

# Community Issues Program List

## January through March 2015

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

| Date and Time     | Program                      | Talent   | Description  |
|-------------------|------------------------------|--|--|
| 2015-01-02 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.                     |
| 2015-01-02 10:00* | Health for a Lifetime        | Don Mackintosh , Neil Nedley                       | Don Mackintosh and Neil Nedley discuss health at every age.  |
| 2015-01-02 13:30* | Abundant Living              | Curtis & Paula Eakins                              | Curtis and Paula Eakins talk about some easy healthy breakfast ideas.  |
| 2015-01-02 14:00* | Action 4 Life                | Casio Jones *, Mindy Isaacs                        | Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.  |
| 2015-01-04 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Justina Thomas       | Agatha Thrash, Don Miller, and Justina Thomas discuss how we got interested.   |
| 2015-01-04 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.   |
| 2015-01-04 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz       | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.   |
| 2015-01-05 01:00! | Celebrating Life in Recovery | Cheri Peters *, Rene Quispe                        | Cheri Peters and Rene Quispe discuss rest.   |
| 2015-01-05 05:30* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas                     | Lee Wellard and Dr. Scott Grivas discuss the Good News of Diabetes -- it can be controlled.  |
| 2015-01-05 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.   |
| 2015-01-05 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                       | James Marcum and Charles Mills discuss shut down.  |
| 2015-01-05 13:30* | Abundant Living              | Curtis & Paula Eakins                              | Curtis and Paula Eakins talk about problems with Poultry.  |
| 2015-01-05 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.   |
| 2015-01-05 18:30* | Issues and Answers           | Ruthie Jacobsen *, Liana Kim , Martin Kim          | Ruthie Jacobsen, Liana Kim, and Martin Kim discuss stories from the life of george mueller.  |
| 2015-01-05 19:00! | Celebrating Life in Recovery | Cheri Peters *, Rene Quispe                        | Cheri Peters and Rene Quispe discuss rest.   |
| 2015-01-06 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Megan Frasier and Cindy Hanson       | Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines. |
| 2015-01-06 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Justina Thomas       | Agatha Thrash, Don Miller, and Justina Thomas discuss how we got interested.   |
| 2015-01-06 11:00* | Issues and Answers           | Ruthie Jacobsen *, Liana Kim , Martin Kim          | Ruthie Jacobsen, Liana Kim, and Martin Kim discuss stories from the life of george mueller.  |
| 2015-01-06 13:30* | Let's Cook Together          | Jill Morikone *, Ozella Head                       | Jill Morikone and Ozella Head demonstrate preparing a simple family dinner.  |
| 2015-01-06 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Nancy Diaz , Tami Bivens          | Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.   |
| 2015-01-06 21:30* | Ultimate Prescription        | James Marcum & Charles Mills                       | James Marcum and Charles Mills discuss shut down.  |

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| 2015-01-07 01:30* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss shut down.   |
| 2015-01-07 02:00! | Celebrating Life in Recovery | Cheri Peters *, Rene Quispe   | Cheri Peters and Rene Quispe discuss rest.  |
| 2015-01-07 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           |
| 2015-01-07 13:30* | Abundant Living              | Curtis & Paula Eakins   | Curtis and Paula Eakins discuss debriefing the beef.  |
| 2015-01-07 14:00* | Action 4 Life                | Casio Jones *, Rena Lee   | Casio Jones and Rena Lee discuss exciting workout with the medicine ball.                                     |
| 2015-01-08 03:00! | Up Close                     | Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner | Shelly Quinn with quests discuss dealing with loneliness.   |
| 2015-01-08 04:30* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless  | Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.   |
| 2015-01-08 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.                |
| 2015-01-08 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver   | Dr. Arthur Weaver discusses stop smoking clinic.  |
| 2015-01-08 10:00* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas  | Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.                        |
| 2015-01-08 11:00! | Celebrating Life in Recovery | Cheri Peters *, Rene Quispe   | Cheri Peters and Rene Quispe discuss rest.  |
| 2015-01-08 12:00* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss shut down.   |
| 2015-01-08 13:30* | Let's Cook Together          | Jill Morikone *, Ozella Head  | Jill Morikone and Ozella Head demonstrate preparing a simple Fish dinner.                                     |
| 2015-01-08 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Lyndi Schwartz , Tami Bivens                                     | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.   |
| 2015-01-09 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.         |
| 2015-01-09 10:00* | Health for a Lifetime        | Don Mckintosh *, Tim Lawton   | Don Mckintosh and Tim Lawton discuss cancer.  |
| 2015-01-09 13:30* | Abundant Living              | Curtis & Paula Eakins   | Curtis and Paula Eakins talk about the benefits of squash.  |
| 2015-01-09 14:00* | Action 4 Life                | Casio Jones *, Rena Lee   | Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.                         |
| 2015-01-09 17:00* | NEWSTART Now                 | Ron Giannoni *, Alan & Priscilla Brown  | Ron Giannoni, Alan, and Priscilla Brown discuss Diabetes and Chronic Obesity.                                 |
| 2015-01-11 03:00* | NEWSTART Now                 | Ron Giannoni *, Alan & Priscilla Brown  | Ron Giannoni, Alan, and Priscilla Brown discuss Diabetes and Chronic Obesity.                                 |
| 2015-01-11 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Justina Thomas                                      | Agatha Thrash, Don Miller, and Justina Thomas discuss heart disease.  |
| 2015-01-11 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. |

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| 2015-01-11 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Lyndi Schwartz , Tami Bivens                               | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.                         |
| 2015-01-12 01:00! | Celebrating Life in Recovery | Cheri Peters *, Ralph Sanchez   | Cheri Peters and Ralph Sanchez discuss air.  |
| 2015-01-12 05:30* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas  | Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.                   |
| 2015-01-12 06:00* | Body and Spirit              | Dick Nunez *, Art Garner & Betty Garner                                     | Dick Nunez, with assistants Art and Betty Garner, demonstrate exercise for Seniors.                      |
| 2015-01-12 07:30* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss blood under pressure.   |
| 2015-01-12 13:30* | Abundant Living              | Curtis & Paula Eakins   | Curtis and Paula Eakins talk about Breast Cancer   |
| 2015-01-12 14:00* | Action 4 Life                | Casio Jones *, Rena Lee   | Casio Jones and Rena Lee discuss make a challenge workout fun!.  |
| 2015-01-12 18:30* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless  | Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.                                    |
| 2015-01-12 19:00! | Celebrating Life in Recovery | Cheri Peters *, Ralph Sanchez   | Cheri Peters and Ralph Sanchez discuss air.  |
| 2015-01-13 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. |
| 2015-01-13 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Justina Thomas                                | Agatha Thrash, Don Miller, and Justina Thomas discuss heart disease.                                     |
| 2015-01-13 11:00* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless  | Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.                                    |
| 2015-01-13 11:30* | NEWSTART Now                 | Ron Giannoni *, Alan & Priscilla Brown                                      | Ron Giannoni, Alan, and Priscilla Brown discuss Diabetes and Chronic Obesity.                            |
| 2015-01-13 13:30* | Let's Cook Together          | Jill Morikone *, Ozella Head  | Jill Morikone and Ozella Head demonstrate preparing a Barbecue-style picnic lunch                        |
| 2015-01-13 14:00* | Body and Spirit (New)        | Lyndi Schwartz *, Nancy Diaz , Tami Bivens                                  | Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.                           |
| 2015-01-13 21:30* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss blood under pressure.   |
| 2015-01-14 01:30* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss blood under pressure.   |
| 2015-01-14 02:00! | Celebrating Life in Recovery | Cheri Peters *, Ralph Sanchez   | Cheri Peters and Ralph Sanchez discuss air.  |
| 2015-01-14 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.   |
| 2015-01-14 13:30* | Abundant Living              | Curtis & Paula Eakins   | Curtis and Paula Eakins give advice on PMS relief.   |
| 2015-01-14 14:00* | Action 4 Life                | Casio Jones *, Monica Flower  | Casio Jones and Monica Flower discuss focus on the midsection.   |
| 2015-01-15 03:00! | Up Close                     | Don Mackintosh *, 01. Marti Jones , 02. Mike McKinnon , 03. Debbie Edgerton | Marti Jones talks about dealing with death.  |
| 2015-01-15 04:30* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless  | Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.  |

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|-------------------|------------------------------|--|---|
| 2015-01-15 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. |
| 2015-01-15 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver                                | Dr. Arthur Weaver discusses stop smoking clinic.  |
| 2015-01-15 10:00* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas                   | Lee Wellard and Dr. Scott Grivas discuss overweight.  |
| 2015-01-15 11:00! | Celebrating Life in Recovery | Cheri Peters *, Ralph Sanchez                    | Cheri Peters and Ralph Sanchez discuss air.   |
| 2015-01-15 12:00* | Ultimate Prescription        | James Marcum & Charles Mills                     | James Marcum and Charles Mills discuss blood under pressure.  |
| 2015-01-15 13:30* | Let's Cook Together          | Jill Morikone *, Ozella Head                     | Jill Morikone and Ozella Head demonstrate Jamaican and Southern style recipes.                            |
| 2015-01-15 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz     | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.                             |
| 2015-01-16 06:00* | Body and Spirit              | Dick Nunez *, Art Garner                         | Dick Nunez and Art Gamer show exercises for Senior Men.   |
| 2015-01-16 10:00* | Health for a Lifetime        | Don Mckintosh *, Tim Lawton                      | Don Mckintosh and Tim Lawson discuss diabetes.  |
| 2015-01-16 13:30* | Abundant Living              | Curtis & Paula Eakins                            | Curtis and Paula Eakins discuss cooking on a budget.  |
| 2015-01-16 14:00* | Action 4 Life                | Casio Jones *, Monica Flowers                    | Casio Jones and Monica Flowers discuss who doesn't like to stretch?.                                      |
| 2015-01-18 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller                      | Agatha Thrash and Don Miller discuss herbal remedies.   |
| 2015-01-18 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.                            |
| 2015-01-18 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.                               |
| 2015-01-19 01:00! | Celebrating Life in Recovery | Cheri Peters *, Tracy Hammond                    | Cheri Peters and Tracy Hammond discuss temperance.  |
| 2015-01-19 05:30* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas                   | Lee Wellard and Dr. Scott Grivas discuss overweight.  |
| 2015-01-19 06:00* | Body and Spirit              | Dick Nunez *, Kyle Gabbert & Luther Whiting      | Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.             |
| 2015-01-19 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                     | James Marcum and Charles Mills discuss breathless.  |
| 2015-01-19 13:30* | Abundant Living              | Curtis & Paula Eakins                            | Curtis and Paula Eakins discuss cause for the pause.  |
| 2015-01-19 14:00* | Action 4 Life                | Casio Jones *, Tyler Flower                      | Casio Jones and Tyler Flower discuss working out with young folks.  |
| 2015-01-19 18:30* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless               | Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.   |
| 2015-01-19 19:00! | Celebrating Life in Recovery | Cheri Peters *, Tracy Hammond                    | Cheri Peters and Tracy Hammond discuss temperance.  |
| 2015-01-20 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Brittany Nunez , Zak Oberholster   | Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.                              |
| 2015-01-20 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller                      | Agatha Thrash and Don Miller discuss herbal remedies.   |

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| 2015-01-20 11:00* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless   | Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.  |
| 2015-01-20 13:30* | Let's Cook Together          | Jill Morikone , Ozella Head  | Jill Morikone and OzellaHead make up some dairy-free deserts and cheeses.  |
| 2015-01-20 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz                                 | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.  |
| 2015-01-20 21:30* | Ultimate Prescription        | James Marcum & Charles Mills   | James Marcum and Charles Mills discuss breathless.   |
| 2015-01-21 01:30* | Ultimate Prescription        | James Marcum & Charles Mills   | James Marcum and Charles Mills discuss breathless.   |
| 2015-01-21 02:00! | Celebrating Life in Recovery | Cheri Peters *, Tracy Hammond  | Cheri Peters and Tracy Hammond discuss temperance.   |
| 2015-01-21 06:00* | Body and Spirit              | Dick Nunez *, Jonathon Hopkins & Brittany Nunez                              | For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez.                   |
| 2015-01-21 13:30* | Abundant Living              | Curtis & Paula Eakins  | Curtis and Paula Eakins talk about diets that prevent Power Surges during the day.   |
| 2015-01-21 14:00* | Action 4 Life                | Casio Jones *, Lynne Thompson Cundiff  | Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.   |
| 2015-01-22 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.  |
| 2015-01-22 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.  |
| 2015-01-22 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver  | Dr. Arthur Weaver discusses stop smoking clinic.   |
| 2015-01-22 10:00* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas   | Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.  |
| 2015-01-22 11:00! | Celebrating Life in Recovery | Cheri Peters *, Tracy Hammond  | Cheri Peters and Tracy Hammond discuss temperance.   |
| 2015-01-22 12:00* | Ultimate Prescription        | James Marcum & Charles Mills   | James Marcum and Charles Mills discuss breathless.   |
| 2015-01-22 13:30* | Let's Cook Together          | Jill Morikone *, Marie McCalla   | Jill Morikone and Marie McCalla show how to prepare a Mediterranean style lunch.   |
| 2015-01-22 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.   |
| 2015-01-23 06:00* | Body and Spirit              | Dick Nunez *, Jonathon Hopkins and Brittany Nunez                            | Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol. |
| 2015-01-23 10:00* | Health for a Lifetime        | Don Mckintosh *, Tim Lawton  | Don Mckintosh and Tim Lawson discuss cardiovascular risk.  |
| 2015-01-23 13:30* | Abundant Living              | Curtis & Paula Eakins  | Curtis & Paula Eakins talk about Indian Cuisine.   |
| 2015-01-23 14:00* | Action 4 Life                | Casio Jones *, Izhar Buendia   | Casio Jones and Izhar Buendia discuss park exercises.  |
| 2015-01-23 17:00* | NEWSTART Now                 | Ron Giannoni *, Barbara Ferriester   | Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.  |

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| 2015-01-25 03:00* | NEWSTART Now                 | Ron Giannoni *, Barbara Ferriester   | Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.                                 |
| 2015-01-25 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller  | Dr. Agatha Thrash and Don Miller discuss allergy symptoms and natural treatment.                          |
| 2015-01-25 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Brittany Nunez , Corrie Sample                                   | Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.                            |
| 2015-01-25 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.                     |
| 2015-01-26 01:00! | Celebrating Life in Recovery | Cheri Peters *, Wayne Blakely  | Cheri Peters and Wayne Blakely discuss integrity.   |
| 2015-01-26 05:30* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas   | Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.                   |
| 2015-01-26 06:00* | Body and Spirit              | Dick Nunez *, Amy Anderson and Leif Sjoren                                     | Temdon injury can be helped with proper exercise. Dick Nunez with Amy Anderson and Leif Sjoren show how.  |
| 2015-01-26 13:30* | Abundant Living              | Curtis & Paula Eakins  | Curtis & Paula Eakins talk about controlling high blood pressure.   |
| 2015-01-26 14:00* | Action 4 Life                | Casio Jones *, Izhar Buendia   | Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.                                    |
| 2015-01-26 19:00! | Celebrating Life in Recovery | Cheri Peters *, Wayne Blakely  | Cheri Peters and Wayne Blakely discuss integrity.   |
| 2015-01-27 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Frances Clark  | Dick Nunez with Frances Clark demonstrate upper body aerobics.  |
| 2015-01-27 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller  | Dr. Agatha Thrash and Don Miller discuss allergy symptoms and natural treatment.                          |
| 2015-01-27 11:30* | NEWSTART Now                 | Ron Giannoni *, Barbara Ferriester   | Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.                                 |
| 2015-01-27 13:30* | Let's Cook Together          | Jill Morikone *, Marie McCalla   | Jill Morikone and Marie McCalla show how to prepare a pocket surprise luncheon.                           |
| 2015-01-27 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 stepping exercises for osteoporosis. |
| 2015-01-28 02:00! | Celebrating Life in Recovery | Cheri Peters *, Wayne Blakely  | Cheri Peters and Wayne Blakely discuss integrity.   |
| 2015-01-28 06:00* | Body and Spirit              | Dick Nunez *, Amy Anderson and Brittany Nunez                                  | Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls             |
| 2015-01-28 13:30* | Abundant Living              | Curtis & Paula Eakins  | Curtis and Paula Eakins talk about some ideas for controlling cholesterol.                                |
| 2015-01-28 14:00* | Action 4 Life                | Casio Jones *, Trent Chance  | Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.                          |
| 2015-01-29 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.                           |
| 2015-01-29 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Daniel Hopkins , Zak Oberholster                                 | Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.                                      |
| 2015-01-29 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver  | Dr. Arthur Weaver discusses stop smoking clinic.  |

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| 2015-01-29 10:00* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas                                 | Lee Wellard and Dr. Scott Grivas discuss physiology of health.  |
| 2015-01-29 11:00! | Celebrating Life in Recovery | Cheri Peters *, Wayne Blakely                                  | Cheri Peters and Wayne Blakely discuss integrity.   |
| 2015-01-29 13:30* | Let's Cook Together          | Jill Morikone *, Marie McCalla                                 | Jill Morikone and Marie McCalla discuss italian twist.  |
| 2015-01-29 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. |
| 2015-01-30 06:00* | Body and Spirit              | Dick Nunez *, Jonathon Hopkins and Leif Sjoren                 | Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.                         |
| 2015-01-30 10:00* | Health for a Lifetime        | Don McKintosh *, Tim Lawton                                    | Don Mckintosh and Tim Lawson discuss achieveing and maintaining a healthy weight.                                     |
| 2015-01-30 13:30* | Abundant Living              | Curtis & Paula Eakins  | Curtis & Paula Eakins talk about some ideas for controlling artery plaque.  |
| 2015-01-30 14:00* | Action 4 Life                | Casio Jones *, Trent Chance                                    | Casio Jones and Trent Chance discuss the benefits of massage.   |
| 2015-02-01 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller                                    | Dr. Agatha Thrash and Don Miller discuss the importance of a healthy diet to minimize cancer risks.                   |
| 2015-02-01 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Daniel Hopkins                                   | Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.  |
| 2015-02-01 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.                             |
| 2015-02-02 01:00! | Celebrating Life in Recovery | Cheri Peters *, Adam Schutte                                   | Cheri Peters and Adam Schutte discuss optimism.   |
| 2015-02-02 05:30* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas                                 | Lee Wellard and Dr. Scott Grivas discuss physiology of health.  |
| 2015-02-02 06:00* | Body and Spirit              | Dick Nunez *, Kye Gabbert and Luther Whiting                   | Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis.                     |
| 2015-02-02 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                                   | James Marcum and Charles Mills discuss the 'c' word.  |
| 2015-02-02 13:30* | Abundant Living              | Curtis & Paula Eakins  | Curtis & Paula Eakins talk about stroke prevention.   |
| 2015-02-02 14:00* | Action 4 Life                | Casio Jones *, Ben Burkhamer                                   | Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.  |
| 2015-02-02 19:00! | Celebrating Life in Recovery | Cheri Peters *, Adam Schutte                                   | Cheri Peters and Adam Schutte discuss optimism.   |
| 2015-02-03 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Brittany Nunez , Corrie Sample                   | Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.                  |
| 2015-02-03 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller                                    | Dr. Agatha Thrash and Don Miller discuss the importance of a healthy diet to minimize cancer risks.                   |
| 2015-02-03 13:30* | Let's Cook Together          | Jill Morikone *, Marie McCalla                                 | Jill Morikone and Marie McCalla discuss ethnic variations.  |

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| Date and Time     | Program                      | Talent  | Description  |
|-------------------|------------------------------|---|--|
| 2015-02-03 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.            |
| 2015-02-03 21:30* | Ultimate Prescription        | James Marcum & Charles Mills                        | James Marcum and Charles Mills discuss the 'c' word.   |
| 2015-02-04 01:30* | Ultimate Prescription        | James Marcum & Charles Mills                        | James Marcum and Charles Mills discuss the 'c' word.   |
| 2015-02-04 02:00! | Celebrating Life in Recovery | Cheri Peters *, Adam Schutte                        | Cheri Peters and Adam Schutte discuss optimism.  |
| 2015-02-04 06:00* | Body and Spirit              | Dick Nunez *, Betty Garner                          | Dick Nunez with helpers shows compression exercises to help with osteoporosis                          |
| 2015-02-04 13:30* | Abundant Living              | Curtis & Paula Eakins                               | Curtis and Paula Eakins discuss Diabetes - An Epidemic.  |
| 2015-02-04 14:00* | Action 4 Life                | Casio Jones *, Monique Anderson                     | Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.                        |
| 2015-02-05 03:00! | Up Close                     | Kay Kuzma *, 01. Donna Teat , 02. Cassandra Thomson | Donna Teat discusses issues of teenage pregnancy.  |
| 2015-02-05 04:30* | Issues and Answers           | Ruthie Jacobsen *, R. Peter Neri                    | Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.                           |
| 2015-02-05 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Larry McLucas                         | Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.                            |
| 2015-02-05 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver                                   | Dr. Arthur Weaver discusses stop smoking clinic.   |
| 2015-02-05 10:00* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas                      | Lee Wellard and Dr. Scott Grivas discuss herbs.  |
| 2015-02-05 11:00! | Celebrating Life in Recovery | Cheri Peters *, Adam Schutte                        | Cheri Peters and Adam Schutte discuss optimism.  |
| 2015-02-05 12:00* | Ultimate Prescription        | James Marcum & Charles Mills                        | James Marcum and Charles Mills discuss the 'c' word.   |
| 2015-02-05 13:30* | Let's Cook Together          | Jill Morikone *, Marie McCalla                      | Jill Morikone and Marie McCalla show how to prepare some sweet treats with a twist.                    |
| 2015-02-05 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.                  |
| 2015-02-06 06:00* | Body and Spirit              | Dick Nunez *, Kyle Gabbert and Steven Lingenfelter  | Dick Nunez and helpers show simple home exercises to help reduce hypertension.                         |
| 2015-02-06 10:00* | Health for a Lifetime        | Don Mckintosh *, John Kelly                         | Don Mckintosh and John Kelly discuss adventist lifestyle research pt 1.                                |
| 2015-02-06 13:30* | Abundant Living              | Curtis & Paula Eakins                               | Curtis and Paula Eakins discuss diabetes and carbohydrates.  |
| 2015-02-06 14:00* | Action 4 Life                | Casio Jones *, Frances Clark                        | Casio Jones with Frances Clark discuss the bennefits of pool exercise.                                 |
| 2015-02-08 03:30* | Help Yourself to Health      | Agatha Thrash *, Rhonda Clark                       | Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 1 |
| 2015-02-08 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Brittany Nunez , Corrie Sample        | Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strenghten your bones.     |



# Community Issues Program List

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

| Date and Time     | Program                      | Talent  | Description   |
|-------------------|------------------------------|---|---|
| 2015-02-08 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.                   |
| 2015-02-09 01:00! | Celebrating Life in Recovery | Cheri Peters *, Jim Attikson                        | Cheri Peters and Jim Attikson discuss nutrition.  |
| 2015-02-09 05:30* | Wonderfully Made             | Lee Wellard & Dr. Scott Grivas                      | Lee Wellard and Dr. Scott Grivas discuss herbs.   |
| 2015-02-09 06:00* | Body and Spirit              | Dick Nunez *, Art Garner and Brittany Nunez         | Dick Nunez and Art Garner and Brittany Nunez discuss fitness for everyone.                                    |
| 2015-02-09 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                        | James Marcum and Charles Mills discuss toxin wars.  |
| 2015-02-09 13:30* | Abundant Living              | Curtis & Paula Eakins                               | Curtis and Paula Eakins show how to prepare meals in minutes.   |
| 2015-02-09 14:00* | Action 4 Life                | Casio Jones *, Lynne Thompson Cundiff               | Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.        |
| 2015-02-09 18:30* | Issues and Answers           | Ruthie Jacobsen *, R. Peter Neri                    | Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.                                  |
| 2015-02-09 19:00! | Celebrating Life in Recovery | Cheri Peters *, Jim Attikson                        | Cheri Peters and Jim Attikson discuss nutrition.  |
| 2015-02-10 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Brittany Nunez , Corrie Sample        | Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.                        |
| 2015-02-10 10:00* | Help Yourself to Health      | Agatha Thrash *, Rhonda Clark                       | Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 1        |
| 2015-02-10 11:00* | Issues and Answers           | Ruthie Jacobsen *, R. Peter Neri                    | Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.                                  |
| 2015-02-10 13:30* | Let's Cook Together          | Jill Morikone *, Resa & Ozzie Oswald                | Jill Morikone with Resa and Ozzie Oswald prepare some Filipino Recipes.                                       |
| 2015-02-10 14:00* | Body and Spirit (New)        | Jeanie Weaver *, Abigail Czeizinger , Frances Clark | Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.                     |
| 2015-02-10 21:30* | Ultimate Prescription        | James Marcum & Charles Mills                        | James Marcum and Charles Mills discuss toxin wars.  |
| 2015-02-11 01:30* | Ultimate Prescription        | James Marcum & Charles Mills                        | James Marcum and Charles Mills discuss toxin wars.  |
| 2015-02-11 02:00! | Celebrating Life in Recovery | Cheri Peters *, Jim Attikson                        | Cheri Peters and Jim Attikson discuss nutrition.  |
| 2015-02-11 06:00* | Body and Spirit              | Dick Nunez , Michael Webb , Miles Scruggs           | Dick Nunez and helpers show aerobics exercises for health.  |
| 2015-02-11 13:30* | Abundant Living              | Curtis & Paula Eakins                               | Curtis and Paula Eakins discuss the 3 diets.  |
| 2015-02-11 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. |
| 2015-02-12 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?                        |
| 2015-02-12 04:30* | Issues and Answers           | Ruthie Jacobsen *, R. Peter Neri                    | Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.                                  |

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| Date and Time     | Program                      | Talent   | Description  |
|-------------------|------------------------------|--|--|
| 2015-02-12 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Brittany Nunez , Zak Oberholster | Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.               |
| 2015-02-12 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver                              | Dr. Arthur Weaver discusses stop smoking clinic.   |
| 2015-02-12 10:00* | Wonderfully Made             | N. David Emerson                               | N. David Emerson discusses diabetes.   |
| 2015-02-12 11:00! | Celebrating Life in Recovery | Cheri Peters *, Jim Attikson                   | Cheri Peters and Jim Attikson discuss nutrition.   |
| 2015-02-12 12:00* | Ultimate Prescription        | James Marcum & Charles Mills                   | James Marcum and Charles Mills discuss toxin wars.   |
| 2015-02-12 13:30* | Let's Cook Together          | Jill Morikone *, Resa & Ozzie Oswald           | Jill Morikone with Resa and Ozzie Oswald show how to prepare Phillipine Cuisine.                               |
| 2015-02-12 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.                   |
| 2015-02-13 06:00* | Body and Spirit              | Dick Nunez , Patricia Juarez , Tammy Larson    | Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.                   |
| 2015-02-13 10:00* | Health for a Lifetime        | Don Mckintosh *, John Kelly                    | Don Mckintosh and John Kelly discuss adventist lifestyle research pt 2.  |
| 2015-02-13 13:30* | Abundant Living              | Curtis & Paula Eakins                          | Curtis and Paula Eakins discuss medicines from the earth.  |
| 2015-02-13 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. |
| 2015-02-13 17:00* | NEWSTART Now                 | Ron Giannoni *, Trinidad Regalato              | Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.                                       |
| 2015-02-15 03:00* | NEWSTART Now                 | Ron Giannoni *, Trinidad Regalato              | Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.                                       |
| 2015-02-15 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller                    | Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 2         |
| 2015-02-15 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Corrie Sample , Daniel Hopkins   | Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.                      |
| 2015-02-15 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.                    |
| 2015-02-16 01:00! | Celebrating Life in Recovery | Cheri Peters *, Fran McKain                    | Cheri Peters and Fran McKain discuss social support.   |
| 2015-02-16 05:30* | Wonderfully Made             | N. David Emerson                               | N. David Emerson discusses diabetes.   |
| 2015-02-16 06:00* | Body and Spirit              | Dick Nunez , Greg Morikone , John Leaman       | Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.     |
| 2015-02-16 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                   | James Marcum and Charles Mills discuss diabetes under construction.  |
| 2015-02-16 13:30* | Abundant Living              | Curtis & Paula Eakins                          | Curtis and Paula Eakins discuss cooking.   |
| 2015-02-16 14:00* | Action 4 Life                | Casio Jones *, Kevin Toms                      | Casio Jones and Kevin Toms demonstrate exercising with a Trike.  |

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|-------------------|------------------------------|--|--|
| 2015-02-16 18:30* | Issues and Answers           | Ruthie Jacobsen *, R. Peter Neri   | Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.                           |
| 2015-02-16 19:00! | Celebrating Life in Recovery | Cheri Peters *, Fran McKain  | Cheri Peters and Fran McKain discuss social support.   |
| 2015-02-17 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Chuck Algaier  | Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.                                |
| 2015-02-17 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller  | Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 2 |
| 2015-02-17 11:00* | Issues and Answers           | Ruthie Jacobsen *, R. Peter Neri   | Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.                           |
| 2015-02-17 11:30* | NEWSTART Now                 | Ron Giannoni *, Trinidad Regalato  | Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.                               |
| 2015-02-17 13:30* | Let's Cook Together          | Jill Morikone *, Resa & Ozzie Oswald                                       | Jill Morikone with Resa and Ozzie Oswald show some quick and easy recipes.                             |
| 2015-02-17 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.           |
| 2015-02-17 21:30* | Ultimate Prescription        | James Marcum & Charles Mills   | James Marcum and Charles Mills discuss diabetes under construction.                                    |
| 2015-02-18 01:30* | Ultimate Prescription        | James Marcum & Charles Mills   | James Marcum and Charles Mills discuss diabetes under construction.                                    |
| 2015-02-18 02:00! | Celebrating Life in Recovery | Cheri Peters *, Fran McKain  | Cheri Peters and Fran McKain discuss social support.   |
| 2015-02-18 06:00* | Body and Spirit              | Dick Nunez , Elora Ford , Ethel Carlsson                                   | Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.                    |
| 2015-02-18 13:30* | Abundant Living              | Curtis & Paula Eakins  | Curtis and Paula Eakins discuss american idle.   |
| 2015-02-18 14:00* | Action 4 Life                | Casio Jones *, Kevin Toms  | Casio Jones and Kevin Toms demonstrate exercise techniques.  |
| 2015-02-19 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.                               |
| 2015-02-19 04:30* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless   | Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.  |
| 2015-02-19 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Daniel Hopkins , Zak Oberholster                             | Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.                           |
| 2015-02-19 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver  | Dr. Arthur Weaver discusses stop smoking clinic.   |
| 2015-02-19 10:00* | Wonderfully Made             | N. David Emerson   | N. David Emerson discusses beta-cell burnout.  |
| 2015-02-19 11:00! | Celebrating Life in Recovery | Cheri Peters *, Fran McKain  | Cheri Peters and Fran McKain discuss social support.   |
| 2015-02-19 12:00* | Ultimate Prescription        | James Marcum & Charles Mills   | James Marcum and Charles Mills discuss diabetes under construction.                                    |
| 2015-02-19 13:30* | Let's Cook Together          | Irma Guerra-Murray *, Angela Poch  | Irma Guerra-Murray and Angela Poch demonstrates lunch-box ideas.                                       |
| 2015-02-19 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.                     |

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| Date and Time     | Program                      | Talent  | Description  |
|-------------------|------------------------------|---|--|
| 2015-02-20 06:00* | Body and Spirit              | Dick Nunez *, Barbara Nolen , Michael Webb      | Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.                         |
| 2015-02-20 10:00* | Health for a Lifetime        | Don Mckintosh *, Manjula Borge                  | Don Mckintosh and Manjula Borge discuss children's mental health after a natural disaster.             |
| 2015-02-20 13:30* | Abundant Living              | Curtis & Paula Eakins                           | Curtis and Paula Eakins discuss living   |
| 2015-02-20 14:00* | Action 4 Life                | Casio Jones *, Larry McLucas                    | Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.                         |
| 2015-02-22 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Rhonda Clark      | Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 3 |
| 2015-02-22 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Kalie O'Brien , Zak Oberholster   | Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.                        |
| 2015-02-22 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.                      |
| 2015-02-23 01:00! | Celebrating Life in Recovery | Cheri Peters *, Michael Carducci Jr.            | Cheri Peters and Michael Carducci Jr. discuss choices.   |
| 2015-02-23 05:30* | Wonderfully Made             | N. David Emerson                                | N. David Emerson discusses beta-cell burnout.  |
| 2015-02-23 06:00* | Body and Spirit              | Dick Nunez , Susan Santos , Tammy Larson        | Dick Nunez with helpers shows exercises for strength training for women.                               |
| 2015-02-23 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                    | James Marcum and Charles Mills discuss diabetes on the run.  |
| 2015-02-23 13:30* | Abundant Living              | Curtis & Paula Eakins                           | Curtis and Paula Eakins discuss cooking - lentil recipes.  |
| 2015-02-23 14:00* | Action 4 Life                | Casio Jones *, Idalia Dinzey                    | Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.            |
| 2015-02-23 18:30* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless              | Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.  |
| 2015-02-23 19:00! | Celebrating Life in Recovery | Cheri Peters *, Michael Carducci Jr.            | Cheri Peters and Michael Carducci Jr. discuss choices.   |
| 2015-02-24 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Daniel Hopkins , Rabecca Lovelace | Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.                                   |
| 2015-02-24 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Rhonda Clark      | Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 3 |
| 2015-02-24 11:00* | Issues and Answers           | Ruthie Jacobsen *, Pr. Roy Rugless              | Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.  |
| 2015-02-24 13:30* | Let's Cook Together          | Irma Guerra-Murray *, Angela Poch               | Irma Guerra-Murray and Angela Poch demonstrates some quick meal ideas.                                 |
| 2015-02-24 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.       |
| 2015-02-24 21:30* | Ultimate Prescription        | James Marcum & Charles Mills                    | James Marcum and Charles Mills discuss diabetes on the run.  |
| 2015-02-25 01:30* | Ultimate Prescription        | James Marcum & Charles Mills                    | James Marcum and Charles Mills discuss diabetes on the run.  |
| 2015-02-25 02:00! | Celebrating Life in Recovery | Cheri Peters *, Michael Carducci Jr.            | Cheri Peters and Michael Carducci Jr. discuss choices.   |

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|-------------------|------------------------------|--|---|
| 2015-02-25 06:00* | Body and Spirit              | Dick Nunez , Greg Morikone , John Leaman                   | Dick Nunez with helpers shows aerobics exercises designed for the elderly.                                  |
| 2015-02-25 13:30* | Abundant Living              | Curtis & Paula Eakins                                      | Curtis and Paula Eakins discuss something new under the sun.  |
| 2015-02-25 14:00* | Action 4 Life                | Casio Jones *, Barry Bayles                                | Casio Jones with Barry Bayles discuss the benefits of running exercises.                                    |
| 2015-02-26 03:00! | Up Close                     | Shelley Quinn *, 01. Dr. David Wilkins , 02. Jay Gallimore | Shelly Quinn discuss facing the tough times.  |
| 2015-02-26 04:30* | Issues and Answers           | Shelley Quinn *, Carol Cannon                              | Shelley Quinn and Carol Cannon discuss addicted to negativity.  |
| 2015-02-26 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Dick Hutchinson                              | Dick Nunez and Dick Hutchinson discuss neck problems.   |
| 2015-02-26 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver  | Dr. Arthur Weaver discusses stop smoking clinic.  |
| 2015-02-26 10:00* | Wonderfully Made             | N. David Emerson   | N. David Emerson discusses the cause of hypertension.   |
| 2015-02-26 11:00! | Celebrating Life in Recovery | Cheri Peters *, Michael Carducci Jr.                       | Cheri Peters and Michael Carducci Jr. discuss choices.  |
| 2015-02-26 12:00* | Ultimate Prescription        | James Marcum & Charles Mills                               | James Marcum and Charles Mills discuss diabetes on the run.   |
| 2015-02-26 13:30* | Let's Cook Together          | Idalia Dinzey *, Marlene McKinney                          | Idalia Dinzey and Marlene McKinney discuss family picnic.   |
| 2015-02-26 14:00* | Body and Spirit (New)        | Jeanie Weaver *, Betsy Sajdak , Donna Hall                 | Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.                     |
| 2015-02-27 06:00* | Body and Spirit              | Dick Nunez , Ted Arview                                    | Dick Nunez with Ted Arview demonstrate aerobics exercises designed strengh training for seniors.            |
| 2015-02-27 13:30* | Abundant Living              | Curtis & Paula Eakins                                      | Curtis and Paula Eakins discuss seeking shut eye.   |
| 2015-02-27 17:00* | NEWSTART Now                 | Ron Giannoni *, David Matsuura                             | Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.                                       |
| 2015-03-01 03:00* | NEWSTART Now                 | Ron Giannoni *, David Matsuura                             | Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.                                       |
| 2015-03-01 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Rhonda Clark                 | Dr. Agatha Thrash, Don Miller, and Rhonda Clark reviews breast diseases                                     |
| 2015-03-01 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Corrie Sample , Daniel Hopkins               | Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.  |
| 2015-03-01 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. |
| 2015-03-02 01:00! | Celebrating Life in Recovery | Cheri Peters *, Brad Peters                                | Cheri Peters and Brad Peters discuss exercise.  |
| 2015-03-02 05:30* | Wonderfully Made             | N. David Emerson   | N. David Emerson discusses the cause of hypertension.   |
| 2015-03-02 06:00* | Body and Spirit              | Alex Walker , Dick Nunez , Kalie O'Brien                   | Dick Nunez with Alex Walker and Katie O'Briend demonstrate aerobics exercises for youth.                    |

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| Date and Time     | Program                      | Talent  | Description   |
|-------------------|------------------------------|---|---|
| 2015-03-02 07:30* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss renal disease.                                     |
| 2015-03-02 13:30* | Abundant Living              | Curtis & Paula Eakins   | Curtis and Paula Eakins discuss delicious, nutritious recipes.                            |
| 2015-03-02 14:00* | Action 4 Life                | Casio Jones *, Kevin Toms   | Casio Jones and Kevin Toms discuss the option of a fitness center workout.                |
| 2015-03-02 18:30* | Issues and Answers           | Shelley Quinn *, Carol Cannon   | Shelley Quinn and Carol Cannon discuss addicted to negativity.                            |
| 2015-03-02 19:00! | Celebrating Life in Recovery | Cheri Peters *, Brad Peters   | Cheri Peters and Brad Peters discuss exercise.  |
| 2015-03-03 06:00* | Body and Spirit Aerobics     | Dick Nunez *, Mollie Steenson   | Dick Nunez and Mollie Steenson discuss plantar fasciitis.                                 |
| 2015-03-03 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Rhonda Clark  | Dr. Agatha Thrash, Don Miller, and Rhonda Clark reviews breast diseases                   |
| 2015-03-03 11:00* | Issues and Answers           | Shelley Quinn *, Carol Cannon   | Shelley Quinn and Carol Cannon discuss addicted to negativity.                            |
| 2015-03-03 11:30* | NEWSTART Now                 | Ron Giannoni *, David Matsuura  | Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.                     |
| 2015-03-03 13:30* | Let's Cook Together          | Idalia Dinzey *, Marlene McKinney   | Idalia Dinzey and Marlene McKinney discuss bahamian feast.                                |
| 2015-03-03 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.             |
| 2015-03-03 21:30* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss renal disease.                                     |
| 2015-03-04 01:30* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss renal disease.                                     |
| 2015-03-04 02:00! | Celebrating Life in Recovery | Cheri Peters *, Brad Peters   | Cheri Peters and Brad Peters discuss exercise.  |
| 2015-03-04 06:00* | Body and Spirit              | Dick Nunez , Greg Morikone , Moses Primo Jr.  | Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how. |
| 2015-03-04 13:30* | Abundant Living              | Curtis & Paula Eakins   | Curtis and Paula Eakins discuss true mph.   |
| 2015-03-04 14:00* | Action 4 Life                | Casio Jones *, Dan Summers  | Casio Jones and Dan Summers demonstrate exercise techniques.                              |
| 2015-03-05 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.   |
| 2015-03-05 04:30* | Issues and Answers           | Shelley Quinn *, Carol Cannon   | Shelley Quinn and Carol Cannon discuss boundaries & saying no.                            |
| 2015-03-05 06:00* | Body and Spirit Aerobics     | Brittany Nunez , Dick Nunez , Rick Nunez  | Dick Nunez and helpers show aerobics exercises for health.                                |
| 2015-03-05 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver   | Dr. Arthur Weaver discusses stop smoking clinic.  |
| 2015-03-05 10:00* | Wonderfully Made             | N. David Emerson  | N. David Emerson discusses hypertension & insulin resistance syndrome.                    |
| 2015-03-05 11:00! | Celebrating Life in Recovery | Cheri Peters *, Brad Peters   | Cheri Peters and Brad Peters discuss exercise.  |
| 2015-03-05 12:00* | Ultimate Prescription        | James Marcum & Charles Mills  | James Marcum and Charles Mills discuss renal disease.                                     |

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|-------------------|------------------------------|--|--|
| 2015-03-05 13:30* | Let's Cook Together          | Idalia Dinzey *, Marlene McKinney                    | Idalia Dinzey and Marlene McKinney discuss kingly breakfast.   |
| 2015-03-05 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz | Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.  |
| 2015-03-06 06:00* | Body and Spirit              | Dee Hilderbrand , Dick Nunez , Joe Carrell           | Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.   |
| 2015-03-06 10:00* | Health for a Lifetime        | Don Mckintosh *, Manjula Borge                       | Don Mckintosh and Manjula Borge discuss the effects sexual abuse has on the child involved and the child's family.             |
| 2015-03-06 13:30* | Abundant Living              | Curtis & Paula Eakins                                | Curtis and Paula Eakins discuss alpha & omega.   |
| 2015-03-06 14:00* | Action 4 Life                | Casio Jones *, Tom Mann                              | Casio Jones with Tom Mann discuss Nutrition  |
| 2015-03-08 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Rhonda Clark           | Dr. Agatha Thrash, Don Miller, and Rhonda Clark demonstrate the effects of stress on the body.                                 |
| 2015-03-08 06:00* | Body and Spirit Aerobics     | Becky Garber , Dick Nunez , Fred Garber              | Dick Nunez with helpers shows simple exercises to control stress.  |
| 2015-03-08 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. |
| 2015-03-09 01:00! | Celebrating Life in Recovery | Cheri Peters *, James Moon                           | Cheri Peters and James Moon discuss liquids.   |
| 2015-03-09 05:30* | Wonderfully Made             | N. David Emerson                                     | N. David Emerson discusses hypertension & insulin resistance syndrome.   |
| 2015-03-09 06:00* | Body and Spirit              | Dick Nunez , Justin Walker , Kalie O'Brien           | Dick Nunez with helpers show and talk about exercises for strength training for youth.   |
| 2015-03-09 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                         | James Marcum and Charles Mills discuss health and reason.  |
| 2015-03-09 13:30* | Abundant Living              | Curtis & Paula Eakins                                | Curtis and Paula Eakins discuss wrap it up.  |
| 2015-03-09 14:00* | Action 4 Life                | Casio Jones *, Kevin Tom                             | Casio Jones and Kevin Tom discuss exercise by cycling.   |
| 2015-03-09 18:30* | Issues and Answers           | Shelley Quinn *, Carol Cannon                        | Shelley Quinn and Carol Cannon discuss boundaries & saying no.   |
| 2015-03-09 19:00! | Celebrating Life in Recovery | Cheri Peters *, James Moon                           | Cheri Peters and James Moon discuss liquids.   |
| 2015-03-10 06:00* | Body and Spirit Aerobics     | Brittany Nunez , Dick Nunez , Rick Nunez             | Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.  |
| 2015-03-10 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Rhonda Clark           | Dr. Agatha Thrash, Don Miller, and Rhonda Clark demonstrate the effects of stress on the body.                                 |
| 2015-03-10 11:00* | Issues and Answers           | Shelley Quinn *, Carol Cannon                        | Shelley Quinn and Carol Cannon discuss boundaries & saying no.   |
| 2015-03-10 13:30* | Let's Cook Together          | Jill Morikone *, Marlene McKinney                    | Jill Morikone and Marlene McKinney discuss caribbean cuisine.  |
| 2015-03-10 14:00* | Body and Spirit (New)        | Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse | Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.                        |

# Community Issues Program List

## January through March 2015

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

| Date and Time     | Program                      | Talent  | Description  |
|-------------------|------------------------------|---|--|
| 2015-03-10 21:30* | Ultimate Prescription        | James Marcum & Charles Mills                                | James Marcum and Charles Mills discuss health and reason.  |
| 2015-03-11 01:30* | Ultimate Prescription        | James Marcum & Charles Mills                                | James Marcum and Charles Mills discuss health and reason.  |
| 2015-03-11 02:00! | Celebrating Life in Recovery | Cheri Peters *, James Moon                                  | Cheri Peters and James Moon discuss liquids.   |
| 2015-03-11 06:00* | Body and Spirit              | Dick Nunez , Mindy Kellum , Randi Brewer                    | Dick Nunez, with helpers, demonstrate beginning exercising.  |
| 2015-03-11 13:30* | Abundant Living              | Curtis Eakins , Paula Eakins                                | Curtis and Paula Eakins focus on Alzheimers Disease. Part 2.   |
| 2015-03-11 14:00* | Action 4 Life                | Casio Jones *, Galen Comstock                               | Casio Jones with Galen Comstock discuss the effects of sugar on the body.  |
| 2015-03-12 03:00! | Up Close                     | Dan Mackintosh *, 01. Dr. Gerard McLain , 02. Naomi Coleman | Gerard McLane discusses obesity and diet.  |
| 2015-03-12 04:30* | Issues and Answers           | Shelley Quinn *, Carol Cannon                               | Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).                 |
| 2015-03-12 06:00* | Body and Spirit Aerobics     | Becky Garber , Dick Nunez , Fred Garber                     | Dick Nunez with helpers shows simple exercises helpful for those with joint problems.                                  |
| 2015-03-12 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver   | Dr. Arthur Weaver discusses stop smoking clinic.   |
| 2015-03-12 10:00* | Wonderfully Made             | N. David Emerson  | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1.                                    |
| 2015-03-12 11:00! | Celebrating Life in Recovery | Cheri Peters *, James Moon                                  | Cheri Peters and James Moon discuss liquids.   |
| 2015-03-12 12:00* | Ultimate Prescription        | James Marcum & Charles Mills                                | James Marcum and Charles Mills discuss health and reason.  |
| 2015-03-12 13:30* | Let's Cook Together          | Jill Morikone *, Marlene McKinney                           | Jill Morikone and Marlene McKinney discuss special meal for sabbath.   |
| 2015-03-12 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. |
| 2015-03-13 06:00* | Body and Spirit              | Dick Nunez , Greg Morikone , Michael Webb                   | Dick Nunez shows how to tone your muscles. Helpers are Rick Nunez and Andrew Hard.                                     |
| 2015-03-13 10:00* | Health for a Lifetime        | Don Mckintosh *, David DeRose                               | Don Mckintosh and David DeRose discuss natural approach of type 2 diabetes.  |
| 2015-03-13 13:30* | Abundant Living              | Curtis Eakins , Paula Eakins                                | Curtis and Paula Eakins cook up some Southern Cuisine.   |
| 2015-03-13 14:00* | Action 4 Life                | Casio Jones *, Sarah Behn                                   | Casio Jones with Sarah Behn talk about Juice and health.   |
| 2015-03-13 17:00* | NEWSTART Now                 | Ron Giannoni *, Maggie Heller                               | Ron Giannoni and Maggie Heller discuss Diabetes and Chronic Obesity.   |
| 2015-03-15 03:00* | NEWSTART Now                 | Ron Giannoni *, Maggie Heller                               | Ron Giannoni and Maggie Heller discuss Diabetes and Chronic Obesity.   |
| 2015-03-15 03:30* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Rhonda Clark                  | Dr. Agatha Thrash, Don Miller, and Rhonda Clark discuss common laws of health and how they affect your body.           |



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| Date and Time     | Program                      | Talent   | Description  |
|-------------------|------------------------------|--|--|
| 2015-03-15 06:00* | Body and Spirit Aerobics     | Becky Garber , Dick Nunez , Fred Garber              | Dick Nunez with helpers shows compression exercises to help with osteoporosis.                               |
| 2015-03-15 14:00* | Body and Spirit (New)        | Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse | Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.                  |
| 2015-03-16 01:00! | Celebrating Life in Recovery | Cheri Peters *, Bob McKain                           | Cheri Peters and Bob McKain discuss environment.   |
| 2015-03-16 05:30* | Wonderfully Made             | N. David Emerson                                     | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1.                          |
| 2015-03-16 06:00* | Body and Spirit              | Dick Nunez , Miles Scruggs , Scott Tanner            | Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.            |
| 2015-03-16 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                         | James Marcum and Charles Mills discuss questions about cancer and nutrition.                                 |
| 2015-03-16 13:30* | Abundant Living              | Curtis Eakins , Paula Eakins                         | Curtis and Paula Eakins demonstrate preparing a holiday dinner   |
| 2015-03-16 14:00* | Action 4 Life                | Casio Jones *, Barry Bayles & Dora Bayles            | Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.                            |
| 2015-03-16 18:30* | Issues and Answers           | Shelley Quinn *, Carol Cannon                        | Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).       |
| 2015-03-16 19:00! | Celebrating Life in Recovery | Cheri Peters *, Bob McKain                           | Cheri Peters and Bob McKain discuss environment.   |
| 2015-03-17 06:00* | Body and Spirit Aerobics     | Dick Nunez , Mrs. Ford                               | Dick Nunez with helpers shows aerobics exercises designed for the elderly.                                   |
| 2015-03-17 10:00* | Help Yourself to Health      | Agatha Thrash *, Don Miller , Rhonda Clark           | Dr. Agatha Thrash, Don Miller, and Rhonda Clark discuss common laws of health and how they affect your body. |
| 2015-03-17 11:00* | Issues and Answers           | Shelley Quinn *, Carol Cannon                        | Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).       |
| 2015-03-17 11:30* | NEWSTART Now                 | Ron Giannoni *, Maggie Heller                        | Ron Giannoni and Maggie Heller discuss Diabetes and Chronic Obesity.   |
| 2015-03-17 13:30* | Let's Cook Together          | Jill Morikone *, Marlene McKinney                    | Jill Morikone and Marlene McKinney discuss bahamian feast pt. 2.   |
| 2015-03-17 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz | Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss matters of the heart.                       |
| 2015-03-17 21:30* | Ultimate Prescription        | James Marcum & Charles Mills                         | James Marcum and Charles Mills discuss questions about cancer and nutrition.                                 |
| 2015-03-18 01:30* | Ultimate Prescription        | James Marcum & Charles Mills                         | James Marcum and Charles Mills discuss questions about cancer and nutrition.                                 |
| 2015-03-18 02:00! | Celebrating Life in Recovery | Cheri Peters *, Bob McKain                           | Cheri Peters and Bob McKain discuss environment.   |
| 2015-03-18 06:00* | Body and Spirit              | Dick Nunez , Elora Ford , Ethel Carlsson             | For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.      |
| 2015-03-18 13:30* | Abundant Living              | Curtis Eakins , Paula Eakins                         | Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 2.  |

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| Date and Time     | Program                      | Talent   | Description  |
|-------------------|------------------------------|--|--|
| 2015-03-18 14:00* | Action 4 Life                | Casio Jones *, Galen Comstock                        | Casio Jones and Galen Comstock discuss Florida hospital wellness center.   |
| 2015-03-19 03:00! | Up Close                     | Don Mackintosh *, 01. Marti Jones , 02. Jan Morris   | Marti Jones with guests discuss recovering from the pain of divorce.   |
| 2015-03-19 04:30* | Issues and Answers           | Shelley Quinn *, Carol Cannon                        | Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).                          |
| 2015-03-19 06:00* | Body and Spirit Aerobics     | Becky Garber , Dick Nunez , Fred Garber              | Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.                                      |
| 2015-03-19 09:00! | Stop-Smoking Clinic          | Dr. Arthur Weaver                                    | Dr. Arthur Weaver discusses stop smoking clinic.   |
| 2015-03-19 10:00* | Wonderfully Made             | N. David Emerson                                     | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2.                              |
| 2015-03-19 11:00! | Celebrating Life in Recovery | Cheri Peters *, Bob McKain                           | Cheri Peters and Bob McKain discuss environment.   |
| 2015-03-19 12:00* | Ultimate Prescription        | James Marcum & Charles Mills                         | James Marcum and Charles Mills discuss questions about cancer and nutrition.                                     |
| 2015-03-19 13:30* | Let's Cook Together          | Jill Morikone *, Jennifer White                      | Jill Morikone and Jennifer White talk about and show some no-cook receipes.                                      |
| 2015-03-19 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.                 |
| 2015-03-20 06:00* | Body and Spirit              | Dick Nunez , Michael Webb , Miles Scruggs            | Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.                              |
| 2015-03-20 10:00* | Health for a Lifetime        | Don Mckintosh *, David DeRose                        | Don Mckintosh and David DeRose discuss hypertension.   |
| 2015-03-20 13:30* | Abundant Living              | Curtis Eakins , Paula Eakins                         | Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 3.  |
| 2015-03-20 14:00* | Action 4 Life                | Casio Jones *, Nadezda Stotz                         | Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)                             |
| 2015-03-22 03:30* | Help Yourself to Health      | Agatha Thrash  | Dr. Agatha Thrash discusses insulin resistance. Part 1   |
| 2015-03-22 06:00* | Body and Spirit Aerobics     | Dick Nunez , Elora Ford                              | Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.                        |
| 2015-03-22 14:00* | Body and Spirit (New)        | Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse | Ron Giannoni with Dr. Richard Lukens and Joe Westbury disscuss the pitfalls of the American Lifestyle on health. |
| 2015-03-23 05:30* | Wonderfully Made             | N. David Emerson                                     | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2.                              |
| 2015-03-23 06:00* | Body and Spirit              | Dick Nunez , John Dinzey , Tony Hall                 | Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes.                           |
| 2015-03-23 07:30* | Ultimate Prescription        | James Marcum & Charles Mills                         | James Marcum and Charles Mills discuss questions of the heart.   |
| 2015-03-23 13:30* | Abundant Living              | Curtis Eakins , Paula Eakins                         | Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 1.  |
| 2015-03-23 14:00* | Action 4 Life                | Casio Jones *, Monique Anderson                      | Casio Jones and Monique Anderson discuss Florida wellness center.  |

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|-------------------|--------------------------|---|--|
| 2015-03-23 18:30* | Issues and Answers       | Shelley Quinn *, Carol Cannon                 | Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).                      |
| 2015-03-24 06:00* | Body and Spirit Aerobics | Dick Nunez , Mrs. Ford                        | Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.   |
| 2015-03-24 10:00* | Help Yourself to Health  | Agatha Thrash                                 | Dr. Agatha Thrash discusses insulin resistance. Part 1   |
| 2015-03-24 11:00* | Issues and Answers       | Shelley Quinn *, Carol Cannon                 | Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).                      |
| 2015-03-24 13:30* | Let's Cook Together      | Angela Lomacang *, Jennifer White             | Jill Morikone and Jennifer White talk about and show how to prepare a healthy lunch box.                     |
| 2015-03-24 14:00* | Body and Spirit (New)    | Lyndi Schwartz *, Andi Hunsaker , Tami Bivens | Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.                                |
| 2015-03-24 21:30* | Ultimate Prescription    | James Marcum & Charles Mills                  | James Marcum and Charles Mills discuss questions of the heart.   |
| 2015-03-25 01:30* | Ultimate Prescription    | James Marcum & Charles Mills                  | James Marcum and Charles Mills discuss questions of the heart.   |
| 2015-03-25 06:00* | Body and Spirit          | Dick Nunez , Patricia Juarez , Tammy Larson   | Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women. |
| 2015-03-25 13:30* | Abundant Living          | Curtis Eakins , Paula Eakins                  | Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 2.                                    |
| 2015-03-25 14:00* | Action 4 Life            | Casio Jones *, Marcie English                 | Casio Jones with Marcie English discuss running benefits.  |
| 2015-03-26 03:00! | Up Close                 | Shelley Quinn *, Lois Stuart , Rick Howard    | Rick Howard discusses the dangers of the occult.   |
| 2015-03-26 06:00* | Body and Spirit Aerobics | Brittany Nunez , Dick Nunez , Rick Nunez      | Dick Nunez with helpers show and talk about exercises for autoimmune disease.                                |
| 2015-03-26 09:00! | Stop-Smoking Clinic      | Dr. Arthur Weaver                             | Dr. Arthur Weaver discusses stop smoking clinic.   |
| 2015-03-26 10:00* | Wonderfully Made         | N. David Emerson                              | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3.                          |
| 2015-03-26 12:00* | Ultimate Prescription    | James Marcum & Charles Mills                  | James Marcum and Charles Mills discuss questions of the heart.   |
| 2015-03-26 13:30* | Let's Cook Together      | Angela Lomacang *, Jennifer White             | Angela Lomacang and Jennifer White show making food in a flash.  |
| 2015-03-26 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.        |
| 2015-03-27 06:00* | Body and Spirit          | Dick Nunez , Michael Webb , Miles Scruggs     | Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility.                        |
| 2015-03-27 10:00* | Health for a Lifetime    | Don Mckintosh *, David DeRose                 | Don Mckintosh and David De Rose discuss sleeping disorders.  |
| 2015-03-27 13:30* | Abundant Living          | Curtis Eakins , Paula Eakins                  | Curtis and Paula Eakins discuss cooking for family and friends.  |
| 2015-03-27 14:00* | Action 4 Life            | Casio Jones *, Nadine Brooks                  | Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..                |

# Community Issues Program List

## *January through March 2015*

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| Date and Time     | Program                      | Talent                                       | Description   |
|-------------------|------------------------------|--|---|
| 2015-03-29 03:30* | Help Yourself to Health      | Agatha Thrash *                              | Dr. Agatha Thrash continues the discussion on Insulin Resistance.                           |
| 2015-03-29 06:00* | Body and Spirit Aerobics     | Andrew Hard , Dick Nunez , Rick Nunez        | Dick Nunez with helpers show and talk about exercises for beginners.                        |
| 2015-03-29 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.                        |
| 2015-03-30 01:00! | Celebrating Life in Recovery | Cheri Peters *, Rene Quispe                  | Cheri Peters and Rene Quispe discuss rest.  |
| 2015-03-30 05:30* | Wonderfully Made             | N. David Emerson                             | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3.         |
| 2015-03-30 06:00* | Body and Spirit              | Dick Nunez , Nicole Garcia                   | Dick Nunez and Nicole Garcia discuss eating disorders and demonstrate exercises for health. |
| 2015-03-30 07:30* | Ultimate Prescription        | Dr. James Marcum *, Charles Mills            | Dr. James Marcum and Charles Mills discuss pain that won't go away.                         |
| 2015-03-30 13:30* | Abundant Living              | Curtis Eakins , Paula Eakins                 | Curtis and Paula Eakins discuss Brunch for Mon's. What about breakfast?                     |
| 2015-03-30 14:00* | Action 4 Life                | Casio Jones *, Idalia Dinzey                 | Casio Jones and Idalia Dinzey discuss the options of bicycles                               |
| 2015-03-30 19:00! | Celebrating Life in Recovery | Cheri Peters *, Rene Quispe                  | Cheri Peters and Rene Quispe discuss rest.  |
| 2015-03-31 06:00* | Body and Spirit Aerobics     | Andrew Hard , Dick Nunez , Rick Nunez        | Dick Nunez with helpers show and talk about exercises for toning your muscles..             |
| 2015-03-31 10:00* | Help Yourself to Health      | Agatha Thrash *                              | Dr. Agatha Thrash continues the discussion on Insulin Resistance.                           |
| 2015-03-31 13:30* | Let's Cook Together          | Jill Morikone *, JoAnn Rachor                | Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better.                   |
| 2015-03-31 14:00* | Body and Spirit (New)        | Andi Hunsaker *, Nancy Diaz , Tami Bivens    | Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.        |
| 2015-03-31 21:30* | Ultimate Prescription        | Dr. James Marcum *, Charles Mills            | Dr. James Marcum and Charles Mills discuss pain that won't go away.                         |