

Community Issues Program List

January through March 2014

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

Date and Time	Program	Talent	Description
2014-01-01 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss disease fighting foods.
2014-01-01 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2014-01-01 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.
2014-01-01 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss fats you don't think about -- in liquid form.
2014-01-01 14:00*	Action 4 Life	Casio Jones *, Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2014-01-02 03:00!	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
2014-01-02 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
2014-01-02 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2014-01-02 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-01-02 10:00*	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping toward stepping into health.
2014-01-02 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss disease fighting foods.
2014-01-02 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare a Mediterranean style lunch.
2014-01-02 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Lyndi Schwartz, and Nancy Diaz discuss just for kicks.
2014-01-03 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
2014-01-03 10:00*	Health for a Lifetime	Don Mackintosh , Zeno Charles - Marcel	Don Mackintosh and Zeno Charles - Marcel discuss heart disease.
2014-01-03 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
2014-01-03 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the inportance of daily walking for health.
2014-01-03 14:00*	Action 4 Life	Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2014-01-05 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 3.
2014-01-05 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2014-01-05 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Lyndi Schwartz, and Tami Bivens discuss interval jogging.
2014-01-06 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping toward stepping into health.

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2014-01-06 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.
2014-01-06 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss screening for all.
2014-01-06 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses pasta bilities.
2014-01-06 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2014-01-07 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.
2014-01-07 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 3.
2014-01-07 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare a pocket surprise luncheon.
2014-01-07 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2014-01-07 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
2014-01-07 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss screening for all.
2014-01-08 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss screening for all.
2014-01-08 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2014-01-08 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins , Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
2014-01-08 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on how to build up your immunity.
2014-01-08 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2014-01-09 03:00!	Up Close	Gerard McLane	Gerard McLane discusses obesity and diet.
2014-01-09 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
2014-01-09 04:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2014-01-09 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.
2014-01-09 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-01-09 10:00*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects adult obesity and health.
2014-01-09 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss screening for all.

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2014-01-09 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla discuss italian twist.
2014-01-09 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss aerobics for upper extremities.
2014-01-10 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2014-01-10 10:00*	Health for a Lifetime	Don Mackintosh , Zeno Charles - Marcel	Don Mackintosh and Zeno Charles - Marcel discuss total health.
2014-01-10 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss making a grave for faults.
2014-01-10 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis Eakins and Paula Eakins talk surprisingly about How to weaken your immunity.
2014-01-10 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2014-01-10 17:00*	NEWSTART Now	Ron Giannoni *, John Capitani	Ron Giannoni and John Capitani discuss the benefits of a residential lifestyle program.
2014-01-12 03:00*	NEWSTART Now	Ron Giannoni *, John Capitani	Ron Giannoni and John Capitani discuss the benefits of a residential lifestyle program.
2014-01-12 03:30*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 4.
2014-01-12 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.
2014-01-12 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2014-01-13 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.
2014-01-13 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects adult obesity and health.
2014-01-13 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.
2014-01-13 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss obesity a disease?.
2014-01-13 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula revisit the joys and convenience of crock-pot cooking for the busy family.
2014-01-13 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2014-01-13 18:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2014-01-13 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.

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Date and Time	Program	Talent	Description
2014-01-14 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.
2014-01-14 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 4.
2014-01-14 11:00*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2014-01-14 11:30*	NEWSTART Now	Ron Giannoni *, John Capitani	Ron Giannoni and John Capitani discuss the benefits of a residential lifestyle program.
2014-01-14 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla discuss ethnic variations.
2014-01-14 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2014-01-14 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss making a grave for faults.
2014-01-14 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss obesity a disease?.
2014-01-15 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss obesity a disease?.
2014-01-15 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.
2014-01-15 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2014-01-15 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.
2014-01-15 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the difference between CRP and CPR for a healthy life.
2014-01-15 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2014-01-16 03:00!	Up Close	Jason Seiber	Jason Seiber discusses taming your tv.
2014-01-16 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss making a grave for faults.
2014-01-16 04:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.
2014-01-16 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.
2014-01-16 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-01-16 10:00*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.

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2014-01-16 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.
2014-01-16 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss obesity a disease?.
2014-01-16 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.
2014-01-16 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2014-01-17 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.
2014-01-17 10:00*	Health for a Lifetime	Don Mackintosh , Zeno Charles - Marcel	Don Mackintosh and Zeno Charles - Marcel discuss be active.
2014-01-17 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of building a sure foundation.
2014-01-17 13:30*	Abundant Living	Paula and Curtis Eakins	For those who are a Gluten for Punishment, Curtis and Paula Eakins discuss.
2014-01-17 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2014-01-19 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 5.
2014-01-19 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.
2014-01-19 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.
2014-01-20 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
2014-01-20 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.
2014-01-20 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss medicine's failing grade.
2014-01-20 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins cook up a yummy but healthy dinner for two.
2014-01-20 14:00*	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2014-01-20 18:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.
2014-01-21 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.

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2014-01-21 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 5.
2014-01-21 11:00*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.
2014-01-21 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald prepare some Filipino Recipes.
2014-01-21 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2014-01-21 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of building a sure foundation.
2014-01-21 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss medicine's failing grade.
2014-01-22 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss medicine's failing grade.
2014-01-22 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2014-01-22 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.
2014-01-22 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
2014-01-22 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2014-01-23 03:00!	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
2014-01-23 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of building a sure foundation.
2014-01-23 04:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.
2014-01-23 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2014-01-23 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-01-23 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on Could I Have a Heart Attack?
2014-01-23 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss medicine's failing grade.
2014-01-23 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show how to prepare Phillipine Cuisine.
2014-01-23 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.
2014-01-24 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

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2014-01-24 10:00*	Health for a Lifetime	Don Mackintosh , Zeno Charles - Marcel	Don Mackintosh and Zeno Charles - Marcel discuss sweet blood, sour deal.
2014-01-24 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Alane Waters and Tom Waters discuss prayers of love.
2014-01-24 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the Cancer Fighters.
2014-01-24 14:00*	Action 4 Life	Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2014-01-24 17:00*	NEWSTART Now	Ron Giannoni *, Lindsay Jacob	Ron Giannoni and Lindsay Jacob discuss Eczema and antibiotic resistant bacterial infection.
2014-01-26 03:00*	NEWSTART Now	Ron Giannoni *, Lindsay Jacob	Ron Giannoni and Lindsay Jacob discuss Eczema and antibiotic resistant bacterial infection.
2014-01-26 03:30*	Help Yourself to Health	Agatha Thrash *, , , Rhonda Clark	Dr. Agatha Thrash with Rhonda Clark talk about Dermatology. Part 1.
2014-01-26 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.
2014-01-26 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.
2014-01-27 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2014-01-27 05:30*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on Could I Have a Heart Attack?
2014-01-27 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.
2014-01-27 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss as a person thinketh.
2014-01-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression and unveiling the culprits.
2014-01-27 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2014-01-27 18:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.
2014-01-27 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2014-01-28 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.
2014-01-28 10:00*	Help Yourself to Health	Agatha Thrash *, , , Rhonda Clark	Dr. Agatha Thrash with Rhonda Clark talk about Dermatology. Part 1.
2014-01-28 11:00*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.

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2014-01-28 11:30*	NEWSTART Now	Ron Giannoni *, Lindsay Jacob	Ron Giannoni and Lindsay Jacob discuss Eczema and antibiotic resistant bacterial infection.
2014-01-28 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show some quick and easy recipes.
2014-01-28 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.
2014-01-28 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Alane Waters and Tom Waters discuss prayers of love.
2014-01-28 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss as a person thinketh.
2014-01-29 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss as a person thinketh.
2014-01-29 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2014-01-29 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2014-01-29 06:00*	Body and Spirit	Dick Nunez *, Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.
2014-01-29 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression's Drugs and alternatives.
2014-01-29 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.
2014-01-30 03:00!	Up Close	Rick Howard	Rick Howard discusses the dangers of the occult.
2014-01-30 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Alane Waters and Tom Waters discuss prayers of love.
2014-01-30 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2014-01-30 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2014-01-30 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-01-30 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on treatment after a heart attack.
2014-01-30 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2014-01-30 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss as a person thinketh.
2014-01-30 13:30*	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates lunch-box ideas.
2014-01-30 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.

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2014-01-31 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.
2014-01-31 10:00*	Health for a Lifetime	Don Mackintosh , Zeno Charles - Marcel	Don Mackintosh and Zeno Charles - Marcel discuss results.
2014-01-31 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of forming common goals.
2014-01-31 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression.
2014-01-31 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.
2014-02-02 03:30*	Help Yourself to Health	Agatha Thrash *, , Calving Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Dr. Calving Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 2.
2014-02-02 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.
2014-02-02 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.
2014-02-03 01:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2014-02-03 05:30*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on treatment after a heart attack.
2014-02-03 06:00*	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2014-02-03 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss beach treatment.
2014-02-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression. (Part 2)
2014-02-03 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2014-02-03 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2014-02-03 19:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2014-02-04 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.
2014-02-04 10:00*	Help Yourself to Health	Agatha Thrash *, , Calving Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Dr. Calving Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 2.
2014-02-04 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2014-02-04 13:30*	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates some quick meal ideas.

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Date and Time	Program	Talent	Description
2014-02-04 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.
2014-02-04 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of forming common goals.
2014-02-04 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss beach treatment.
2014-02-05 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss beach treatment.
2014-02-05 02:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2014-02-05 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2014-02-05 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.
2014-02-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the Blues.
2014-02-05 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2014-02-06 03:00!	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
2014-02-06 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of forming common goals.
2014-02-06 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2014-02-06 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.
2014-02-06 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-02-06 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
2014-02-06 11:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2014-02-06 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss beach treatment.
2014-02-06 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss family picnic.
2014-02-06 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.
2014-02-07 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.
2014-02-07 10:00*	Health for a Lifetime	David DeRose , Don Mackintosh	David DeRose and Don Mackintosh discuss homocysteine.

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Date and Time	Program	Talent	Description
2014-02-07 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of setting priorities.
2014-02-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of sadness and how it affects the body.
2014-02-07 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2014-02-09 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 3.
2014-02-09 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.
2014-02-09 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.
2014-02-10 05:30*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
2014-02-10 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.
2014-02-10 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss looking at the evidence.
2014-02-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning into Vegetarianiam.
2014-02-10 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2014-02-10 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2014-02-11 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.
2014-02-11 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 3.
2014-02-11 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2014-02-11 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss bahamian feast.
2014-02-11 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2014-02-11 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of setting priorities.
2014-02-11 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss looking at the evidence.

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Date and Time	Program	Talent	Description
2014-02-12 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss looking at the evidence.
2014-02-12 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2014-02-12 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.
2014-02-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of coffee on the body.
2014-02-12 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2014-02-13 03:00!	Up Close	Marti Jones	Marti Jones talks about dealing with death.
2014-02-13 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of setting priorities.
2014-02-13 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2014-02-13 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.
2014-02-13 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-02-13 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?
2014-02-13 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss looking at the evidence.
2014-02-13 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss kingly breakfast.
2014-02-13 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.
2014-02-14 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
2014-02-14 10:00*	Health for a Lifetime	David DeRose , Don Mackintosh	David DeRose and Don Mackintosh discuss weight reduction pt. 1.
2014-02-14 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of effective communication.
2014-02-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein - Without the Bologna.
2014-02-14 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycyle.
2014-02-14 17:00*	NEWSTART Now	Ron Giannoni *, Laura Dorans	Ron Giannoni and Laura Dorans discuss more energy and improved health in spite of m s.
2014-02-16 03:00*	NEWSTART Now	Ron Giannoni *, Laura Dorans	Ron Giannoni and Laura Dorans discuss more energy and improved health in spite of m s.

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Date and Time	Program	Talent	Description
2014-02-16 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash and Don Miller discuss how to control allergies.
2014-02-16 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.
2014-02-16 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.
2014-02-17 05:30*	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?
2014-02-17 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.
2014-02-17 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss water does a body good.
2014-02-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for Picnic Time.
2014-02-17 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2014-02-17 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2014-02-18 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2014-02-18 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash and Don Miller discuss how to control allergies.
2014-02-18 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2014-02-18 11:30*	NEWSTART Now	Ron Giannoni *, Laura Dorans	Ron Giannoni and Laura Dorans discuss more energy and improved health in spite of m s.
2014-02-18 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss caribbean cuisine.
2014-02-18 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.
2014-02-18 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of effective communication.
2014-02-18 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss water does a body good.
2014-02-19 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss water does a body good.
2014-02-19 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2014-02-19 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.

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Date and Time	Program	Talent	Description
2014-02-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss adventist advantage.
2014-02-19 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2014-02-20 03:00!	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2014-02-20 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of effective communication.
2014-02-20 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2014-02-20 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.
2014-02-20 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-02-20 10:00*	Wonderfully Made	Daniel Miller , James Marcum	Daniel Miller and Jim Marcum discuss the rhythms of the heart.
2014-02-20 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss water does a body good.
2014-02-20 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss special meal for sabbath.
2014-02-20 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.
2014-02-21 06:00*	Body and Spirit	Dick Nunez *, Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2014-02-21 10:00*	Health for a Lifetime	David DeRose , Don Mackintosh	David DeRose and Don Mackintosh discuss weight reduction pt. 2.
2014-02-21 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss when each person says Please Understand Me.
2014-02-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about foods for joint health.
2014-02-21 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2014-02-23 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss photochemicals.
2014-02-23 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2014-02-23 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.
2014-02-24 05:30*	Wonderfully Made	Daniel Miller , James Marcum	Daniel Miller and Jim Marcum discuss the rhythms of the heart.
2014-02-24 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
2014-02-24 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss is it edison's fault?.
2014-02-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some easy healthy breakfast ideas.

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2014-02-24 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2014-02-24 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2014-02-25 06:00*	Body and Spirit Aerobics	Dick Nunez *, Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2014-02-25 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss photochemicals.
2014-02-25 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2014-02-25 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss bahamian feast pt. 2.
2014-02-25 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.
2014-02-25 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss when each person says Please Understand Me.
2014-02-25 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss is it edison's fault?.
2014-02-26 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss is it edison's fault?.
2014-02-26 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2014-02-26 06:00*	Body and Spirit	Dick Nunez *, Art Garner and Brittany Nunez	Dick Nunez and Art Garner and Brittany Nunez discuss fitness for everyone.
2014-02-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about problems with Poultry.
2014-02-26 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2014-02-27 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.
2014-02-27 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss when each person says Please Understand Me.
2014-02-27 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2014-02-27 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-02-27 10:00*	Wonderfully Made	Daniel Miller *, James Marcum	Daniel Miller and Jim Marcum discuss heart valves; how they work and how they may fail.
2014-02-27 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss is it edison's fault?.
2014-02-27 13:30*	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.

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2014-02-27 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.
2014-02-28 06:00*	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2014-02-28 10:00*	Health for a Lifetime	David DeRose , Don Mackintosh	David DeRose and Don Mackintosh discuss native american health practices.
2014-02-28 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss communication breakers in marriage.
2014-02-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss debriefing the beef.
2014-02-28 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2014-02-28 17:00*	NEWSTART Now	Ron Giannoni *, Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.
2014-03-02 03:00*	NEWSTART Now	Ron Giannoni *, Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.
2014-03-02 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss reproductive health.
2014-03-02 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2014-03-02 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.
2014-03-03 05:30*	Wonderfully Made	Daniel Miller *, James Marcum	Daniel Miller and Jim Marcum discuss heart valves; how they work and how they may fail.
2014-03-03 06:00*	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2014-03-03 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss smoking and freedom.
2014-03-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about the benefits of squash.
2014-03-03 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2014-03-04 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.
2014-03-04 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss reproductive health.
2014-03-04 11:30*	NEWSTART Now	Ron Giannoni *, Don Whitecar	Ron Giannoni and Con Whitecar discuss chronic fatiques syndrome.
2014-03-04 13:30*	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.
2014-03-04 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.
2014-03-04 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss communication breakers in marriage.

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2014-03-04 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss smoking and freedom.
2014-03-05 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss smoking and freedom.
2014-03-05 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2014-03-05 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.
2014-03-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2014-03-05 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2014-03-06 03:00!	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
2014-03-06 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss communication breakers in marriage.
2014-03-06 06:00*	Body and Spirit Aerobics	Dick Nunez *, Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2014-03-06 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-03-06 10:00*	Wonderfully Made	Daniel Miller , James Marcum	Daniel Miller and Jim Marcum discuss sleep as a medicine.
2014-03-06 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss smoking and freedom.
2014-03-06 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.
2014-03-06 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2014-03-07 06:00*	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2014-03-07 10:00*	Health for a Lifetime	David DeRose , Don Mackintosh	David DeRose and Don Mackintosh discuss social support.
2014-03-07 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss honesty and integrity in marriage.
2014-03-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2014-03-07 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2014-03-09 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss the problems of overweight.
2014-03-09 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strengthen your bones.

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Date and Time	Program	Talent	Description
2014-03-09 14:00*	Body and Spirit (New)	Lyndi Schwart * , Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2014-03-10 05:30*	Wonderfully Made	Daniel Miller , James Marcum	Daniel Miller and Jim Marcum discuss sleep as a medicine.
2014-03-10 06:00*	Body and Spirit	Dick Nunez * , Barbara Nolen , Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2014-03-10 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss foot archery.
2014-03-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.
2014-03-10 14:00*	Action 4 Life	Casio Jones * , Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2014-03-11 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.
2014-03-11 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss the problems of overweight.
2014-03-11 13:30*	Let's Cook Together	Angela Lomacang * , Jennifer White	Angela Lomacang and Jennifer White show making food in a flash.
2014-03-11 14:00*	Body and Spirit (New)	Lyndi Schwartz * , Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.
2014-03-11 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss honesty and integrity in marriage.
2014-03-11 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss foot archery.
2014-03-12 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss foot archery.
2014-03-12 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2014-03-12 06:00*	Body and Spirit	Dick Nunez , Susan Santos , Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2014-03-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cause for the pause.
2014-03-12 14:00*	Action 4 Life	Casio Jones * , Marcie English	Casio Jones with Marcie English discuss running benefits.
2014-03-13 03:00!	Up Close	Kay Rizzo	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
2014-03-13 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss honesty and integrity in marriage.
2014-03-13 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.
2014-03-13 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-03-13 10:00*	Wonderfully Made	Daniel Miller , James Marcum	Daniel Miller and Jim Marcum discuss the need to get moving by exercise.

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Date and Time	Program	Talent	Description
2014-03-13 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss foot archery.
2014-03-13 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better.
2014-03-13 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.
2014-03-14 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2014-03-14 10:00*	Health for a Lifetime	David DeRose , Don Mackintosh	David DeRose and Don Mackintosh discuss you can be vegetarian.
2014-03-14 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss the handling of money matters in marriage.
2014-03-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that prevent Power Surges during the day.
2014-03-14 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2014-03-14 17:00*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.
2014-03-16 03:00*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.
2014-03-16 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss cancer.
2014-03-16 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.
2014-03-16 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.
2014-03-17 05:30*	Wonderfully Made	Daniel Miller , James Marcum	Daniel Miller and Jim Marcum discuss the need to get moving by exercise.
2014-03-17 06:00*	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strenght training for seniors.
2014-03-17 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss where's the truth?.
2014-03-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about Indian Cuisine.
2014-03-17 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2014-03-18 06:00*	Body and Spirit Aerobics	Dick Nunez *, Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2014-03-18 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss cancer.
2014-03-18 11:30*	NEWSTART Now	Ron Giannoni *, Ratibu	Ron Giannoni and Ratibu discuss reducing medications and a new lifestyle.

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Date and Time	Program	Talent	Description
2014-03-18 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show and discuss the basics of cooking in a slow cooker..
2014-03-18 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss matters of the heart.
2014-03-18 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss the handling of money matters in marriage.
2014-03-18 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss where's the truth?.
2014-03-19 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss where's the truth?.
2014-03-19 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2014-03-19 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.
2014-03-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2014-03-19 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2014-03-20 03:00!	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2014-03-20 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss the handling of money matters in marriage.
2014-03-20 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2014-03-20 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-03-20 10:00*	Wonderfully Made	Christine Salter , John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 1.
2014-03-20 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss where's the truth?.
2014-03-20 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.
2014-03-20 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises.
2014-03-21 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Moses Primo Jr.	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2014-03-21 10:00*	Health for a Lifetime	David DeRose , Don Mackintosh	David DeRose and Don Mackintosh discuss the good news about exercise.
2014-03-21 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss joint managing of money in marriage.
2014-03-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2014-03-21 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.

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Date and Time	Program	Talent	Description
2014-03-23 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 relief.
2014-03-23 06:00*	Body and Spirit Aerobics	Dick Nunez * , Kalie O'Brien , Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2014-03-23 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.
2014-03-24 05:30*	Wonderfully Made	Christine Salter , John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 1.
2014-03-24 06:00*	Body and Spirit	Dee Hilderbrand , Dick Nunez , Joe Carrell	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2014-03-24 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss hormonal replacement.
2014-03-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2014-03-24 14:00*	Action 4 Life	Casio Jones * , Marcie English	Casio Jones with Marcie English discuss Kayaking .
2014-03-25 06:00*	Body and Spirit Aerobics	Dick Nunez * , Daniel Hopkins , Rabbecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabbecca Lovelace discuss depression.
2014-03-25 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 relief.
2014-03-25 13:30*	Let's Cook Together	Angela Lomacang * , Robin Swain	Angela Lomacang and Robin Swain discuss confronting cholesterol.
2014-03-25 14:00*	Body and Spirit (New)	Lyndi Schwartz * , Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2014-03-25 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss joint managing of money in marriage.
2014-03-25 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss hormonal replacement.
2014-03-26 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss hormonal replacement.
2014-03-26 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2014-03-26 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.
2014-03-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2014-03-26 14:00*	Action 4 Life	Casio Jones * , Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2014-03-27 03:00!	Up Close	Shelley Quinn * , Dr. David Wilkins , Jay Gallimore	Shelly Quinn discuss facing the tough times.
2014-03-27 04:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss joint managing of money in marriage.
2014-03-27 04:30*	Issues and Answers	J. D. Quinn * , Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2014-03-27 06:00*	Body and Spirit Aerobics	Dick Nunez * , Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.

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Date and Time	Program	Talent	Description
2014-03-27 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-03-27 10:00*	Wonderfully Made	Christine Salter , John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 2.
2014-03-27 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss hormonal replacement.
2014-03-27 13:30*	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain show making the old standard macaroni and cheese.
2014-03-27 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss mix it up cardiovascular training.
2014-03-28 06:00*	Body and Spirit	Dick Nunez , Mindy Kellum , Randi Brewer	Dick Nunez, with helpers, demonstrate beginning exercising.
2014-03-28 10:00*	Health for a Lifetime	Don Mackintosh , Tim Arnott	Don Mackintosh and Tim Arnott discuss what is optimum cholesterol?.
2014-03-28 13:00*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss steps from discord to harmony in marriage.
2014-03-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2014-03-28 14:00*	Action 4 Life	Casio Jones *, Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2014-03-28 17:00*	NEWSTART Now	Ron Giannoni *, Carol Higgins	Ron Giannoni and Carol Higgins discuss learning how to eat properly and weight loss.
2014-03-30 03:00*	NEWSTART Now	Ron Giannoni *, Carol Higgins	Ron Giannoni and Carol Higgins discuss learning how to eat properly and weight loss.
2014-03-30 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 1)
2014-03-30 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Daniel Hopkins	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2014-03-30 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.
2014-03-31 05:30*	Wonderfully Made	Christine Salter , John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 2.
2014-03-31 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.
2014-03-31 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss happiness.
2014-03-31 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss diabetes and carbohydrates.
2014-03-31 14:00*	Action 4 Life	Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2014-03-31 18:30*	Issues and Answers	J. D. Quinn *, Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.