

Community Issues Program List

April through June 2023

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

Date and Time	Program	Talent	Description
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 migraine 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.
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.

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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 filoes 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.

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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 placeholder.
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.
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 placeholder.
2023-07-12 20:00!	Today Cooking		discusses placeholder.
2023-07-12 23:00!	Today Cooking		discusses placeholder.
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.

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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.
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 placeholder.
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 benenefits of pool exercise.
2023-07-19 15:00!	Today Cooking		discusses placeholder.
2023-07-19 20:00!	Today Cooking		discusses placeholder.
2023-07-19 23:00!	Today Cooking		discusses placeholder.
2023-07-20 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

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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.
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.

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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 exercises 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 perform 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 placeholder.
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 placeholder.
2023-07-26 20:00!	Today Cooking		discusses placeholder.
2023-07-26 23:00!	Today Cooking		discusses placeholder.
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 Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2023-07-28 03:30*	Live to Be Well		discusses not looking back pt 2.

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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 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2023-07-31 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2023-07-31 06:00*	Body and Spirit	Dick Nunez (Host), Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2023-07-31 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2023-07-31 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
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

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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.
2023-08-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
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 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
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 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.
2023-08-04 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
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.
2023-08-08 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.

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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.
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 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.
2023-08-10 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 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 09:30*	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.
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.

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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.
2023-08-15 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 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 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.
2023-08-17 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.
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 05:30*	Ultimate Prescription		discusses light.

Community Issues Program List

April through June 2023

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

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 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.