

**CARTOON NETWORK
CERTIFICATE OF COMPLIANCE WITH COMMERCIAL LIMITS
FOR CHILDREN'S PROGRAMMING**

I, Toni Millner, in my capacity as Associate General Counsel and Vice President – Kid Vid Compliance for Cartoon Network, hereby certify to the best of my information, knowledge, and belief, that the following information is accurate for the period from October 1, 2021, to December 31, 2021:

- 1) I am familiar with the statutory limits of the Children's Television Act of 1990 (the "Act") and the FCC regulations implementing those limits (no more than 12 minutes per hour of commercial matter may be telecast during children's programming* on weekdays, and no more than 10 ½ minutes per hour on weekends).
- 2) Cartoon Network treated all of the programs telecast on Cartoon Network as "children's programming" for the purposes of the commercial limits set forth in the Act except for (1) the *Adult Swim* block of programming created for an adult audience that airs late night seven days a week, and (2) the *ACME Night* block of family content and general audience theatrical movies shown on Sunday evenings this quarter.
- 3) Cartoon Network has, as a standard practice, formatted and telecast all of the programs carried on the Cartoon Network within the commercial limits set forth in the Act, except as noted and to the extent applicable to the programming.
- 4) To the best of my information, knowledge and belief, there were no instances in which the commercial limits were exceeded during the period noted above.

Certified by me this 6th day of January, 2022.



Toni F. Millner
Associate General Counsel and
Vice President - Kid Vid Compliance

* "Children's programming" for the purposes of the commercial limit means television programs "originally produced and broadcast primarily for an audience of children 12 years and under."

**During this period until December 26, 2021, the *Adult Swim* block of programming primarily aired from 8 p.m. to 6 a.m. ET, 7 nights a week. On December 27-31, 2021, the *Adult Swim* block aired from 9 pm. to 6 am ET. The *Adult Swim* block contains regular warnings to notify and remind viewers that the content is intended for an adult audience. It is not considered "children's programming" subject to the commercial limits set forth in the Act. Similarly, the *ACME Night* franchise, which airs each Sunday evening beginning at approximately 6 p.m. (ET) and leading into *Adult Swim*, contains general audience movies and other shows created for family viewing such as the *Harry Potter: Hogwarts Tournament of Houses*.



Children's Programming Certification

The Pursuit Channel Certifies that:

1. It is in compliance with the Children's Television Act of 1990 and the implementing rules of the Federal Communications Commission during the year of 2021 and remains in compliance.
2. It presently does not contain any programming within the definition of "children's programming" under such rules.

Executed this 31st day of December 2021

Network: The Pursuit Channel

Sincerely,

A handwritten signature in black ink that reads "Erica Conner". The signature is written in a cursive, flowing style.

By: Erica Conner
VP, Operations

CINE SONY TELEVISION

PROGRAMMING COMPLIANCE CERTIFICATIONS

January 1, 2021 through December 31, 2021

To Whom It May Concern:

CPE US Networks II Inc. (“CPE”) hereby certifies that the video programming service known as “Cine Sony Television”:

1. does not include any children’s programming, as defined in the Children’s Television Act of 1990 and regulations promulgated thereunder, 47 C.F.R. §§ 25.701(e), 76.225;
2. complies with the closed captioning requirements imposed in 47 C.F.R. § 79.1, and CPE further certifies that, with respect to caption quality, in the ordinary course of business, CPE has adopted and follows the Best Practices set forth in 47 C.F.R. § 79.1(k)(1) for programming produced as of the effective date of such rules;
3. complies with the closed captioning requirements delineated in Section 202(b) of the Twenty-First Century Communications and Video Accessibility Act of 2010 (“CVAA”) and consistent with 47 C.F.R. § 79.4; and
4. complies with the loudness control practices required by the CALM Act and regulations promulgated thereunder, 47 C.F.R. §§ 73.682(e), 76.607, for all commercial advertisements embedded in programs carried on Cine Sony Television.

This certification is made in good faith and is true to the best of my knowledge.

Executed this 6th day of January, 2022.

CPE US NETWORKS II INC.

Nico Fasano

Name: Nico Fasano

Title: SVP, Distribution Strategy & Operations

**TBS/ TNT/TruTV/TCM/CNN
CERTIFICATE OF COMPLIANCE WITH
COMMERCIAL LIMITS FOR CHILDREN’S PROGRAMMING**

I, Toni Millner, in my capacity as Associate General Counsel and Vice President – Kid Vid Compliance for Warner Media, hereby certify that for the period from January 1, 2021 to March 31, 2021.

- 1) I am familiar with the statutory limits of the Children’s Television Act of 1990 (the “Act”) and the FCC regulations implementing those limits (no more than 12 minutes per hour of commercial matter may be broadcast during children’s programming* on weekdays, and no more than 10 ½ minutes per hour on weekends).
- 2) As a standard practice, Warner Media formats any children’s programming (as defined under the Act) within the commercial limits set forth in the Act to the extent the FCC regulations are applicable to the programming.
- 3) To the best of my information, knowledge, and belief, no children’s programming aired in the period noted above on TBS, TNT, TruTV, TCM and CNN.
- 4) If there are any material changes in the programming policies of the television network so that children’s programming is telecast on TBS, TNT, TruTV, TCM or CNN (or in the event that the reporting obligations under the FCC Rules are changed), notice and updated certifications reflecting such changes will be provided.

Certified by me this 6th day of April, 2021.



Toni Millner (Apr 6, 2021 10:45 EDT)

Toni Millner
Associate General Counsel and
Vice President—Kid Vid Compliance

*“Children’s programming” for the purpose of the commercial limits means programs originally produced and telecast for an audience of children 12 years old and under.






FCC Q12021 KidVid Compliance Certificate TB S_TNT_TrueTV_TCM_CNN

Final Audit Report

2021-04-06

Created:	2021-04-06
By:	Vanessa Graham (vanessa.graham@warnermedia.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAATA5wyeWlcDCAVclQKMqh-UUmFHMjos0g

"FCC Q12021 KidVid Compliance Certificate TBS_TNT_TrueTV_ TCM_CNN" History

-  Document created by Vanessa Graham (vanessa.graham@warnermedia.com)
2021-04-06 - 1:44:06 PM GMT- IP address: 168.161.22.1
-  Document emailed to Toni Millner (toni.millner@warnermedia.com) for signature
2021-04-06 - 1:44:27 PM GMT
-  Email viewed by Toni Millner (toni.millner@warnermedia.com)
2021-04-06 - 2:44:56 PM GMT- IP address: 157.166.167.129
-  Document e-signed by Toni Millner (toni.millner@warnermedia.com)
Signature Date: 2021-04-06 - 2:45:04 PM GMT - Time Source: server- IP address: 157.166.167.129
-  Agreement completed.
2021-04-06 - 2:45:04 PM GMT

**TBS/ TNT/TruTV/TCM/CNN
CERTIFICATE OF COMPLIANCE WITH
COMMERCIAL LIMITS FOR CHILDREN’S PROGRAMMING**

I, Toni Millner, in my capacity as Associate General Counsel and Vice President – Kid Vid Compliance for Warner Media, hereby certify that for the period from April 1, 2021, to June 30, 2021.

- 1) I am familiar with the statutory limits of the Children’s Television Act of 1990 (the “Act”) and the FCC regulations implementing those limits (no more than 12 minutes per hour of commercial matter may be broadcast during children’s programming* on weekdays, and no more than 10 ½ minutes per hour on weekends).
- 2) As a standard practice, Warner Media formats any children’s programming (as defined under the Act) within the commercial limits set forth in the Act to the extent the FCC regulations are applicable to the programming.
- 3) To the best of my information, knowledge, and belief, no children’s programming aired in the period noted above on TBS, TNT, TruTV, TCM and CNN.
- 4) If there are any material changes in the programming policies of the television network so that children’s programming is telecast on TBS, TNT, TruTV, TCM or CNN (or in the event that the reporting obligations under the FCC Rules are changed), notice and updated certifications reflecting such changes will be provided.

Certified by me this 6th day of July, 2021.



Toni Millner (Jul 6, 2021 17:03 EDT)

Toni Millner
Associate General Counsel and
Vice President—Kid Vid Compliance

*“Children’s programming” for the purpose of the commercial limits means programs originally produced and telecast for an audience of children 12 years old and under.






FCC Q2 2021 KidVid Compliance Certificate TB S_TNT_TrुTV_TCM_CNN

Final Audit Report

2021-07-06

Created:	2021-07-06
By:	Vanessa Graham (vanessa.graham@warnermedia.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAAey5ARNzfZxaEn3KSIHjfKH5ZGUXDZe5_

"FCC Q2 2021 KidVid Compliance Certificate TBS_TNT_TrुTV _TCM_CNN" History

-  Document created by Vanessa Graham (vanessa.graham@warnermedia.com)
2021-07-06 - 8:44:39 PM GMT- IP address: 168.161.22.1
-  Document emailed to Toni Millner (toni.millner@warnermedia.com) for signature
2021-07-06 - 8:44:55 PM GMT
-  Email viewed by Toni Millner (toni.millner@warnermedia.com)
2021-07-06 - 9:03:32 PM GMT- IP address: 157.166.167.132
-  Document e-signed by Toni Millner (toni.millner@warnermedia.com)
Signature Date: 2021-07-06 - 9:03:41 PM GMT - Time Source: server- IP address: 157.166.167.132
-  Agreement completed.
2021-07-06 - 9:03:41 PM GMT

**TBS/ TNT/TruTV/TCM/CNN
CERTIFICATE OF COMPLIANCE WITH
COMMERCIAL LIMITS FOR CHILDREN'S PROGRAMMING**

I, Toni Millner, in my capacity as Associate General Counsel and Vice President – Kid Vid Compliance for Warner Media, hereby certify that for the period from July 1, 2021 to September 30, 2021.

- 1) I am familiar with the statutory limits of the Children's Television Act of 1990 (the "Act") and the FCC regulations implementing those limits (no more than 12 minutes per hour of commercial matter may be broadcast during children's programming* on weekdays, and no more than 10 ½ minutes per hour on weekends).
- 2) As a standard practice, Warner Media formats any children's programming (as defined under the Act) within the commercial limits set forth in the Act to the extent the FCC regulations are applicable to the programming.
- 3) To the best of my information, knowledge, and belief, no children's programming aired in the period noted above on TBS, TNT, TruTV, TCM and CNN.
- 4) If there are any material changes in the programming policies of the television network so that children's programming is telecast on TBS, TNT, TruTV, TCM or CNN (or in the event that the reporting obligations under the FCC Rules are changed), notice and updated certifications reflecting such changes will be provided.

Certified by me this 7th day of October, 2021.

Toni Millner

Toni Millner
Associate General Counsel and
Vice President—Kid Vid Compliance

*"Children's programming" for the purpose of the commercial limits means programs originally produced and telecast for an audience of children 12 years old and under.

**TBS/ TNT/TruTV/TCM/CNN
CERTIFICATE OF COMPLIANCE WITH
COMMERCIAL LIMITS FOR CHILDREN'S PROGRAMMING**

I, Toni Millner, in my capacity as Associate General Counsel and Vice President – Kid Vid Compliance for Warner Media, hereby certify that for the period from October 1, 2021 to December 31, 2021:

- 1) I am familiar with the statutory limits of the Children's Television Act of 1990 (the "Act") and the FCC regulations implementing those limits (no more than 12 minutes per hour of commercial matter may be broadcast during children's programming* on weekdays, and no more than 10 ½ minutes per hour on weekends).
- 2) As a standard practice, Warner Media formats any children's programming (as defined under the Act) within the commercial limits set forth in the Act to the extent the FCC regulations are applicable to the programming.
- 3) To the best of my information, knowledge, and belief, no children's programming aired in the period noted above on TBS, TNT, TruTV, TCM and CNN with the limited exception of 3 programs that were scheduled on the dates and approximate times as follows:
 - a) ***"The ABCs of COVID Vaccines / A CNN / Sesame Street Townhall for Families"*** aired on CNN on November 6, 2021 from 8:30 am – 9 am ET.
 - b) ***"Dr. Seuss' How the Grinch Stole Christmas!"*** aired four (4) times on TBS, including on November 6, 2021, from 6:30 pm – 7 pm, on November 20, 2021, from 7:30 pm – 8 pm ET, on December 11, 2021, from 8 pm – 8:30 pm ET, and on December 11, 2021, from 8:30 pm – 9 pm ET. The program aired three (3) times on TNT, including on November 14, 2021 from 6:27 pm - 6:57 pm ET and on December 18, 2021, from 7:00 pm – 7:30 pm ET and from 9:30 pm – 10 pm ET.
 - c) ***"Year Without a Santa Claus"*** aired two (2) times on TBS, including on November 6, 2021, from 7 pm – 8 pm and on November 20, 2021, from 8 pm – 9 pm ET. The program aired once on TNT on November 14, 2021 from 6:57 pm – 7:57 pm ET.
- 4) To the best of my information, knowledge, and belief, TBS, TNT, and CNN formatted the programs within the commercial limits set forth with the Act when they were telecast on the network during the above-referenced telecasts, and TCM and truTV did not telecast any children's programs during this time period.

Certified by me this 6th day of January, 2022.



Toni F. Millner
Associate General Counsel and
Vice President - Kid Vid Compliance

*"Children's programming" for the purpose of the commercial limits means programs originally produced and telecast for an audience of children 12 years old and under.



CALM Act Certification

This is to certify that:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on INSP are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital television (“ATSC A/85 Recommended Practice”) at the point of distribution by INSP to authorized reception equipment of downstream multichannel video programming distributors.
2. Compliance with the ATSC A/85 Recommended Practice is accomplished and ensured by INSP through the use of purpose specific equipment and associated software that is installed, utilized and maintained as specified by the manufacturer and in a commercially reasonable manner.

Executed July 9, 2021

By: 

Tom Kingsley, Senior Vice President of Technology

NETWORK'S NAME: Aplauso TV

Address: 477 S. Rosemary Avenue #306
West Palm Beach FL 33401

Phone Number: 561-684-5657

Fax Number: 561-684-9690

CHILDREN'S PROGRAMMING CERTIFICATION – FOURTH QUARTER 2021

This is to certify that the Aplauso TV programming service (the "Service"), to the extent it airs children's programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission, has aired no more than 10.5 minutes of commercial matter per hour on the weekends, and no more than 12 minutes of commercial matter per hour on weekdays during children's programming, and is otherwise in compliance with the Children's Television Act of 1990. The following sets forth children's programming aired on the Service during Fourth Quarter (October - December) 2021.

Children's Programming Aired During Quarter Referenced

NONE

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 30th day of December 2021.

Signature: Colleen E. Glynn

Name: Colleen E. Glynn
(Please type or print)

Title: EVP, General Counsel
(Please type or print)



BYU Broadcasting
Provo, UT 84602
801.422.8450
—
byutv.org
byuradio.org

Cable Provider: OlympuSAT
Network Name: BYU Broadcasting (a non-commercial, educational
broadcasting station)
Address: BYU Broadcasting
Brigham Young University
Provo, Utah 84602
Email Address: elizabeth.miles@byu.edu
Phone Number: (801) 422-0369
Fax Number: (801) 422-0298

CHILDREN’S PROGRAMMING CERTIFICATION—2021
(JANUARY 1, 2021, THROUGH DECEMBER 31, 2021)

This is to certify that, during the above-captioned calendar year, the **BYU Television** programming service (the “Service”), to the extent that it aired children’s programming as defined under 47 C.F.R. § 76.225 of the rules and regulations of the Federal Communications Commission, aired during such children’s programming no more than 10.5 minutes of commercial matter per hour on weekends and no more than 12 minutes of commercial matter per hour on weekdays, and is otherwise in compliance with the Children’s Television Act of 1990.

I hereby declare under penalty of perjury that, to the best of my knowledge and belief, the foregoing is true and correct.

Signature: *Wendy a. Thomas*
[Wendy a. Thomas \(Jan 3, 2022 15:48 MST\)](#)

Name: Wendy A. Thomas

Title: Programming Manager

Date: January 3, 2022



CALM Act Certification

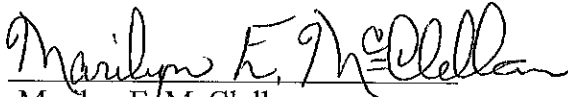
The undersigned hereby certifies that with respect to each of the television programming services (the "Networks") set forth below, effective as of July 1, 2021:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all advertisements embedded in programs carried on each such Network are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television ("ATSC A/85 Recommended Practice") at the point of distribution by the Networks to authorized reception equipment of downstream multichannel programming distributors.
2. Compliance with the ATSC A/85 Recommended Practice is determined by the Networks through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

This Certification covers the following television programming services:

MASN
MASN2
MASN HD
MASN 2 HD

MID-ATLANTIC SPORTS NETWORK

By: 
Marilyn E. McClellan
Director of Programming

CALM Act Certification

The undersigned hereby certifies that with respect to each of the television programming services (the “Networks”) set forth below, effective as of October 1, 2021:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all advertisements embedded in programs carried on each such Network are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television (“ATSC A/85 Recommended Practice”) at the point of distribution by the Networks to authorized reception equipment of downstream multichannel programming distributors.
2. Compliance with the ATSC A/85 Recommended Practice is determined by the Networks through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

This Certification covers the following television programming services:

MASN
MASN2
MASN HD
MASN 2 HD

MID-ATLANTIC SPORTS NETWORK

By: Marilyn E. McClellan
Marilyn E. McClellan
Director of Programming

CALM Act Certification

This is to certify that:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on The Word Network are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: recommended Practice: techniques for Establishing and Maintaining Audio Loudness for Digital Television "ATSC A/85 Recommended Practice" at the point of distribution by The Word Network to authorized reception equipment of downstream multichannel video programming distributors.
2. Compliance with the ATSC A/85 Recommended Practice is determined by The Word Network through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 1st day of October, 2021

By: Pete Glass
Director of Engineering, The Word Network

A handwritten signature in black ink, appearing to read 'PG', is written over the printed name and title of Pete Glass.

CALM Act Certification

This is to certify that:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on The Word Network are in compliance with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: recommended Practice: techniques for Establishing and Maintaining Audio Loudness for Digital Television "ATSC A/85 Recommended Practice" at the point of distribution by The Word Network to authorized reception equipment of downstream multichannel video programming distributors.
2. Compliance with the ATSC A/85 Recommended Practice is determined by The Word Network through the use of equipment and associated software that is installed, utilized and maintained in a commercially reasonable manner.

Executed this 1st day of January, 2022

By: Pete Glass
Director of Engineering, The Word Network

A handwritten signature in black ink, appearing to read 'PG', is written over the printed name and title of Pete Glass.

CALM ACT CERTIFICATION

This is to certify that:

1. As required by Section 76.607 of Title 47 of the Code of Federal Regulations, all commercial advertisements embedded in programs carried on Three Angels Broadcasting Network comply with the loudness control practices contained in Advanced Television Systems Committee (ATSC) A/85: Recommended Practice: Techniques for Establishing and Maintaining Audio Loudness for Digital Television ("ATSC A/85 Recommended Practice") at the point of distribution by Three Angels Broadcasting Network to authorized reception equipment of downstream multichannel video programming distributors.
2. Compliance with the ATSC A/85 Recommended Practice is determined by Three Angels Broadcasting Network through the use of the equipment and associated software that is installed, utilized, and maintained in a commercially reasonable manner.

Executed this 1st day of October 2021.

By: 

Greg Morikone
President

GM/cc



CABLE RESPONSE TELEVISION
Your Source for Interactive Shopping

Cable Response TV, LLC

848 Liberty Drive
Burlington, WI 53105
Phone Number: 262-763-4810
Fax Number: 262-763-2875

CHILDREN’S PROGRAMMING CERTIFICATION – OLYMPUSAT SECOND QUARTER 2021

This is to certify that the **Cable Response TV, LLC** programming service (the “Service”), to the extent it airs children’s programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission, has aired no more than 10.5 minutes of commercial matter per hour on the weekends, and no more than 12 minutes of commercial matter per hour on weekdays during children’s programming, and is otherwise in compliance with the Children’s Television Act of 1990. The following sets forth children’s programming aired on the Service during **Quarter ended December 31, 2021**.

Children’s Programming Aired During Quarter Referenced

None. Exempt-TV Shopping Network

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 31st day of December, 2021.

Signature: 

Name: Karl Theile
(Please type or print)

Title: Chief Financial Officer

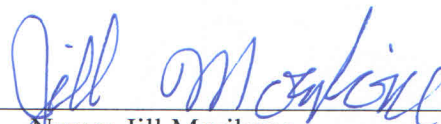
Caption Quality Certification

Three Angels Broadcasting Network, Inc. hereby states that its standard video programming intended for U.S. residential distribution, as currently provided, complies with applicable caption quality requirements of the Federal Communications Commission ("FCC"): (1) by satisfying caption quality standards of Section 79.1 (i)(2) of the FCC rules; (2) by the Programmer adopting and following, in the ordinary course of business, the Best Practices set for the in Section 79.1 (k)(1) of the FCC rules; or (3) because the Programmer or relevant programming is exempt from the FCC's closed captioning rules under one or more of the following exemptions, including: (i) Section 79.1 (d)(3) (programming for which the audio is in a language other than English or Spanish and that is not scripted programming able to be captioned using the electronic news room technique); (ii) Section 70.1 (d)(4) (primarily textual programming); (iii) Section 79.1 (d)(5) (programming distributed in late night hours)' (iv) Section 79.1 (d)(6) (interstitials, promotional announcements, and public service announcements that are 10 minutes or less in duration); or (v) Section 70.1 (d)(10) (primarily non-vocal musical programming).

Executed this 1st day of October 2021.

Three Angels Broadcasting Network, Inc.

By:



Name: Jill Morikone
Title: Vice President/COO



CLOSED CAPTIONING AND CHILDREN'S PROGRAMMING CERTIFICATION
THIRD QUARTER 2021

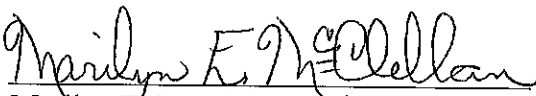
This is to certify that Mid-Atlantic Sports Network ("Network") is in compliance with the closed captioning requirements set forth in Section 79.1, *et seq.*, of Title 47 of the Code of Federal Regulations (the "Regulations"), and that all programming provided by Network to each Affiliate during the Third Quarter of 2021 was captioned to the extent required by such Regulations. Further, pursuant to Section 79.1(j)(1) of the Regulations, Network hereby certifies that in the ordinary course of business, it has adopted and follows Best Practices set forth in Section 79.1(k)(1) thereof.

This is to further certify that Network does not currently contain any children's programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission (the "Children's Programming Rules"). In the event that the Network includes any children's programming on its schedule after the date hereof, Network will provide in writing, by the tenth day following the end of the calendar quarter in which such children's programming is added, notice and a description of such programming specifying the dates and time of transmission and the duration of the "commercial matter" included therein.

I certify that I have been designated by Network as the official responsible for the oversight of compliance with the Regulations and the Children's Programming Rules, and I am familiar with the Regulations and the Children's Programming Rules. I declare under penalty of perjury that the foregoing is true and correct.

Executed this 4th day of October, 2021.

MID-ATLANTIC SPORTS NETWORK

By: 
Marilyn E. McClellan
Director of Programming

CLOSED CAPTIONING AND CHILDREN’S PROGRAMMING CERTIFICATION
FOURTH QUARTER 2021

This is to certify that Mid-Atlantic Sports Network (“Network”) is in compliance with the closed captioning requirements set forth in Section 79.1, *et seq.*, of Title 47 of the Code of Federal Regulations (the “Regulations”), and that all programming provided by Network to each Affiliate during the Fourth Quarter of 2021 was captioned to the extent required by such Regulations. Further, pursuant to Section 79.1(j)(1) of the Regulations, Network hereby certifies that in the ordinary course of business, it has adopted and follows Best Practices set forth in Section 79.1(k)(1) thereof.

This is to further certify that Network does not currently contain any children’s programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission (the “Children’s Programming Rules”). In the event that the Network includes any children’s programming on its schedule after the date hereof, Network will provide in writing, by the tenth day following the end of the calendar quarter in which such children’s programming is added, notice and a description of such programming specifying the dates and time of transmission and the duration of the “commercial matter” included therein.

I certify that I have been designated by Network as the official responsible for the oversight of compliance with the Regulations and the Children’s Programming Rules, and I am familiar with the Regulations and the Children’s Programming Rules. I declare under penalty of perjury that the foregoing is true and correct.

Executed this 4th day of January, 2022.

MID-ATLANTIC SPORTS NETWORK

By: Marilyn E. McClellan
Marilyn E. McClellan
Director of Programming

NETWORK'S NAME: Cine Clasico

Address: 477 S. Rosemary Avenue #306
West Palm Beach FL 33401

Phone Number: 561-684-5657

Fax Number: 561-684-9690

CHILDREN'S PROGRAMMING CERTIFICATION FOURTH QUARTER 2021

This is to certify that the Cine Clasico programming service (the "Service"), to the extent it airs children's programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission, has aired no more than 10.5 minutes of commercial matter per hour on the weekends, and no more than 12 minutes of commercial matter per hour on weekdays during children's programming, and is otherwise in compliance with the Children's Television Act of 1990. The following sets forth children's programming aired on the Service during the Fourth Quarter (October - December) 2021.

Children's Programming Aired During Quarter Referenced

100 % of Content

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 30th day of December 2021.

Signature: Colleen E. Glynn

Name: Colleen E. Glynn
(Please type or print)

Title: EVP, General Counsel, Olympusat, Inc.
(Please type or print)

NETWORK'S NAME: Cine Mexicano

Address: 477 South Rosemary Avenue – Suite 306
West Palm Beach FL 33401

Phone Number: 561-684-5657

Fax Number: 561-684-9690

CHILDREN'S PROGRAMMING CERTIFICATION – FOURTH QUARTER 2021

This is to certify that the Cine Mexicano programming service (the “Service”), to the extent it airs children’s programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission, has aired no more than 10.5 minutes of commercial matter per hour on the weekends, and no more than 12 minutes of commercial matter per hour on weekdays during children’s programming, and is otherwise in compliance with the Children’s Television Act of 1990. The following sets forth children’s programming aired on the Service during Fourth Quarter (October - December) 2021.

Children’s Programming Aired During Quarter Referenced

NONE

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 30th day of December 2021.

Signature: Colleen E. Glynn

Name: Colleen E. Glynn
(Please type or print)

Title: EVP, General Counsel
(Please type or print)

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-09-29 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2021-07-02 04:30*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2021-07-05 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2021-07-07 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2021-07-09 04:30*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2021-07-12 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2021-07-14 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2021-07-16 04:30*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2021-07-19 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycle.
2021-07-21 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2021-07-23 04:30*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2021-07-26 14:00*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2021-07-28 14:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2021-07-30 04:30*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2021-08-02 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-04 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2021-08-06 04:30*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2021-08-09 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2021-08-11 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2021-08-13 04:30*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2021-08-16 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2021-08-18 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2021-08-20 04:30*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2021-08-23 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2021-08-25 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2021-08-27 04:30*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2021-08-30 14:00*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2021-09-01 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2021-09-03 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2021-09-06 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2021-09-08 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-09-10 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2021-09-13 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2021-09-15 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2021-09-17 04:30*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2021-09-20 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2021-09-22 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2021-09-24 04:30*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2021-09-27 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2021-07-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2021-07-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2021-07-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2021-07-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2021-07-19 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2021-07-21 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2021-07-26 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2021-07-28 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2021-08-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2021-08-04 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2021-08-09 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2021-08-11 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-16 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2021-08-18 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2021-08-23 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
2021-08-25 13:30*	Abundant Living		discusses drugs dark side.
2021-08-30 13:30*	Abundant Living		discusses h for herbal medicine.
2021-09-01 13:30*	Abundant Living		discusses e for eating.
2021-09-06 13:30*	Abundant Living		discusses a is for adoration.
2021-09-08 13:30*	Abundant Living		discusses l for liquids.
2021-09-13 13:30*	Abundant Living		discusses healthy heart cooking.
2021-09-15 13:30*	Abundant Living		discusses e for exercise.
2021-09-20 13:30*	Abundant Living		discusses r for rest.
2021-09-22 13:30*	Abundant Living		discusses meals in minutes.
2021-09-27 13:30*	Abundant Living		discusses s for sunlight.
2021-09-29 13:30*	Abundant Living		discusses tools for transformation.
2021-07-02 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
2021-07-05 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
2021-07-07 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Omar Mosquera	Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
2021-07-09 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2021-07-12 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins	Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-07-14 06:00*	Body and Spirit	Dick Nunez (Host), Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2021-07-16 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
2021-07-19 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Brittany Nunez	Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training.
2021-07-21 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
2021-07-23 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins	Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins.
2021-07-26 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2021-07-28 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jane Baker	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2021-07-30 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Jonathon Hopkins	Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking.
2021-08-02 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins, Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
2021-08-04 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2021-08-06 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez	Dick Nunez, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work.
2021-08-09 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Brittany Nunez	Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for young people.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-11 06:00*	Body and Spirit	Dick Nunez (Host), Johnathon Hopkins & Leif Sjoren	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2021-08-13 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Jonathon Hopkins	Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready.
2021-08-16 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez & Steven Lingenfelter	Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
2021-08-18 06:00*	Body and Spirit	Dick Nunez (Host), Amy Andersen & Jonathon Hopkins	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2021-08-20 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2021-08-23 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.
2021-08-25 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2021-08-27 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2021-08-30 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.
2021-09-01 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez	For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez.
2021-09-03 06:00*	Body and Spirit	Dick Nunez (Host), 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.
2021-09-06 06:00*	Body and Spirit	Dick Nunez (Host), Amy Anderson and Leif Sjoren	Dick Nunez with Amy Anderson and Leif Sjoren show how tendon injury can be helped with proper exercise.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-09-08 06:00*	Body and Spirit	Dick Nunez (Host), Amy Anderson and Brittany Nunez	Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls
2021-09-10 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins and Leif Sjoren	Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.
2021-09-13 06:00*	Body and Spirit	Dick Nunez (Host), Kye Gabbert and Luther Whiting	Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis.
2021-09-15 06:00*	Body and Spirit	Dick Nunez (Host), Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2021-09-17 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
2021-09-20 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner and Brittany Nunez	Dick Nunez and Art Garner and Brittany Nunez discuss fitness for everyone.
2021-09-22 06:00*	Body and Spirit	Dick Nunez (Host), Mark Lenz	Dick Nunez and Mark Lenz discuss knee rehab.
2021-09-24 06:00*	Body and Spirit	Dick Nunez (Host), Ronnie Evans Jr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2021-09-27 06:00*	Body and Spirit	Dick Nunez (Host), Rony Evans Sr.	Dick Nunez and Rony Evans Sr. discuss senior fitness.
2021-09-29 06:00*	Body and Spirit	Dick Nunez (Host), Mark & Diane Lenz	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2021-07-27 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2021-07-29 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2021-08-01 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2021-08-03 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Becky Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-05 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2021-08-08 06:00*	Body and Spirit Aerobics	Mrs. Ford, Dick Nunez	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2021-08-10 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2021-08-12 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2021-08-15 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2021-08-17 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez, Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2021-08-19 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2021-08-22 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez with helpers show and talk about exercises for toning your muscles..
2021-08-24 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout excercises for men.
2021-08-26 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.
2021-08-29 06:00*	Body and Spirit Aerobics	Dick Nunez, Brittany Nunez, Becky Garber	Dick Nunez and helpers demonstrate simple home exercises for women.
2021-08-31 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2021-09-02 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2021-09-05 06:00*	Body and Spirit Aerobics	Fred Garber, Matthew Hard, Dick Nunez	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2021-09-07 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.
2021-09-09 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-09-12 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2021-09-14 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2021-09-16 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2021-09-19 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2021-09-21 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2021-09-23 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2021-09-26 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2021-09-28 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2021-09-30 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2021-07-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2021-07-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strenghten your bones.
2021-07-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2021-07-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.
2021-07-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-07-13 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2021-07-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2021-07-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Kalie O'Brien, Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2021-07-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2021-07-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2021-07-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2021-09-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2021-07-02 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2021-07-09 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2021-07-16 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses not butter chicken & others.
2021-07-23 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2021-07-30 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry filos et al.
2021-08-06 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2021-08-13 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2021-08-20 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2021-08-27 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2021-09-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2021-09-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2021-09-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2021-09-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2021-07-05 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2021-07-12 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-07-19 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2021-07-26 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2021-08-02 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2021-08-09 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2021-08-16 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2021-08-23 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2021-08-30 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2021-09-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.
2021-09-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2021-09-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2021-09-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2021-07-06 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2021-07-13 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2021-07-20 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2021-07-27 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2021-08-03 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2021-08-10 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2021-08-17 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2021-08-24 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2021-08-31 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2021-09-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and others.
2021-07-07 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters and Brad Peters discuss love brings everyone together.
2021-07-12 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Tom & Vicki Mann	Cheri Peters with Tom and Vicki Mann discuss working through divorce.
2021-07-21 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Martin Weber	Cheri Peters with Martin Weber discuss controlling addiction in a segment titled The Buzzard is Called In.
2021-07-26 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Aaron, Gwen and Vonzell Chancy	Cheri Peters with Aaron, Gwen, and Vonzell Chancy discuss recovery from addiction as a family.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-02 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Reginald & Marquand Buchanan	Cheri Peters with Reginald and Marquand Buchanan discuss going from gangs to fatherhood.
2021-08-16 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jason & Rachael Bickal	Cheri Peters, Jason, and Rachael Bickal discuss keep on workin'.
2021-08-25 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2021-09-01 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2021-09-06 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2021-09-13 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2021-09-20 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Bobbie Hartman, Tammy Hartman, Haylee Staton	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2021-09-29 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2021-07-01 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2021-07-04 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2021-07-15 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2021-07-18 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2021-07-25 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-01 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2021-08-08 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2021-08-15 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2021-08-22 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2021-08-29 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2021-09-05 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2021-09-12 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2021-09-23 10:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2021-09-30 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2021-07-02 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss stroke.
2021-07-09 03:30*	Live to Be Well		discusses taking my life back.
2021-07-16 03:30*	Live to Be Well		discusses young, gifted, and blessed.
2021-07-23 03:30*	Live to Be Well		discusses special treasure.
2021-07-30 03:30*	Live to Be Well		discusses against all odds.
2021-08-01 12:00*	Live to Be Well		discusses thriving through the pain.
2021-08-08 12:00*	Live to Be Well		discusses educated to educate others.
2021-08-15 12:00*	Live to Be Well		discusses surviving the battle.
2021-08-27 03:30*	Live to Be Well		discusses the commitment of motherhood.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-09-03 03:30*	Live to Be Well		discusses a sense of commitment to god.
2021-09-10 03:30*	Live to Be Well		discusses a sister's love.
2021-09-17 03:30*	Live to Be Well		discusses protect to serve.
2021-09-24 03:30*	Live to Be Well		discusses tender healing.
2021-09-09 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2021-09-12 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2021-09-14 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2021-09-16 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), 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.
2021-07-01 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of excercising.
2021-09-21 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show excercises to help with aching knees.
2021-09-23 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show excercises to help an aching back.
2021-07-08 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show excercises to help Strengthen your back.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-07-11 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2021-09-30 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2021-07-15 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2021-07-18 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2021-07-20 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2021-07-22 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2021-07-25 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2021-07-27 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.
2021-07-29 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2021-08-01 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2021-08-03 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2021-08-05 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-08 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2021-08-10 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.
2021-08-12 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2021-08-15 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury disscuss the pitfalls of the American Lifestyle on health.
2021-08-17 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2021-08-19 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2021-08-22 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2021-08-24 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2021-08-26 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2021-08-29 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2021-08-31 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-09-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2021-09-05 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2021-09-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2021-09-07 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2021-09-17 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2021-07-02 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2021-09-28 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2021-07-16 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.
2021-07-23 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2021-07-30 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2021-08-06 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2021-08-10 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-20 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2021-08-24 02:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2021-08-31 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your immune system.
2021-09-29 08:00!	Today Cooking		
2021-08-11 23:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2021-08-04 15:00!	Today Cooking		discusses international cuisine.
2021-09-08 08:00!	Today Cooking		discusses breakfasts that will make your morning.
2021-08-18 20:00!	Today Cooking		discusses soups, sandwiches, and salad.
2021-07-07 20:00!	Today Cooking		discusses southern made simple.
2021-08-25 23:00!	Today Cooking		discusses italian made simple.
2021-07-21 08:00!	Today Cooking		discusses mediterranean specialities.
2021-09-22 08:00!	Today Cooking		discusses taste of asia.
2021-07-28 15:00!	Today Cooking		discusses tobago cuisine.
2021-09-15 23:00!	Today Cooking		discusses picnic time.
2021-07-14 20:00!	Today Cooking		discusses summer time favorites.
2021-09-01 23:00!	Today Cooking		discusses mexican street fare.
2021-07-01 12:00*	Ultimate Prescription		discusses brain health (part 1).
2021-07-08 12:00*	Ultimate Prescription		discusses brain health (part 2).
2021-07-15 12:00*	Ultimate Prescription		discusses physiology of worship.
2021-07-22 12:00*	Ultimate Prescription		discusses worship as treatment.
2021-07-29 12:00*	Ultimate Prescription		discusses frequently asked questions.
2021-08-05 12:00*	Ultimate Prescription		discusses the number 1 killer.

Community Issues Program List

July through September 2021

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

Date and Time	Program	Talent	Description
2021-08-12 12:00*	Ultimate Prescription		discusses how to reduce your risk of coronary artery disease.
2021-08-19 12:00*	Ultimate Prescription		discusses atrial fibrillation.
2021-08-26 12:00*	Ultimate Prescription		discusses 21 facing cardiovascular disease part 1.
2021-09-02 12:00*	Ultimate Prescription		discusses 21 facing cardiovascular disease part 2.
2021-09-09 12:00*	Ultimate Prescription		discusses rhythms of the heart.
2021-09-16 12:00*	Ultimate Prescription		discusses the latest advancements in medical tech.
2021-09-23 12:00*	Ultimate Prescription		discusses Danny Shelton's experience with bypass surgery.
2021-09-30 12:00*	Ultimate Prescription		discusses danny shelton's experience with bypass surgery.
2021-07-06 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss overweight.
2021-07-13 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.
2021-07-20 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss physiology of health.
2021-07-27 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss herbs.
2021-08-03 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses diabetes.
2021-08-10 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses beta-cell burnout.
2021-08-17 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses the cause of hypertension.
2021-08-24 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses hypertension & insulin resistance syndrome.
2021-08-31 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1.
2021-09-07 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2.
2021-09-14 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3.
2021-09-21 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers & immune system, pt. 1.
2021-09-28 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers & immune system, pt. 2.

NETWORK'S NAME: Cuba Play

Address: 477 S. Rosemary Avenue #306
West Palm Beach FL 33401

Phone Number: 561-684-5657

Fax Number: 561-684-9690

CHILDREN'S PROGRAMMING CERTIFICATION – FOURTH QUARTER 2021

This is to certify that the Cuba Play programming service (the "Service"), to the extent it airs children's programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission, has aired no more than 10.5 minutes of commercial matter per hour on the weekends, and no more than 12 minutes of commercial matter per hour on weekdays during children's programming, and is otherwise in compliance with the Children's Television Act of 1990. The following sets forth children's programming aired on the Service during the Fourth Quarter (October - December) 2021.

Children's Programming Aired During Quarter Referenced

100 % of Content

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 30th day of December 2021.

Signature: Colleen E. Glynn

Name: Colleen E. Glynn
(Please type or print)

Title: EVP, General Counsel, Olympusat, Inc.
(Please type or print)

NETWORK'S NAME: DamasTV

Address: 477 South Rosemary Avenue Suite 306
West Palm Beach FL 33401

Phone Number: 561-684-5657

Fax Number: 561-684-9690

CHILDREN'S PROGRAMMING CERTIFICATION – FOURTH QUARTER 2021

This is to certify that the DamasTV programming service (the "Service"), to the extent it airs children's programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission, has aired no more than 10.5 minutes of commercial matter per hour on the weekends, and no more than 12 minutes of commercial matter per hour on weekdays during children's programming, and is otherwise in compliance with the Children's Television Act of 1990. The following sets forth children's programming aired on the Service during the Fourth Quarter (October - December) 2021.

Children's Programming Aired During Quarter Referenced

100 % of Content

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 30th day of December 2021.

Signature: Colleen E. Glynn

Name: Colleen E. Glynn
(Please type or print)

Title: EVP, General Counsel, Olympusat, Inc.
(Please type or print)

CHILDREN'S PROGRAMMING CERTIFICATION

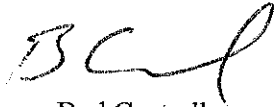
Quarter: 4th

Year: 2021

This is to certify that the children's programming and series distributed to Olympusat during the above referenced calendar quarter that were originally produced and broadcast primarily for an audience of children 12 years old and under, did not include any commercial spots that contained references to, characters or actors from, or that offered products relating to, the underlying program or series. As a standard practice, we formatted and aired each of the children's programs and series so that the total commercial time did not exceed 10.5 minutes per hour on weekends, and 12 minutes per hour on weekdays, in compliance with the Children's Television Act of 1990 and the rules and regulations of the Federal Communications Commission.

I hereby declare that the foregoing is true and correct.

Executed this 6th day of January, 2021.



Name: Bud Cantrell

Title: Compliance Officer

Company: Daystar Television Network



DOMINICAN VIEW
Av. Luperón No. 46
Santo Domingo, D.N.
info@supercanal.com

CHILDREN'S PROGRAMMING CERTIFICATION-FOURTH QUARTER 2021

This is to certify that **Dominican View** programming service, to the extent it airs children's programming as defined under 47 CFR 76.255 of the rules and regulations of the Federal Communications Commission's, has aired no more than 10.5 minutes of commercial matter per hour on the weekends, and no more than 12 minutes of commercial matter per hour on weekdays during children's programming, and its otherwise in compliance with the children's television act of 1990. The following sets forth children's programming aired on service during the **4th quarter of 2021 (October, November and December)**.

I certify that I have been designated Program Network as the official responsible for oversight of compliance with the FCC's Closed captioning requirements and hereby declare under penalty of perjury that the foregoing is true and correct.

Executed this 04 day of January 2022.

Signature: _____

Name: **Daniela Miranda**

Title: **Accountant**

A handwritten signature in blue ink, which appears to read "Daniela Miranda", is written over a horizontal line.



September 8, 2021

Thomas Gunerman
Manager of Programming
Atlantic Broadband
70 E. Lancaster Avenue
Frzer, PA 19355

Via email (tgunerman@atlanticbb.com)

**3rd Quarter 2021 FCC Closed Captioning and Children's Television Compliance for
EWTN Domestic Services: EWTN and EWTN español**

Dear Thomas:

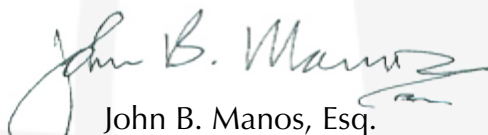
This letter serves to certify Eternal Word Television Network's ongoing compliance with the FCC Closed Captioning Rules and the commercial limitations set forth in the Children's Television Act of 1990 as explained below:

Closed Captioning of Video Programming - 47 C.F.R. § 79.1. Under sub-parts (11) (expense greater than 2% of gross revenue from that channel) and (12) (gross revenue from that channel less than three million) of subsection 79.1(d), EWTN remains exempt.

Children's Television Act of 1990 – 47 USC § 303a. EWTN remains compliant with the commercial limitations set forth in 47 USC § 303a(b) of less than 10.5 minutes per hour on weekends and less than 12 minutes per hour otherwise.

Please feel free to contact me with questions or concerns regarding this certification.

Best regards,
ETERNAL WORD TELEVISION NETWORK, INC.


John B. Manos, Esq.
Vice President and General Counsel



EWTN

Global
Catholic
Network

TELEVISION
RADIO
NEWS
ONLINE
PUBLISHING

January 10, 2022

Thomas Gunerman
Manager of Programming
Atlantic Broadband
70 E. Lancaster Avenue
Frzer, PA 19355

Via email (tgunerman@atlanticbb.com)

4th Quarter 2021 FCC Closed Captioning and Children's Television Compliance for EWTN Domestic Services: EWTN and EWTN español

Dear Thomas:

This letter serves to certify Eternal Word Television Network's ongoing compliance with the FCC Closed Captioning Rules and the commercial limitations set forth in the Children's Television Act of 1990 as explained below:

Closed Captioning of Video Programming - 47 C.F.R. § 79.1. Under sub-parts (11) (expense greater than 2% of gross revenue from that channel) and (12) (gross revenue from that channel less than three million) of subsection 79.1(d), EWTN remains exempt.


Children's Television Act of 1990 – 47 USC § 303a. EWTN remains compliant with the commercial limitations set forth in 47 USC § 303a(b) of less than 10.5 minutes per hour on weekends and less than 12 minutes per hour otherwise.

This letter also confirms that at all times in 2021, the services provided by EWTN named above complied with the **CALM Act** for loudness control.

Please feel free to contact me with questions or concerns regarding this certification.

Best regards,

ETERNAL WORD TELEVISION NETWORK, INC.


John B. Manos, Esq.
Vice President and General Counsel

NETWORK'S NAME: **Gran Cine**

Address: 477 S. Rosemary Avenue #306
West Palm Beach FL 33401

Phone Number: **561-684-5657**

Fax Number: **561-684-9690**

CHILDREN'S PROGRAMMING CERTIFICATION – FOURTH QUARTER 2021

This is to certify that the Gran Cine programming service (the "Service"), to the extent it airs children's programming as defined under 47 CFR 76.225 of the rules and regulation of the Federal Communications Commission, has aired no more than 10.5 minutes of commercial matter per hour on the weekends, and no more than 12 minutes of commercial matter per hour on weekdays during children's programming, and is otherwise in compliance with the Children's Television Act of 1990. The following sets forth children's programming aired on the Service during Fourth Quarter (October - December) 2021.

Children's Programming Aired During Quarter Referenced

NONE

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 30th day of December 2021.

Signature: Colleen E. Glynn

Name: Colleen E. Glynn
(Please type or print)

Title: EVP, General Counsel
(Please type or print)