

Community Issues Program List

October through December 2015

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

Date and Time	Program	Talent	Description
2015-10-01 03:00!	Up Close	Shelley Quinn *, 01. Cheri Peters , 02. Amanda Hultz , 03. Hilary Washington	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2015-10-01 04:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2015-10-01 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.
2015-10-01 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-10-01 10:00*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
2015-10-01 11:00!	Celebrating Life in Recovery	Cheri Peters *, Cheryl McGuinnes	Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled Beauty Beyond the Ashes.
2015-10-01 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2015-10-01 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better.
2015-10-01 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz M.D.	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2015-10-02 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrate exercise routines for circuit training.
2015-10-02 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss food for thought.
2015-10-02 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2015-10-04 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss helps for back pain releif.
2015-10-04 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2015-10-04 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2015-10-05 01:00!	Celebrating Life in Recovery	Cheri Peters *, Lemuel Vega	Cheri Peters and Lemuel Vega discuss Life Beyond the Bars.
2015-10-05 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
2015-10-05 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of sunshine as well as demonstrates exercise routines for health.
2015-10-05 07:30*	Ultimate Prescription	Charles Mills , James Marcum	James Marcum discusses a new song to sing.
2015-10-05 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2015-10-05 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.

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2015-10-05 19:00!	Celebrating Life in Recovery	Cheri Peters *, Lemuel Vega	Cheri Peters and Lemuel Vega discuss Life Beyond the Bars.
2015-10-06 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2015-10-06 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss helps for back pain releif.
2015-10-06 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show and discussthe basics of cooking in a slow cooker..
2015-10-06 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home.
2015-10-07 01:30*	Ultimate Prescription	Charles Mills , James Marcum	James Marcum discusses a new song to sing.
2015-10-07 02:00!	Celebrating Life in Recovery	Cheri Peters *, Lemuel Vega	Cheri Peters and Lemuel Vega discuss Life Beyond the Bars.
2015-10-07 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the digestion as well as demonstrates exercise routines for digestive health.
2015-10-07 13:00*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.
2015-10-07 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
2015-10-07 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2015-10-08 03:00!	Up Close	Shelley Quinn *, 01. Sandy Williams , 02. Neil Nedley MD , 03. Colleen Harrell	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
2015-10-08 04:30*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.
2015-10-08 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2015-10-08 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-10-08 10:00*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
2015-10-08 11:00!	Celebrating Life in Recovery	Cheri Peters *, Lemuel Vega	Cheri Peters and Lemuel Vega discuss Life Beyond the Bars.
2015-10-08 12:00*	Ultimate Prescription	Charles Mills , James Marcum	James Marcum discusses a new song to sing.
2015-10-08 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show how to do fast cooking in a slow cooker.
2015-10-08 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of excercising.
2015-10-09 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the air you breathe as well as demonstrates exercise routines for health.
2015-10-09 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss brain on a binge.

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2015-10-09 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.
2015-10-11 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 1)
2015-10-11 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2015-10-11 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence Marshall , Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2015-10-12 01:00!	Celebrating Life in Recovery	Cheri Peters *, The Otto Family	Cheri Peters and the Otto family discuss the identity epidemic.
2015-10-12 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
2015-10-12 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Moquera	Dick Nunez with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain.
2015-10-12 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2015-10-12 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2015-10-12 14:00*	Action 4 Life	Casio Jones *, Monica Flower	Casio Jones and Monica Flower discuss focus on the midsection.
2015-10-12 19:00!	Celebrating Life in Recovery	Cheri Peters *, The Otto Family	Cheri Peters and the Otto family discuss the identity epidemic.
2015-10-13 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2015-10-13 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 1)
2015-10-13 11:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.
2015-10-13 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making lunch.
2015-10-13 14:00*	Body and Spirit (New)	Jeanie Weaver *, Frances Czeizinger , Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2015-10-14 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2015-10-14 02:00!	Celebrating Life in Recovery	Cheri Peters *, The Otto Family	Cheri Peters and the Otto family discuss the identity epidemic.
2015-10-14 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body.
2015-10-14 13:00*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2015-10-14 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.

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2015-10-14 14:00*	Action 4 Life	Casio Jones *, Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2015-10-15 03:00!	Up Close	Kay Kuzma *, 01. Donna Teat , 02. Cassandra Thomson	Donna Teat discusses issues of teenage pregnancy.
2015-10-15 04:30*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2015-10-15 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2015-10-15 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-10-15 10:00*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled When Good Wombs Go Bad.
2015-10-15 11:00!	Celebrating Life in Recovery	Cheri Peters *, The Otto Family	Cheri Peters and the Otto family discuss the identity epidemic.
2015-10-15 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2015-10-15 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making appetizers and dinner.
2015-10-15 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2015-10-16 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines to help with diabetes.
2015-10-16 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss your fabulous, forgotten friend fiber.
2015-10-16 14:00*	Action 4 Life	Casio Jones *, Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2015-10-18 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 2)
2015-10-18 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2015-10-18 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2015-10-19 01:00!	Celebrating Life in Recovery	Cheri Peters *, Ron Woolsey	Cheri Peters and Ron Woolsey discuss overcoming sin.
2015-10-19 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled When Good Wombs Go Bad.
2015-10-19 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Mosquera	Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migrane headaches.
2015-10-19 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.

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2015-10-19 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2015-10-19 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2015-10-19 19:00!	Celebrating Life in Recovery	Cheri Peters *, Ron Woolsey	Cheri Peters and Ron Woolsey discuss overcoming sin.
2015-10-20 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , 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
2015-10-20 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 2)
2015-10-20 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and demonstrate preparing main entrees.
2015-10-20 14:00*	Body and Spirit (New)	Jeanie Weaver *, Pam Turner , Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2015-10-21 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2015-10-21 02:00!	Celebrating Life in Recovery	Cheri Peters *, Ron Woolsey	Cheri Peters and Ron Woolsey discuss overcoming sin.
2015-10-21 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines.
2015-10-21 13:00*	Issues and Answers	Karen Thomas *, Walter Turner	Karen Thomas and Walter Turner discuss every child's chance.
2015-10-21 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2015-10-21 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2015-10-22 03:00!	Up Close	01. Kay Rizzo , 02. Alexandra Vance , Shelley Quinn	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
2015-10-22 04:30*	Issues and Answers	Karen Thomas *, Walter Turner	Karen Thomas and Walter Turner discuss every child's chance.
2015-10-22 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2015-10-22 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-10-22 10:00*	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
2015-10-22 11:00!	Celebrating Life in Recovery	Cheri Peters *, Ron Woolsey	Cheri Peters and Ron Woolsey discuss overcoming sin.
2015-10-22 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2015-10-22 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate preparing a quick lunch.

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2015-10-22 14:00*	Body and Spirit (New)	Jeanie Weaver *, LaDonna Terrill , Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2015-10-23 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
2015-10-23 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss journey to victory.
2015-10-23 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2015-10-23 17:00*	NEWSTART Now	Ron Giannoni *, Alan & Priscilla Brown	Ron Giannoni, Alan, and Priscilla Brown discuss Diabetes and Chronic Obesity.
2015-10-25 03:00*	NEWSTART Now	Ron Giannoni *, Alan & Priscilla Brown	Ron Giannoni, Alan, and Priscilla Brown discuss Diabetes and Chronic Obesity.
2015-10-25 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss diabetes.
2015-10-25 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2015-10-25 14:00*	Body and Spirit (New)	Jeanie Weaver *, Teresa Bonilla , Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2015-10-26 01:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Ehm	Cheri Peters and Michael Ehm talk about the hardest part of forgiveness.
2015-10-26 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
2015-10-26 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression.
2015-10-26 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2015-10-26 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2015-10-26 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2015-10-26 19:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Ehm	Cheri Peters and Michael Ehm talk about the hardest part of forgiveness.
2015-10-27 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2015-10-27 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss diabetes.
2015-10-27 11:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-10-27 13:30*	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making breakfast.
2015-10-27 14:00*	Body and Spirit (New)	Jeanie Weaver *, Tim Tiernan , Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2015-10-28 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2015-10-28 02:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Ehm	Cheri Peters and Michael Ehm talk about the hardest part of forgiveness.

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Date and Time	Program	Talent	Description
2015-10-28 06:00*	Body and Spirit	Dick Nunez *, Jane Baker	Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
2015-10-28 13:00*	Issues and Answers	Karen Thomas *, Moletta Robinson	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2015-10-28 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and
2015-10-28 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2015-10-29 03:00!	Up Close	Don Mackintosh *, 01. Kelly Dulac , 02. Dr. Neil Nedley , 03. Zulan Collis	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2015-10-29 04:30*	Issues and Answers	Karen Thomas *, Moletta Robinson	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2015-10-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2015-10-29 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-10-29 10:00*	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
2015-10-29 11:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Ehm	Cheri Peters and Michael Ehm talk about the hardest part of forgiveness.
2015-10-29 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2015-10-29 13:30*	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making lunch.
2015-10-29 14:00*	Body and Spirit (New)	Jeanie Weaver *, Ralph Sanchez , Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2015-10-30 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2015-10-30 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven steps setting & sustaining.
2015-10-30 14:00*	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2015-11-01 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2015-11-01 14:00*	Body and Spirit (New)	Jeanie Weaver *, Lynette Jaque , Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2015-11-02 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
2015-11-02 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
2015-11-02 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.

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2015-11-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss Alice in Wonderland.
2015-11-02 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2015-11-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2015-11-03 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Cook prepare a healthy dinner.
2015-11-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strengthening exercises.
2015-11-04 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2015-11-04 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
2015-11-04 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2015-11-04 14:00*	Action 4 Life	Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2015-11-05 03:00!	Up Close	Shelley Quinn *, 01. Dr. David Wilkins, 02. Jay Gallimore	Shelly Quinn discuss facing the tough times.
2015-11-05 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2015-11-05 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-11-05 10:00*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
2015-11-05 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2015-11-05 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook prepare ethnic salads.
2015-11-05 14:00*	Body and Spirit (New)	Jeanie Weaver *, Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2015-11-06 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
2015-11-06 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven goals for designer lifestyle.
2015-11-06 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2015-11-08 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2015-11-08 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.

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2015-11-09 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2015-11-09 05:30*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
2015-11-09 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
2015-11-09 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2015-11-09 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2015-11-09 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2015-11-09 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2015-11-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
2015-11-10 13:30*	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook discuss dairy replacements.
2015-11-10 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2015-11-11 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2015-11-11 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2015-11-11 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2015-11-11 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2015-11-11 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2015-11-12 03:00!	Up Close	Danny Shelton *, Kay Kuzma *, 01. Shelley Quinn , 02. Robbie D. Windham , 03. Pat Mudgett	Shelly Quinn discuss balancing work and family.
2015-11-12 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2015-11-12 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-11-12 10:00*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.

Community Issues Program List

October through December 2015

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

Date and Time	Program	Talent	Description
2015-11-12 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2015-11-12 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2015-11-12 13:30*	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook demonstrate preparing raw desserts.
2015-11-12 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2015-11-13 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
2015-11-13 10:00*	Health for a Lifetime	Don Mackintosh *, Christina Salter	Don Mackintosh and Christina Salter discuss colon health.
2015-11-13 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2015-11-13 17:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.
2015-11-15 03:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.
2015-11-15 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
2015-11-15 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.
2015-11-16 05:30*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.
2015-11-16 06:00*	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2015-11-16 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2015-11-16 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
2015-11-16 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2015-11-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2015-11-17 11:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.
2015-11-17 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Campbell demonstrate making breakfast with Tofu.
2015-11-17 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2015-11-18 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.

Community Issues Program List

October through December 2015

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

Date and Time	Program	Talent	Description
2015-11-18 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
2015-11-18 13:00*	Issues and Answers	Karen Thomas *, Richard Valenzuela	Karen Thomas and Richard Valenzuela discuss search and rescue.
2015-11-18 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2015-11-18 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2015-11-19 03:00!	Up Close	Dan Mackintosh *, 01. Dr. Gerard McLain , 02. Naomi Coleman	Gerard McLane discusses obesity and diet.
2015-11-19 04:30*	Issues and Answers	Karen Thomas *, Richard Valenzuela	Karen Thomas and Richard Valenzuela discuss search and rescue.
2015-11-19 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2015-11-19 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-11-19 10:00*	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping toward stepping into health.
2015-11-19 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2015-11-19 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell demonstrate preparing vegetable entrees.
2015-11-19 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.
2015-11-20 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Brittany Nunez	Dick Nunez with Alex Hinex and Brittany Nunez demonstrate exercise routines for lower back training.
2015-11-20 10:00*	Health for a Lifetime	Don Mackintosh *, Christina Salter	Don Mackintosh and Christina Salter discuss breast health.
2015-11-20 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2015-11-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
2015-11-22 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2015-11-23 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2015-11-23 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping toward stepping into health.
2015-11-23 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.

Community Issues Program List

October through December 2015

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

Date and Time	Program	Talent	Description
2015-11-23 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2015-11-23 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2015-11-23 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2015-11-23 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2015-11-24 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health.
2015-11-24 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Campbell show how to put on a pizza party.
2015-11-24 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2015-11-25 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2015-11-25 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2015-11-25 06:00*	Body and Spirit	Dick Nunez *, 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
2015-11-25 13:00*	Issues and Answers	Karen Thomas *, Richard Valenzuela	Karen Thomas and Richard Valenzuela discuss breaking down barriers.
2015-11-25 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2015-11-25 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicyccycle.
2015-11-26 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Jan Morris	Marti Jones with guests discuss recovering from the pain of divorce.
2015-11-26 04:30*	Issues and Answers	Karen Thomas *, Richard Valenzuela	Karen Thomas and Richard Valenzuela discuss breaking down barriers.
2015-11-27 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2015-11-27 10:00*	Health for a Lifetime	Don Mackintosh *, Christina Salter	Don Mackintosh and Christina Salter discuss gynecological.
2015-11-27 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2015-11-27 17:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-11-29 03:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-11-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.

Community Issues Program List

October through December 2015

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Date and Time	Program	Talent	Description
2015-11-29 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2015-11-30 01:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2015-11-30 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects adult obesity and health.
2015-11-30 06:00*	Body and Spirit	Dick Nunez *, 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
2015-11-30 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2015-11-30 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2015-11-30 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2015-11-30 19:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2015-12-01 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2015-12-01 11:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-12-01 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 1)
2015-12-01 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2015-12-02 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2015-12-02 02:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2015-12-02 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Jonathon Hopkins	Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking.
2015-12-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2015-12-02 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss
2015-12-03 03:00!	Up Close	Shelley Quinn *, Lois Stuart , Rick Howard	Rick Howard discusses the dangers of the occult.
2015-12-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2015-12-03 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-12-03 10:00*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
2015-12-03 11:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2015-12-03 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.

Community Issues Program List

October through December 2015

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Date and Time	Program	Talent	Description
2015-12-03 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 2)
2015-12-03 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2015-12-04 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins , Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
2015-12-04 10:00*	Health for a Lifetime	Don Mackintosh *, Phil Mills	Don Mackintosh and Phil Mills discuss neurologic disorder.
2015-12-04 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2015-12-06 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2015-12-06 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2015-12-07 01:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-12-07 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
2015-12-07 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2015-12-07 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2015-12-07 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and
2015-12-07 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2015-12-07 19:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-12-08 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Frasier and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2015-12-08 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton cook up some soup and fixin's.
2015-12-08 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2015-12-09 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2015-12-09 02:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-12-09 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	Dick Nunez, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work.
2015-12-09 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2015-12-09 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.

Community Issues Program List

October through December 2015

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Date and Time	Program	Talent	Description
2015-12-10 03:00!	Up Close	Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner	Shelly Quinn with quests discuss dealing with loneliness.
2015-12-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2015-12-10 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-12-10 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on Could I Have a Heart Attack?
2015-12-10 11:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-12-10 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2015-12-10 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate some lunch alternatives.
2015-12-10 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2015-12-11 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Brittany Nunez	Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for young people.
2015-12-11 10:00*	Health for a Lifetime	Don Mackintosh *, Phil Mills	Don Mackintosh and Phil Mills discuss
2015-12-11 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2015-12-11 17:00*	NEWSTART Now	Ron Giannoni *, David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-12-13 03:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-12-13 06:00*	Body and Spirit Aerobics	Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2015-12-13 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2015-12-14 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-12-14 05:30*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on Could I Have a Heart Attack?
2015-12-14 06:00*	Body and Spirit	Dick Nunez *, Johnathon Hopkins & Leif Sjoren	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2015-12-14 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss heart out of syne.
2015-12-14 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2015-12-14 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.

Community Issues Program List

October through December 2015

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Date and Time	Program	Talent	Description
2015-12-14 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-12-15 06:00*	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2015-12-15 11:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-12-15 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing a quick dinner.
2015-12-15 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2015-12-16 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss heart out of syne.
2015-12-16 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-12-16 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Jonathon Hopkins	Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready.
2015-12-16 13:00*	Issues and Answers	Karen Thomas *, Reginald & Emily Clark	Karen Thomas, Reginald, and Emily Clark discuss wisdom and wealth.
2015-12-16 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2015-12-16 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2015-12-17 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Mike McKinnon , 03. Debbie Edgerton	Marti Jones talks about dealing with death.
2015-12-17 04:30*	Issues and Answers	Karen Thomas *, Reginald & Emily Clark	Karen Thomas, Reginald, and Emily Clark discuss wisdom and wealth.
2015-12-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2015-12-17 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-12-17 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on treatment after a heart attack.
2015-12-17 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-12-17 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss heart out of syne.
2015-12-17 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare a Taste of Heaven breakfast.
2015-12-17 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2015-12-18 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez & Steven Lingenfelter	Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
2015-12-18 10:00*	Health for a Lifetime	Don Mackintosh *, Phil Mills	Don Mackintosh and Phil Mills discuss back pain.

Community Issues Program List

October through December 2015

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

Date and Time	Program	Talent	Description
2015-12-18 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2015-12-20 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2015-12-20 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2015-12-21 01:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-12-21 05:30*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on treatment after a heart attack.
2015-12-21 06:00*	Body and Spirit	Dick Nunez *, Amy Andersen & Jonathon Hopkins	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2015-12-21 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss dead in the head.
2015-12-21 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2015-12-21 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2015-12-21 19:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-12-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2015-12-22 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some garden pasta soup and more.
2015-12-22 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz M.D.	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2015-12-23 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss dead in the head.
2015-12-23 02:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-12-23 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2015-12-23 13:00*	Issues and Answers	Karen Thomas *, Ra'Shall Steede	Karen Thomas and Ra'Shall Steede discuss from tragedy to triumph.
2015-12-23 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
2015-12-23 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2015-12-24 03:00!	Up Close	Shelley Quinn *, 01. Cheri Peters , 02. Amanda Hultz , 03. Hilary Washington	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2015-12-24 04:30*	Issues and Answers	Karen Thomas *, Ra'Shall Steede	Karen Thomas and Ra'Shall Steede discuss from tragedy to triumph.

Community Issues Program List

October through December 2015

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Date and Time	Program	Talent	Description
2015-12-24 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2015-12-24 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-12-24 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
2015-12-24 11:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-12-24 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss dead in the head.
2015-12-24 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven tofu dishes.
2015-12-24 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2015-12-25 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2015-12-27 03:00*	NEWSTART Now	Ron Giannoni *, David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-12-27 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2015-12-27 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home.
2015-12-28 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-12-28 05:30*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
2015-12-28 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2015-12-28 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss deadly doses.
2015-12-28 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2015-12-28 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2015-12-28 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-12-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2015-12-29 11:00*	NEWSTART Now	Ron Giannoni *, David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-12-29 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven Mexican dishes.

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October through December 2015

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Date and Time	Program	Talent	Description
2015-12-29 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2015-12-30 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss deadly doses.
2015-12-30 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-12-30 06:00*	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2015-12-30 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2015-12-30 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2015-12-31 03:00!	Up Close	Shelley Quinn *, 01. Sandy Williams , 02. Neil Nedley MD , 03. Colleen Harrell	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
2015-12-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2015-12-31 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-12-31 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on the question, Where does cardio-vascular disease start?
2015-12-31 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-12-31 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss deadly doses.
2015-12-31 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven stir-fry dishes.
2015-12-31 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence Marshall , Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.