

Community Issues Program List

October through December 2014

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

Date and Time	Program	Talent	Description
2014-10-01 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2014-10-01 02:00!	Celebrating Life in Recovery	Cheri Peters *, Cheri Buckner-Webb	Cheri Peters and Cheri Buckner-Webb discuss the racialism as it exists still today.
2014-10-01 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2014-10-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2014-10-01 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2014-10-02 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Jan Morris	Marti Jones with guests discuss recovering from the pain of divorce.
2014-10-02 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2014-10-02 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-10-02 10:00*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your
2014-10-02 11:00!	Celebrating Life in Recovery	Cheri Peters *, Cheri Buckner-Webb	Cheri Peters and Cheri Buckner-Webb discuss the racialism as it exists still today.
2014-10-02 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2014-10-02 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.
2014-10-02 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.
2014-10-03 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women.
2014-10-03 10:00*	Health for a Lifetime	Don Mackintosh , George Guthrie	Don Mackintosh and George Guthrie discuss diabetes, type i.
2014-10-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2014-10-03 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2014-10-05 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about how to plan meals.
2014-10-05 06:00*	Body and Spirit Aerobics	Dick Nunez , Elora Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2014-10-05 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2014-10-06 01:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2014-10-06 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your
2014-10-06 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes.

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Date and Time	Program	Talent	Description
2014-10-06 07:30*	Ultimate Prescription	Charles Mills , James Marcum	James Marcum discusses a new song to sing.
2014-10-06 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins focus on Alzheimers Disease. Part 2.
2014-10-06 14:00*	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2014-10-06 19:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2014-10-07 06:00*	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2014-10-07 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about how to plan meals.
2014-10-07 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making lunch.
2014-10-07 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2014-10-07 21:30*	Ultimate Prescription	Charles Mills , James Marcum	James Marcum discusses a new song to sing.
2014-10-08 01:30*	Ultimate Prescription	Charles Mills , James Marcum	James Marcum discusses a new song to sing.
2014-10-08 02:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2014-10-08 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2014-10-08 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss does everyone need milk as well as demonstrates exercise routines for health.
2014-10-08 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins cook up some Southern Cuisine.
2014-10-08 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2014-10-09 03:00!	Up Close	Shelley Quinn *, Lois Stuart , Rick Howard	Rick Howard discusses the dangers of the occult.
2014-10-09 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2014-10-09 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-10-09 10:00*	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.
2014-10-09 11:00!	Celebrating Life in Recovery	Cheri Peters *, Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?.
2014-10-09 12:00*	Ultimate Prescription	Charles Mills , James Marcum	James Marcum discusses a new song to sing.
2014-10-09 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making appetizers and dinner.
2014-10-09 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Lyndi Schwartz, and Nancy Diaz discuss just for kicks.

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Date and Time	Program	Talent	Description
2014-10-10 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss where less is more as well as demonstrates exercise routines for health.
2014-10-10 10:00*	Health for a Lifetime	Don Mackintosh , George Guthrie	Don Mackintosh and George Guthrie discuss diabetes, type ii.
2014-10-10 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins demonstrate preparing a holiday dinner
2014-10-10 14:00*	Action 4 Life	Casio Jones * , Frances Clark	Casio Jones with Frances Clark discuss the benenefits of pool exercise.
2014-10-12 03:30*	Help Yourself to Health	Agatha Thrash * , Don Miller	Dr. Agatha Thrash and Don Miller discuss modern society diseases. (Part 1)
2014-10-12 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2014-10-12 14:00*	Body and Spirit (New)	Lyndi Schwartz * , Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Lyndi Schwartz, and Tami Bivens discuss interval jogging.
2014-10-13 01:00!	Celebrating Life in Recovery	Cheri Peters * , Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2014-10-13 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.
2014-10-13 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with the immune system.
2014-10-13 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2014-10-13 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 2.
2014-10-13 14:00*	Action 4 Life	Casio Jones * , Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2014-10-13 19:00!	Celebrating Life in Recovery	Cheri Peters * , Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2014-10-14 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..
2014-10-14 10:00*	Help Yourself to Health	Agatha Thrash * , Don Miller	Dr. Agatha Thrash and Don Miller discuss modern society diseases. (Part 1)
2014-10-14 13:30*	Let's Cook Together	Jill Morikone * , Bev Cook	Jill Morikone and Bev Cook discuss and demonstrate preparing main entrees.
2014-10-14 14:00*	Body and Spirit (New)	Andi Hunsaker * , Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2014-10-14 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2014-10-15 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2014-10-15 02:00!	Celebrating Life in Recovery	Cheri Peters * , Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2014-10-15 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2014-10-15 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health.

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2014-10-15 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 3.
2014-10-15 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.
2014-10-16 03:00!	Up Close	Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner	Shelly Quinn with quests discuss dealing with loneliness.
2014-10-16 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez with helpers show and talk about workout excercises for men.
2014-10-16 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-10-16 10:00*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
2014-10-16 11:00!	Celebrating Life in Recovery	Cheri Peters *, Guests from Miracle Meadows	Cheri Peters and Guests from Miracle Meadows discuss miracle meadows.
2014-10-16 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2014-10-16 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate preparing a quick lunch.
2014-10-16 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss aerobics for upper extremities.
2014-10-17 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner discuss the willingness to change in lifestyle as well as demonstrates exercise routines for health.
2014-10-17 10:00*	Health for a Lifetime	Don Mackintosh , George Guthrie	Don Mackintosh and George Guthrie discuss vitamin d.
2014-10-17 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 1.
2014-10-17 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.
2014-10-19 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss modern society diseases. (Part 2)
2014-10-19 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2014-10-19 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2014-10-20 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2014-10-20 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
2014-10-20 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrate exercise routines for circuit training.
2014-10-20 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.

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2014-10-20 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 2.
2014-10-20 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2014-10-20 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2014-10-21 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.
2014-10-21 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss modern society diseases. (Part 2)
2014-10-21 13:30*	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making breakfast.
2014-10-21 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2014-10-21 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2014-10-22 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2014-10-22 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2014-10-22 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the ingredients to a happy marriage.
2014-10-22 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of sunshine as well as demonstrates exercise routines for health.
2014-10-22 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss cooking for family and friends.
2014-10-22 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2014-10-23 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Mike McKinnon , 03. Debbie Edgerton	Marti Jones talks about dealing with death.
2014-10-23 04:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss getting motivated.
2014-10-23 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2014-10-23 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-10-23 10:00*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discusses hope and healing.
2014-10-23 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss one hundredth program.
2014-10-23 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2014-10-23 13:30*	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making lunch.
2014-10-23 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.

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October through December 2014

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Date and Time	Program	Talent	Description
2014-10-24 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the digestion as well as demonstrates exercise routines for digestive health.
2014-10-24 10:00*	Health for a Lifetime	Don Mackintosh , George Guthrie	Don Mackintosh and George Guthrie discuss cholesterol / lipids.
2014-10-24 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss Brunch for Mon's. What about breakfast?
2014-10-24 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2014-10-26 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss urological diseases in children.
2014-10-26 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2014-10-26 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.
2014-10-27 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discusses hope and healing.
2014-10-27 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the air you breathe as well as demonstrates exercise routines for health.
2014-10-27 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2014-10-27 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 1.
2014-10-27 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2014-10-27 18:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss getting motivated.
2014-10-28 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2014-10-28 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss urological diseases in children.
2014-10-28 11:00*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss getting motivated.
2014-10-28 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Cook prepare a healthy dinner.
2014-10-28 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2014-10-28 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2014-10-29 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2014-10-29 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 1
2014-10-29 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Moquera	Dick Nunez with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain.

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2014-10-29 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 2.
2014-10-29 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2014-10-30 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.
2014-10-30 04:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss differences between men & women.
2014-10-30 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2014-10-30 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-10-30 10:00*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
2014-10-30 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2014-10-30 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook prepare ethnic salads.
2014-10-30 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2014-10-31 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body.
2014-10-31 10:00*	Health for a Lifetime	Don Mackintosh , George Guthrie	Don Mackintosh and George Guthrie discuss trans fats.
2014-10-31 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins cook up some Mexican Cuisine.
2014-10-31 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicyccycle.
2014-11-01 10:00*	Health for a Lifetime	Don Mackintosh , George Guthrie	Don Mackintosh and George Guthrie discuss trans fats.
2014-11-02 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas talk about Genitourinary Problems.
2014-11-02 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2014-11-02 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.
2014-11-03 01:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2014-11-03 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
2014-11-03 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines to help with diabetes.
2014-11-03 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.

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2014-11-03 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the health advantages of getting to that winning weight.
2014-11-03 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2014-11-03 18:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss differences between men & women.
2014-11-03 19:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2014-11-04 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2014-11-04 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas talk about Genitourinary Problems.
2014-11-04 11:00*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss differences between men & women.
2014-11-04 13:30*	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook discuss dairy replacements.
2014-11-04 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis.
2014-11-04 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2014-11-05 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2014-11-05 02:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2014-11-05 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss options for dealing with a tragedy when it strikes. Part 2
2014-11-05 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Mosquera	Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migraine headaches.
2014-11-05 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses living large.
2014-11-05 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2014-11-06 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.
2014-11-06 04:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss women & the genesis three curse.
2014-11-06 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2014-11-06 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-11-06 10:00*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of obesity.
2014-11-06 11:00!	Celebrating Life in Recovery	Cheri Peters *, Annette Washington , Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2014-11-06 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.

Community Issues Program List

October through December 2014

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

Date and Time	Program	Talent	Description
2014-11-06 13:30*	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook demonstrate preparing raw desserts.
2014-11-06 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic exercises than can be done in the home.
2014-11-07 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines.
2014-11-07 10:00*	Health for a Lifetime	Don Mackintosh , George Guthrie	Don Mackintosh and George Guthrie discuss weight loss.
2014-11-07 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss how the Snack Attack can sneak up on you.
2014-11-07 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss
2014-11-09 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas discuss Fibromyalgia.
2014-11-09 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2014-11-09 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.
2014-11-10 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2014-11-10 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of obesity.
2014-11-10 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
2014-11-10 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2014-11-10 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss fats you don't think about -- in liquid form.
2014-11-10 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2014-11-10 18:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss women & the genesis three curse.
2014-11-10 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2014-11-11 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2014-11-11 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas discuss Fibromyalgia.
2014-11-11 11:00*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss women & the genesis three curse.
2014-11-11 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Campbell demonstrate making breakfast with Tofu.
2014-11-11 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence Marshall , Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.

Community Issues Program List

October through December 2014

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

Date and Time	Program	Talent	Description
2014-11-11 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2014-11-12 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2014-11-12 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2014-11-12 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss understanding yourself and who you are.
2014-11-12 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression.
2014-11-12 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the importance of daily walking for health.
2014-11-12 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2014-11-13 03:00!	Up Close	Kay Kuzma *, 01. Donna Teat , 02. Cassandra Thomson	Donna Teat discusses issues of teenage pregnancy.
2014-11-13 04:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss r b f therapy.
2014-11-13 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2014-11-13 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-11-13 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss exercise and total health.
2014-11-13 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dave Casey	Cheri Peters and Dave Casey discuss the big dog.
2014-11-13 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2014-11-13 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell demonstrate preparing vegetable entrees.
2014-11-13 14:00*	Body and Spirit (New)	Jeanie Weaver *, Frances Czeizinger , Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2014-11-14 06:00*	Body and Spirit	Dick Nunez *, Jane Baker	Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
2014-11-14 10:00*	Health for a Lifetime	Don Mackintosh , Tim Arnott	Don Mackintosh and Tim Arnott discuss carbohydrates, the rest of the story.
2014-11-14 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses pasta bilities.
2014-11-14 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2014-11-17 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss exercise and total health.
2014-11-17 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.

Community Issues Program List

October through December 2014

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

Date and Time	Program	Talent	Description
2014-11-17 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2014-11-17 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on how to build up your immunity.
2014-11-17 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2014-11-17 18:30*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss r b f therapy.
2014-11-18 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2014-11-18 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Stress.
2014-11-18 11:00*	Issues and Answers	Shelley Quinn *, Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss r b f therapy.
2014-11-18 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell show how to put on a pizza party.
2014-11-18 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2014-11-18 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2014-11-19 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2014-11-19 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of suicide.
2014-11-19 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
2014-11-19 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis Eakins and Paula Eakins talk surprisingly about How to weaken your immunity.
2014-11-19 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2014-11-20 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?
2014-11-20 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2014-11-20 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-11-20 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss metabolic syndrome.
2014-11-20 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the lie.
2014-11-20 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing brunch.

Community Issues Program List

October through December 2014

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Date and Time	Program	Talent	Description
2014-11-20 14:00*	Body and Spirit (New)	Jeanie Weaver *, Pam Turner , Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2014-11-21 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
2014-11-21 10:00*	Health for a Lifetime	Don Mackintosh , Tim Arnott	Don Mackintosh and Tim Arnott discuss why spend time in the light?.
2014-11-21 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula revisit the joys and convenience of crock-pot cooking for the busy family.
2014-11-21 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2014-11-23 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Neurological problems.
2014-11-23 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2014-11-23 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.
2014-11-24 01:00!	Celebrating Life in Recovery	C.A. Murray *, Cheri Peters	C.A. Murray and Cheri Peters discuss highlights of season 9.
2014-11-24 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss metabolic syndrome.
2014-11-24 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
2014-11-24 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2014-11-24 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the difference between CRP and CPR for a healthy life.
2014-11-24 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2014-11-24 19:00!	Celebrating Life in Recovery	C.A. Murray *, Cheri Peters	C.A. Murray and Cheri Peters discuss highlights of season 9.
2014-11-25 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2014-11-25 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Neurological problems.
2014-11-25 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 1)
2014-11-25 14:00*	Body and Spirit (New)	Jeanie Weaver *, Teresa Bonilla , Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2014-11-25 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.

Community Issues Program List

October through December 2014

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

Date and Time	Program	Talent	Description
2014-11-26 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the path of truth.
2014-11-26 02:00!	Celebrating Life in Recovery	C.A. Murray *, Cheri Peters	C.A. Murray and Cheri Peters discuss highlights of season 9.
2014-11-26 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss the topic of divorce and the emotional effects.
2014-11-26 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
2014-11-26 13:30*	Abundant Living	Paula and Curtis Eakins	For those who are a Gluten for Punishment, Curtis and Paula Eakins discuss.
2014-11-26 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2014-11-27 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.
2014-11-27 04:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss healing our deepest wounds.
2014-11-28 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2014-11-28 10:00*	Health for a Lifetime	Don Mackintosh , Tim Arnott	Don Mackintosh and Tim Arnott discuss medicine for the mind.
2014-11-28 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins cook up a yummy but healthy dinner for two.
2014-11-28 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2014-11-30 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Agatha Thrash and Don Miller discuss how to travel healthfully.
2014-11-30 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2014-11-30 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.
2014-12-01 01:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2014-12-01 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss cancer prevention.
2014-12-01 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
2014-12-01 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2014-12-01 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
2014-12-01 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2014-12-01 18:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss healing our deepest wounds.

Community Issues Program List

October through December 2014

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Date and Time	Program	Talent	Description
2014-12-01 19:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2014-12-02 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2014-12-02 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Agatha Thrash and Don Miller discuss how to travel healthfully.
2014-12-02 11:00*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss healing our deepest wounds.
2014-12-02 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton cook up some soup and fixin's.
2014-12-02 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.
2014-12-02 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2014-12-03 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2014-12-03 02:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2014-12-03 05:00*	Families for Heaven	Alanzo & June Smith	Alanzo & June Smith discuss ideas on how to survive the death of a loved one.
2014-12-03 06:00*	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2014-12-03 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the Cancer Fighters.
2014-12-03 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2014-12-04 03:00!	Up Close	Shelley Quinn *, 01. Dr. David Wilkins , 02. Jay Gallimore	Shelly Quinn discuss facing the tough times.
2014-12-04 04:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss unity.
2014-12-04 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2014-12-04 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-12-04 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss ways to save your heart.
2014-12-04 11:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2014-12-04 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.
2014-12-04 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate some lunch alternatives.
2014-12-04 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.

Community Issues Program List

October through December 2014

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Date and Time	Program	Talent	Description
2014-12-05 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
2014-12-05 10:00*	Health for a Lifetime	Don Mackintosh , Tim Arnott	Don Mackintosh and Tim Arnott discuss what protects the prostate?.
2014-12-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression and unveiling the culprits.
2014-12-05 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2014-12-07 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash Don Miller and Justina Thomas discuss skeletal problems.
2014-12-07 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2014-12-07 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.
2014-12-08 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2014-12-08 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss ways to save your heart.
2014-12-08 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Brittany Nunez	Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training.
2014-12-08 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2014-12-08 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression's Drugs and alternatives.
2014-12-08 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .
2014-12-08 18:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss unity.
2014-12-08 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2014-12-09 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.
2014-12-09 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash Don Miller and Justina Thomas discuss skeletal problems.
2014-12-09 11:00*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss unity.
2014-12-09 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing a quick dinner.
2014-12-09 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.
2014-12-09 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2014-12-10 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2014-12-10 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.

Community Issues Program List

October through December 2014

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Date and Time	Program	Talent	Description
2014-12-10 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
2014-12-10 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression.
2014-12-10 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2014-12-11 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.
2014-12-11 04:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2014-12-11 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.
2014-12-11 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-12-11 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss weight management.
2014-12-11 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2014-12-11 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2014-12-11 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare a Taste of Heaven breakfast.
2014-12-11 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2014-12-12 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon
2014-12-12 10:00*	Health for a Lifetime	Don Mackintosh , Tim Arnott	Don Mackintosh and Tim Arnott discuss keep your insulin level low.
2014-12-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression. (Part 2)
2014-12-12 14:00*	Action 4 Life	Casio Jones *, Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2014-12-14 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash, Don Miller, and Justina Thomas discuss skeletal problems, pt. 2.
2014-12-14 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.
2014-12-14 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.
2014-12-15 01:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.

Community Issues Program List

October through December 2014

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

Date and Time	Program	Talent	Description
2014-12-15 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss weight management.
2014-12-15 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.
2014-12-15 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss heart out of syne.
2014-12-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the Blues.
2014-12-15 14:00*	Action 4 Life	Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2014-12-15 18:30*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2014-12-15 19:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2014-12-16 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.
2014-12-16 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash, Don Miller, and Justina Thomas discuss skeletal problems, pt. 2.
2014-12-16 11:00*	Issues and Answers	Ruthie Jacobsen *, Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2014-12-16 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some garden pasta soup and more.
2014-12-16 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.
2014-12-16 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss heart out of syne.
2014-12-17 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss heart out of syne.
2014-12-17 02:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2014-12-17 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
2014-12-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of sadness and how it affects the body.
2014-12-17 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2014-12-18 03:00!	Up Close	Dan Mackintosh *, 01. Dr. Gerard McLain , 02. Naomi Coleman	Gerard McLane discusses obesity and diet.
2014-12-18 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.
2014-12-18 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

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2014-12-18 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss stress management.
2014-12-18 11:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2014-12-18 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss heart out of syne.
2014-12-18 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven tofu dishes.
2014-12-18 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.
2014-12-19 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.
2014-12-19 10:00*	Health for a Lifetime	Don Mackintosh , Tim Arnott	Don Mackintosh and Tim Arnott discuss fire in the arteries.
2014-12-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning into Vegetarianiam.
2014-12-19 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2014-12-21 03:30*	Help Yourself to Health	Agatha Thrash *	Agatha Thrash discusses case histories from uchee pines.
2014-12-21 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb disscuss the use of supplements and demonstrate exercise routines for health.
2014-12-21 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.
2014-12-22 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2014-12-22 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss stress management.
2014-12-22 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins , Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
2014-12-22 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss dead in the head.
2014-12-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of coffee on the body.
2014-12-22 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2014-12-22 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2014-12-23 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson disscuss the subject of colesterol and demonstrate exercise routines for health.
2014-12-23 10:00*	Help Yourself to Health	Agatha Thrash *	Agatha Thrash discusses case histories from uchee pines.

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2014-12-23 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven Mexican dishes.
2014-12-23 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.
2014-12-23 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss dead in the head.
2014-12-24 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss dead in the head.
2014-12-24 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2014-12-24 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2014-12-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein - Without the Bologna.
2014-12-24 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2014-12-25 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Jan Morris	Marti Jones with guests discuss recovering from the pain of divorce.
2014-12-25 04:30*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss help when you're at the bottom.
2014-12-25 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Janet Nelson	Dick Nunez with Jonathan Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2014-12-25 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2014-12-25 10:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas and Hildemar Dos Santos discuss health evangelism.
2014-12-25 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2014-12-25 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss dead in the head.
2014-12-25 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven stir-fry dishes.
2014-12-25 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2014-12-26 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.
2014-12-26 10:00*	Health for a Lifetime	Don Mackintosh , Tim Arnott	Don Mackintosh and Tim Arnott discuss mad cow.
2014-12-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for Picnic Time.
2014-12-26 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2014-12-28 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Agatha Thrash and Don Miller discuss 101 uses of charcoal.

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2014-12-28 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.
2014-12-28 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.
2014-12-29 01:00!	Celebrating Life in Recovery	Cheri Peters *, Alvy Quispe	Cheri Peters and Alvy Quispe discuss belief.
2014-12-29 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas and Hildemar Dos Santos discuss health evangelism.
2014-12-29 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.
2014-12-29 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss deadly doses.
2014-12-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss adventist advantage.
2014-12-29 14:00*	Action 4 Life	Casio Jones *, Bradley Hite , Mindy Issacs	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2014-12-29 18:30*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss help when you're at the bottom.
2014-12-29 19:00!	Celebrating Life in Recovery	Cheri Peters *, Alvy Quispe	Cheri Peters and Alvy Quispe discuss belief.
2014-12-30 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.
2014-12-30 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Agatha Thrash and Don Miller discuss 101 uses of charcoal.
2014-12-30 11:00*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss help when you're at the bottom.
2014-12-30 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven patties.
2014-12-30 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2014-12-30 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss deadly doses.
2014-12-31 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss deadly doses.
2014-12-31 02:00!	Celebrating Life in Recovery	Cheri Peters *, Alvy Quispe	Cheri Peters and Alvy Quispe discuss belief.
2014-12-31 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.
2014-12-31 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about foods for joint health.
2014-12-31 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.