and Spirit	Andrew Hard, Dick Nunez, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with tennis elbow.
2022-05-13 06:00*	Body and Spirit	Kim Rogers, Madison Turner, Dick Nunez	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to help with chronic pain.
2022-05-16 06:00*	Body and Spirit	Dick Nunez, Kim Rogers, Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for slow training for women.
2022-05-18 06:00*	Body and Spirit	Christy Soderling, Dick Nunez, Brittany Nunez	Dick Nunez with Christy Soderling and Britney Nunez discuss and demonstrate exercise routines for overcoming addiction.
2022-05-20 06:00*	Body and Spirit	Dick Nunez, Madison Turner, Brittany Nunez	Brittany Nunez, Christy Soderling, and Dick Nunez discuss hope.
2022-05-23 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Brittany Nunez	Dick Nunez with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women.
2022-05-25 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes.



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Date and Time	Program	Talent	Description
2022-05-27 06:00*	Body and Spirit	Rick Nunez, William Brauer, Dick Nunez	Dick Nunez with Rick Nunez and William Brauer discuss does everyone need milk as well as demonstrates exercise routines for health.
2022-05-30 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss where less is more as well as demonstrates exercise routines for health.
2022-06-01 06:00*	Body and Spirit	Dick Nunez, Andrew Hard, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with the immune system.
2022-06-03 06:00*	Body and Spirit	Dick Nunez, Andrew Hard, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health.
2022-06-06 06:00*	Body and Spirit	Dick Nunez, Kim Rogers, Madison Turner	Dick Nunez with Kim Rogers and Madison Turner discuss the willingness to change in lifestyle as well as demonstrates exercise routines for health.
2022-06-08 06:00*	Body and Spirit	Dick Nunez, Kim & Madison	Dick Nunez demonstrate exercise routines for circuit training.
2022-06-10 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of sunshine as well as demonstrates exercise routines for health.
2022-06-13 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the digestion as well as demonstrates exercise routines for digestive health.
2022-06-15 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the air you breathe as well as demonstrates exercise routines for health.
2022-06-17 06:00*	Body and Spirit	Dick Nunez (Host), Jonathan Hopkins, Omar Moquera	Dick Nunez with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain.
2022-06-20 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body.

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2022-06-22 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines to help with diabetes.
2022-06-24 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 migraine headaches.
2022-06-27 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.
2022-06-29 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
2022-06-23 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2022-06-26 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2022-06-28 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2022-06-30 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Becky Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
2022-04-03 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.
2022-04-05 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.



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2nd Quarter April to June 2022

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Date and Time	Program	Talent	Description
2022-04-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2022-04-10 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.
2022-04-12 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.
2022-04-14 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.
2022-04-17 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.
2022-04-19 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.
2022-04-21 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.
2022-04-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2022-04-26 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.



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Date and Time	Program	Talent	Description
2022-04-28 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.
2022-05-01 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.
2022-05-03 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.
2022-05-05 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.
2022-05-08 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.
2022-05-10 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.
2022-05-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2022-05-15 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.
2022-05-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2022-05-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.

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Date and Time	Program	Talent	Description
2022-05-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2022-05-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2022-05-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2022-05-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2022-05-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strengthen your bones.
2022-06-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2022-06-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2022-06-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strengthening exercises.
2022-06-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2022-06-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Kalie O'Brien, Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.



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2022-06-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2022-06-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2022-06-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2022-06-10 09:30*	Cook 30	Jeremy Dixon	Curtis Eakins and Paula Eakins discuss friends and family.
2022-06-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2022-06-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2022-04-04 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2022-04-11 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2022-04-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2022-04-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2022-05-02 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2022-05-09 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2022-05-16 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2022-05-23 05:30*	Cook 30	Jeremy Dixon	Charles Mills and Dr. James Marcum discuss the heart of the matter.
2022-05-30 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2022-06-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2022-06-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2022-06-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2022-06-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2022-04-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2022-04-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.



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2022-04-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2022-04-26 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2022-05-03 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2022-05-10 13:30*	Cook 30	Jeremy Dixon	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2022-05-17 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2022-05-24 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2022-05-31 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2022-06-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2022-06-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2022-06-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2022-06-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2022-04-15 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2022-04-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2022-04-29 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2022-05-06 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2022-05-13 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2022-05-20 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2022-05-27 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2022-06-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2022-04-04 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ralph Sanchez	Cheri Peters and Rene Quispe discuss rest.
2022-04-11 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Tracy Hammond	Cheri Peters and Ralph Sanchez discuss air.

Community Issues Programming Report  
2nd Quarter April to June 2022

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Date and Time	Program	Talent	Description
2022-04-20 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Wayne Blakely	Cheri Peters and Tracy Hammond discuss temperance.
2022-04-27 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Adam Schutte	Cheri Peters and Wayne Blakely discuss integrity.
2022-05-04 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jim Attikson	Cheri Peters and Adam Schutte discuss optimism.
2022-05-11 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Fran McKain	Cheri Peters and Jim Attikson discuss nutrition.
2022-05-16 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Adam & Rayne Hamilton	Cheri Peters (Host), Adam, and Rayne Hamilton discuss grace.
2022-05-25 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Verianne Barker	Cheri Peters (Host) and Verianne Barker discuss writing through their pain.
2022-05-30 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Angelia Waite	Cheri Peters (Host) and Angelia Waite discuss my story doesn't end with a bow.
2022-06-06 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Connie Gilbert	Nick Evenson and Dr. James Marcum discuss breast cancer.
2022-06-15 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nico Hill	Cheri Peters and Connie Gilbert discuss title domestic violence.
2022-06-22 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lisa Eliuk	Cheri Peters and Nico Hill discuss fighting to a high life.
2022-06-27 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Aaron Bekkela	Cheri Peters and Lisa Eliuk discuss prison in my own home.
2022-05-15 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Jeremy Dixon discusses revive super salad mingle.
2022-05-26 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.



Community Issues Programming Report  
2nd Quarter April to June 2022

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2022-05-29 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Vera Onkoba discuss the constitution of constipation.
2022-06-09 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Jeremy Dixon discusses thai green curry lentils et al.
2022-06-16 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2022-06-23 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Cheri Peters (Host), Adam, and Rayne Hamilton discuss grace.
2022-06-30 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2022-04-03 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.
2022-04-10 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.
2022-04-21 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.



Community Issues Programming Report  
2nd Quarter April to June 2022

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2022-04-28 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.
2022-05-05 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.
2022-05-12 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.
2022-06-10 03:30*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses live to be fit (do not use on sabbath).
2022-06-12 12:00*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses misconception of sports and academics.
2022-06-24 03:30*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses starting over.
2022-06-26 12:00*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses unconditional commitment.
2022-04-01 03:30*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses restored by faith.
2022-04-08 03:30*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses integrity and ethics in business.
2022-04-10 12:00*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses climate of change.
2022-04-22 03:30*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses accepting change.
2022-04-24 12:00*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses reaching new heights.
2022-05-01 12:00*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses the value of education.
2022-05-13 03:30*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses a cry for help.

Community Issues Programming Report  
2nd Quarter April to June 2022

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

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2022-05-20 03:30*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses convicted.
2022-05-22 12:00*	Live to Be Well	Dr. Kim Logan-Nowlin	discusses unconditional commitment.
2022-05-05 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.
2022-05-08 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.
2022-05-10 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.
2022-05-12 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.
2022-05-15 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.
2022-05-17 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.
2022-05-19 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.



Community Issues Programming Report  
2nd Quarter April to June 2022

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2022-05-22 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.
2022-05-24 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.
2022-05-26 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.
2022-05-29 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.
2022-05-31 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.
2022-06-02 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.
2022-06-07 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.
2022-06-09 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.
2022-06-12 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.
2022-06-14 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.

Community Issues Programming Report  
2nd Quarter April to June 2022

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2022-06-16 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.
2022-06-19 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.
2022-04-03 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.
2022-06-23 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.
2022-04-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2022-06-28 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury disscuss the pitfalls of the American Lifestyle on health.
2022-06-30 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.
2022-04-14 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.
2022-04-17 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.



Community Issues Programming Report  
2nd Quarter April to June 2022

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2022-04-19 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.
2022-04-21 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2022-04-24 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2022-04-26 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2022-04-28 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.
2022-05-01 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2022-05-03 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.
2022-05-17 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2022-05-24 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.
2022-06-03 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.