

20733 W. 10 Mile Road, Southfield, MI 48075

CHILDREN'S PROGRAMMING CERTIFICATION {THIRD QUARTER JULY 1 - SEPT 30, 2021}

This is to certify that **The Word Network** ("Network") as a standard practice does not air advertising. Atlantic Broadband may rely upon this certification for future calendar quarters unless notified in writing by the Network within five (5) days after the close of any quarter that advertising has been included in the Network's programming and that the Network is in compliance with the Children's Television Act of 1990 and with the rules and regulations of the Federal Communications Commission.

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 1st day of October, 2021

Signature	: 9. Mathello
Name: _	JOHN MATTIELLO
Title:	DIRECTOR OF MARKETING

Phone: (248) 357-4566 fax: (248) 350-2531



Caption Quality Standards and Best Practices Certification

Pursuant to section 79.1(j)(1) of its rules, the Federal communications Commission (FCC) requires Video Programmers to certify compliance with its closed captioning standards. This is to certify that programming distributed by The Word Network is in compliance with applicable FCC requirements concerning the quality of closed captioning, as indicated below:

- The video programming satisfies the caption quality standards of FCC Rule 79.1(j)(2), 47 C.F.R. § 79.1(b) &(j)(2)
- One or more of The Word Network's programs are exempt from the closed captioning rules, as set forth below:

For purposes of determining compliance with Section 79.1, any video programming provider that meets one or more of the following criteria shall be exempt to the extent specified. (5)**Programming distributed in the late night hours**. Programming that is being distributed to residential households between 2 a.m. and 6 a.m. local time. Video programming distributors providing a channel that consists of a service that is distributed and exhibited for viewing in more than a single time zone shall be exempt from closed captioning that service for any continuous 4 hour time period they may select, commencing not earlier than 12 a.m. local time and ending not later than 7 a.m. local time in any location where that service is intended for viewing. This exemption is to be determined based on the primary reception locations and remains applicable even if the transmission is accessible and distributed or exhibited in other time zones on a secondary basis. Video programming distributors providing service outside of the 48 contiguous states may treat as exempt programming that is exempt under this paragraph when distributed in the contiguous states. Provider that meets one or more of the following criteria shall be exempt to the extent specified.

	- the extent opening.
Program:	Michael Jones Ministry/Exemption: Shown between 2am - 6am
Program:	Horace Sheffield Ministry/ Exemption: Shown between 2am – 6am

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

Executed this day / of OCTOBER, 2021.

The Word Network

By: g. mattiells

Name: JOHN MATTIELLO

Title: DIRECTOR OF MARKETING

Three Angels Broadcasting Network PO Box 220, West Frankfort, IL 62896

rww.3abn.org | p 618.627.4651 mail@3abn.org **| f** 618.627.2726

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 December 2021.

By

Greg Morikone

President

GM/cc

television radio music

Lighting the world with the glory of God's truth

Three Angels Broadcasting Network
PO Box 220, West Frankfort, IL 62896

www.3abn.org mail@3abn.org

p 618.627.4651 **f** 618.627.2726

CHILDREN'S PROGRAMMING CERTIFICATION FOURTH QUARTER (October 1, 2021, Through December 30, 2021)

This is to certify that the list set forth below identifies all programs and series aired by Three Angels Broadcasting Network, Inc. during the above-referenced calendar quarter that was originally produced and broadcast primarily for an audience of children 12 years old and under. As a standard practice, we formatted and aired each of the children's programs and series identified below so that the total commercial time (including local ad avails, promos for non-educational programs, and adjacent ads running before or after the program within the same clock hour) 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 (the "FCC"), the "Regulations").

None of the following programs or series included any commercial spots (including local ad avails, promos for non-educational programs, and adjacent ads running before or after the program within the same clock hour) that contained references to, characters or actors from or that offered products related to, the underlying program or series. Any instances in which the children's programming commercial limits were exceeded during the referenced calendar quarter are explained in detail below. I further certify that I have been designated by Three Angels Broadcasting Network, Inc. as the official responsible for oversight of compliance with the FCC children's programming commercial limits and I am familiar with the regulations.

There will be no attached LMS form 2100 of the fourth-quarter filing because of the FCC change to the yearly filing for the Children's Report.

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 1st day of December 2021.

Sincerely,

Greg Morikone

President

GM/cc





(REFERENCE COPY - Not for submission)

Children's Television Programming Report

FRN: 0003716198 | File Number: 0000178785 | Submit Date: 01/05/2022 | Call Sign: W15BU-D | Facility ID: 66983

City: JOHNSON CITY State: IL

Service: Digital Class A Purpose: Children's TV Programming Report Status: Submitted Status Date: 01/05/2022

Filing Status: Active

Report reflects information for year 2021

General	
Information	1

Section	Question	Response
Attachments	Are attachments (other than associated schedules) being filed with this application?	No

Applicant Information

Applicant Name, Type, and Contact Information

Applicant	Address	Phone	Email	Applicant Type
THREE ANGELS BROADCASTING NETWORK, INC. Doing Business As: THREE ANGELS BROADCASTING NETWORK, INC.	MOSES PRIMO PO Box 220 WEST FRANKFORT, IL 62896 United States	+1 (618) 627-4651	TECH@3ABN. ORG	Company

Contact Representatives (2)

Contact Name	Address	Phone	Email	Contact Type
DANIEL N. PEEK ENGINEER 3ABN	PO Box 220 WEST FRANKFORT, IL 62896 United States	+1 (618) 627-4651	DAN. PEEK@3ABN. ORG	Technical Representative
MOSES PRIMO DIRECTOR OF BROADCASTING OPERATIONS AND ENGINEERING BABN	PO Box 220 WEST FRANKFORT, IL 62896 United States	+1 (618) 627-4651	MOSES@3ABN. ORG	Legal Representative

Children's Television Information

Section	Question	Response
Station Type	Station Type	Network Affiliation
	Affiliated network	3ABN
	Nielsen DMA	St. Louis
	Web Home Page Address	www.3abn.org

Digital Core Programming

Question	Response
Indicate which of the Core Programming safe harbor processing guidelines the station elected to utilize during the covered reporting period to demonstrate compliance with the Children's Television Act of 1990 (See 47 CFR Section 73.671(d))	Category B: 156 hours annually of Core Programming, including at least 26 hours per quarter of regularly scheduled weekly programming. The remaining 52 hours of Core Programming may include programs of at least 30 minutes in length that are not regularly scheduled on a weekly basis, such as educational specials and regularly scheduled non-weekly programming, and short-form programs less than 30 minutes in length, including public service announcements and interstitials.
State the total number of hours of regularly scheduled weekly Core Programming broadcast per quarter by the station on its main program stream	Q1: 151.0 Q2: 148.0 Q3: 149.0 Q4: 146.25
State the total number of hours of Core Programming that is not regularly scheduled weekly programming proadcast by the station on its main program stream during the reporting period	0.0
State the total number of hours of egularly scheduled weekly Core Programming broadcast per quarter by the station on a multicast stream	Q1: 144.5 Q2: 123.5 Q3: 124.5 Q4: 125.0
Does the Licensee provide information dentifying each Core Program aired on its station to publishers of program guides as required by 47 CFR Section 13.673?	Yes

Digital Core Programs(15)

Digital Core Program (1 of 15)	Response
Title of Program	Tiny Tots For Jesus
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	155
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:19.5, Q2:19.5, Q3:19.5, Q4:19.0
	Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0
Were any regular scheduled weekly programs preempted	No
ength of Program	30 minutes
ge Range of Target Child Audience	12 and under
or each broadcast of the program on a commercial or Class A station, did the Licensee identify the rogram by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (2 of 15)	Response
Title of Program	Amazing Adventures
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	102
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:25.0, Q2:25.0, Q3:25.0, Q4:27.0 Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0
	No
Vere any regular scheduled weekly programs preempted	

Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (3 of 15)	Response
Title of Program	Day With a King
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	51
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:6.0, Q2:6.5, Q3:6.0, Q4:7.0 Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0
Were any regular scheduled weekly programs preempted	No
Length of Program	30 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (4 of 15)	Response
Title of Program	Kids Camp
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	533

State the number of hours the program was aired on the station's main program stream and/or a	Main Program
multicast stream	Stream
	Q1:139.0,
	Q2:133.0,
	Q3:132.0,
	Q4:129.0
	Multicast Stream
	Q1:0.0,
	Q2:0.0,
	Q3:0.0,
	Q4:0.0
Were any regular scheduled weekly programs preempted	No
Length of Program	15 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (5 of 15)	Response
Title of Program	Bible Treasures
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	153
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:9.25, Q2:9.75, Q3:9.5, Q4:9.75 Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0
Were any regular scheduled weekly programs preempted	No
Length of Program	15 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (6 of 15)	Response
Title of Program	Kids Camp Kitchen Fun
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes

Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	103
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:12.5, Q2:13.0, Q3:13.5, Q4:12.5 Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0
Were any regular scheduled weekly programs preempted	No
Length of Program	30 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (7 of 15)	Response
Title of Program	Kids Praise Too
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	88
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:6.5, Q2:5.5, Q3:6.0, Q4:4.0 Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0,
Were any regular scheduled weekly programs preempted	No
Length of Program	15 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (8 of 15)	Response
Title of Program	The Creation Case
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	103
State the number of hours the program was aired on the station's main program stream and/or a nulticast stream	Main Program Stream Q1:12.5, Q2:13.0, Q3:13.5, Q4:12.5
	Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0
Vere any regular scheduled weekly programs preempted	No
ength of Program	30 minutes
ge Range of Target Child Audience	12 and under
or each broadcast of the program on a commercial or Class A station, did the Licensee identify the rogram by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (9 of 15)	Response
Title of Program	Tiny Tots Kitchen
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	204
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:12.5, Q2:12.75, Q3:13.0, Q4:12.75 Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0
Were any regular scheduled weekly programs preempted	No
ength of Program	15 minutes

Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

ligital Core Program (10 of 15)	Response
Title of Program	Tiny Tots Worship
Oid each broadcast of the program, including any rescheduled preemptions, occur between 6:00 MM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	167
State the number of hours the program was aired on the station's main program stream and/or a nulticast stream	Main Program Stream Q1:12.5, Q2:9.75, Q3:10.0, Q4:9.5 Multicast Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0
Were any regular scheduled weekly programs preempted	No
ength of Program	15 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	e Yes

Digital Core Program (11 of 15)	Response
Title of Program	Amiguitos de Jesus
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	351

State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream
	Q1:0.0,
	Q2:0.0,
	Q3:0.0,
	Q4:0.0
	Multicast Stream
	Q1:43.0,
	Q2:44.0,
	Q3:44.0,
	Q4:44.5
Were any regular scheduled weekly programs preempted	No
Length of Program	30 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (12 of 15)	Response
Title of Program	Cocina con Color
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	40
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0 Multicast Stream Q1:5.0, Q2:5.0, Q3:5.0, Q4:5.0
Were any regular scheduled weekly programs preempted	No
Length of Program	30 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	e Yes

Digital Core Program (13 of 15)	Response
Title of Program	Estrellitas de Jesus
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes

Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	348
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0 Multicast Stream Q1:43.0, Q2:43.0, Q3:43.5, Q4:44.5
Were any regular scheduled weekly programs preempted	No
Length of Program	30 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (14 of 15)	Response
Title of Program	Espaco Jovem (Portugues)
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	52
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0 Multicast Stream Q1:6.5, Q2:6.5, Q3:6.5, Q4:6.5
Were any regular scheduled weekly programs preempted	No
Length of Program	30 minutes
Age Range of Target Child Audience	13-16
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Digital Core Program (15 of 15)	Response
Title of Program	Alabanzas Infantiles
Did each broadcast of the program, including any rescheduled preemptions, occur between 6:00 AM and 10:00 PM?	Yes
Does the program have serving the educational and informational needs of children ages 16 and under as a significant purpose?	Yes
Type of Core Programming	Regularly scheduled weekly program
Total Times Aired	200
State the number of hours the program was aired on the station's main program stream and/or a multicast stream	Main Program Stream Q1:0.0, Q2:0.0, Q3:0.0, Q4:0.0 Multicast Stream Q1:25.0, Q2:25.0, Q3:25.5, Q4:24.5
Were any regular scheduled weekly programs preempted	No
Length of Program	30 minutes
Age Range of Target Child Audience	12 and under
For each broadcast of the program on a commercial or Class A station, did the Licensee identify the program by displaying throughout the program the E/I symbol?	Yes

Sponsored Core Programming (0)

Liaison Contact /Other Efforts

Question	Response
Name of children's programming liaison	Cindy Ckark
Address	3391 Charley Good Road
City	WEST FRANFORT
State	IL
Zip	62896
Telephone Number	(618) 627-4651
Email Address	cindy.clark@3abn.org

Certification

Question

Response

The undersigned certifies that he or she is (a) the party filing the Children's Television Programming, or an officer, director, member, partner, trustee, authorized employee, or other individual or duly elected or appointed official who is authorized to sign on behalf of the party filing the Children's Television Programming; or (b) an attorney qualified to practice before the Commission under 47 C.F.R. Section 1.23 (a), who is authorized to represent the party filing the Children's Television Programming, and who further certifies that he or she has read the document; that to the best of his or her knowledge, information, and belief there is good ground to support it; and that it is not interposed for delay.

FAILURE TO SIGN THIS APPLICATION MAY RESULT IN DISMISSAL OF THE APPLICATION AND FORFEITURE OF ANY FEES PAID

Upon grant of this application, the Authorization Holder may be subject to certain construction or coverage requirements. Failure to meet the construction or coverage requirements will result in automatic cancellation of the Authorization. Consult appropriate FCC regulations to determine the construction or coverage requirements that apply to the type of Authorization requested in this application.

WILLFUL FALSE STATEMENTS MADE ON THIS FORM OR ANY ATTACHMENTS ARE PUNISHABLE BY FINE AND/OR IMPRISONMENT (U.S. Code, Title 18, §1001) AND/OR REVOCATION OF ANY STATION AUTHORIZATION (U.S. Code, Title 47, §312(a)(1)), AND/OR FORFEITURE (U.S. Code, Title 47, §503).

I certify that this application includes all required and relevant attachments.

Yes

I declare, under penalty of perjury, that I am an authorized representative of the above-named applicant for the Authorization(s) specified above.

Greg Morikone PRESIDENT

01/05/2022

Attachments

File Name	Uploaded By	Attachment Type	Description	Upload Status
Program mix and match statement.pdf	Applicant	All Purpose	15 minute program explanation statement of mix and match	Done with Virus Scan and /or Conversion

television radio music

Lighting the world with the glory of God's truth

Three Angels Broadcasting Network PO Box 220, West Frankfort, IL 62896

 ww.3abn.org
 p 618.627.4651

 mail@3abn.org
 f 618.627.2726

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 forth 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 December 2021.

Three Angels Broadcasting Network, Inc.

Name: Jill Morikone

Title: Vice President/COO

Date and Time	Program	Talent	Description
2021-10-01 04:30*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2021-10-04 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2021-10-06 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2021-10-22 04:30*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2021-10-27 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2021-11-01 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2021-11-26 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2021-11-29 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises
2021-12-01 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2021-12-10 04:30*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2021-12-13 14:00*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2021-12-15 14:00*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2021-12-17 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.

2021-12-20 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss full body / abdominal workout.
2021-12-22 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2021-12-24 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2021-12-27 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2021-12-29 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones and Mindy Isaacs discuss a great workout!.
2021-12-31 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2021-10-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2021-10-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2021-10-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2021-10-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2021-11-03 13:30*	Abundant Living		Curtis and Paula Eakins discuss medicines from the earth.
2021-11-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2021-12-13 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2021-12-15 13:30*	Abundant Living		Paula and Curtis Eakin discuss alzheimers - the causes.
2021-12-20 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2021-12-22 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.

2021-12-27 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2021-12-29 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2021-10-04 13:30*	Abundant Living		discusses tools for transformation.
2021-10-25 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2021-12-10 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrates exercises for the wheelchair bound.
2021-12-13 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, Scott Tanner	Dick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training.
2021-12-15 06:00*	Body and Spirit	Miles Scruggs, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help counter-act stress.
2021-12-17 06:00*	Body and Spirit	Elora Ford, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with osteoporosis.
2021-12-20 06:00*	Body and Spirit	Michael Webb, Dick Nunez, David Weston	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.
2021-12-22 06:00*	Body and Spirit	Dick Nunez, Martha Weber, Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
2021-12-24 06:00*	Body and Spirit	Dick Nunez, Ted Arview	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.
2021-12-27 06:00*	Body and Spirit	Randi Brewer, Dick Nunez, John Leaman	Dick Nunez and helpers demonstrate exercises to help with Diabetes.
2021-12-29 06:00*	Body and Spirit	Dave Stevenson, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with Joint pain.
2021-12-31 06:00*	Body and Spirit	Greg Morikone, John Leaman, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with shoulder pain.
2021-10-01 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez & Fischer	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2021-10-04 06:00*	Body and Spirit	Dick Nunez (Host), Brian Heath	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.

2021-10-06 06:00*	Body and Spirit	Dick Nunez (Host), Lisa	Dick Nunez and Brian Heath discuss fat burning.
2021-10-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2021-10-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2021-10-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2021-10-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2021-10-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2021-10-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
2021-10-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2021-10-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2021-10-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb disscuss the use of supplements and demonstrate exercise routines for health.
2021-10-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson disscuss the subject of colesterol and demonstrate exercise routines for health.

2021-11-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson disscuss demonstrate exercises for the lower back challenge.
2021-11-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson disscuss the subject of protein and demonstrate exercise routines for health.
2021-11-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2021-11-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2021-11-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2021-11-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2021-11-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2021-11-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Richard	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2021-11-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2021-11-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.

2021-12-07 06:00* Body and Spirit Dick Nunez Aerobics (Host), Daniel Hopkins, Zak Oberholster 2021-12-09 06:00* Body and Spirit Aerobics (Host), Daniel Hopkins 2021-12-12 06:00* Body and Spirit Dick Nunez Hopkins 2021-12-12 06:00* Body and Spirit Dick Nunez Aerobics (Host), Corrie Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise
Aerobics (Host), Daniel demonstrate high intensity exercise Hopkins 2021-12-12 06:00* Body and Spirit Dick Nunez Dick Nunez, Brittany Nunez, and
, , ,
Sample, Brittany to reduce pain from Fibromyalgia. Nunez
2021-12-14 06:00* Body and Spirit Dick Nunez Dick Nunez with Larry Mc Lucas demonstrate exercise to strengther McLucas the hips.
2021-12-16 06:00* Body and Spirit Dick Nunez Dick Nunez, Brittany Nunez, and Aerobics (Host), Brittany Corrie Sample demonstrate exercis to help strenghten your bones. Sample
2021-12-19 06:00* Body and Spirit Dick Nunez Dick Nunez, Brittany Nunez, and Aerobics (Host), Brittany Corrie Sample discuss the effects of eating disorders. Sample
2021-12-21 06:00* Body and Spirit Dick Nunez Dick Nunez, Brittany Nunez, and Za Aerobics (Host), Brittany Oberholster demonstrate exercise to increase fat metabolism. Oberholster
2021-12-23 06:00* Body and Spirit Dick Nunez Dick Nunez, Corrie Sample, and Aerobics (Host), Daniel Daniel Hopkins discuss the benefits Hopkins, Corrie Sample
2021-12-26 06:00* Body and Spirit Dick Nunez Dick Nunez with Chuck Algaier Aerobics (Host), Chuck demonstrate knee strenghtening Algaier exercises.
2021-12-28 06:00* Body and Spirit Dick Nunez Dick Nunez, Daniel Hopkins, and Z Aerobics (Host), Daniel Oberholster demonstrate men's exercises. Oberholster
2021-12-30 06:00* Body and Spirit Dick Nunez Dick Nunez, Kalie O'Brien, and Zak Aerobics (Host), Kalie Oberholster discuss recreational activities.

2021-10-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2021-12-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2021-12-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2021-12-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2021-12-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2021-12-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2021-12-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2021-12-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2021-12-31 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2021-10-04 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split- pea soup.
2021-11-29 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2021-12-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2021-12-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2021-12-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2021-10-06 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2021-10-13 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2021-10-18 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brian Shaul, David Allen	Cheri Peters, Brian Shaul, and David Allen discuss emotional challenges.
2021-10-25 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters , Brian Shaul, and David Allen discuss helpful hints to free you from anger.

2021-11-01 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jennifer Jill Schwirzer	Cheri Peters, and Jennifer Jill Schwirzer discuss eating disorders.
2021-11-08 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Sandra Santos, Virna Santos	Cheri Peters (Host), Sandra Santos, and Virna Santos discuss by beholding we are changed.
2021-11-17 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Wayne Blakely	Cheri Peters and Wayne Blakely discuss the victory over homosexuality.
2021-11-22 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Chris Corzine	Cheri Peters and Chris Corzine discuss victory over Meth addiction.
2021-11-29 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Apryl Cordry, Nicole Day	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges.
2021-12-08 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Megan Baez, Mylynda Ortiz	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2
2021-12-15 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Melody Prettyman	Cheri Peters and C. A. Murray discuss season 8 highlights.
2021-12-20 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Asheley Woodruff	N. David Emerson discusses diabetes.
2021-12-27 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Annette Washington, Pam Talley	Cheri Peters (Host), Annette Washington, and Pam Talley discuss the love of a grandparent.
2021-12-09 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Jeremy Dixon discusses revive super salad mingle.
2021-12-12 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2021-12-19 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Vera Onkoba discuss the constitution of constipation.

2021-12-30 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Jeremy Dixon discusses thai green curry lentils et al.
2021-10-07 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2021-10-14 10:00*	From Sickness to Health	Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2021-10-17 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Reidland Bredy, and Sherry- Lynne Bredy discuss exercise.
2021-10-24 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2021-11-18 10:00*	From Sickness to Health	Rico Hill (Host), Camille Clark, Thomas Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2021-11-21 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2021-11-28 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2021-12-31 03:30*	Live to Be Well	-	discusses taking my life back.
2021-10-01 03:30*			discusses protect to serve.
2021-10-03 12:00*			discusses tender healing.
2021-12-10 03:30*			discusses convicted.
2021-12-12 12:00*	Live to Be Well		discusses unconditional

2021-11-30 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.
2021-12-02 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.
2021-12-05 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.
2021-12-07 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.
2021-12-09 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2021-12-12 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2021-12-14 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2021-12-16 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.
2021-12-19 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.

2021-10-03 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.
2021-10-05 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.
2021-12-26 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.
2021-12-28 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.
2021-10-12 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.
2021-10-14 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.
2021-10-17 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.
2021-10-19 14:00*	•	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2021-10-21 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.
2021-10-31 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.

2021-11-02 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.
2021-11-04 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.
2021-11-09 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2021-11-11 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.
2021-11-14 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2021-11-16 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2021-11-18 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2021-12-10 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2021-12-14 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your workout.
2021-12-24 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss good dieting practices.
2021-12-28 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.

2021-11-10 08:00!	Today Cooking		Dick Nunez, Jay Sutliffe (Host), and Lisa Nunez discuss optimize your immune system.
2021-12-22 20:00!	Today Cooking		discusses taco explosion.
2021-12-08 08:00!	Today Cooking		discusses meals in minutes.
2021-12-15 08:00!	Today Cooking		discusses tobago cuisine.
2021-12-29 08:00!	Today Cooking		discusses breakfast made simple.
2021-10-06 23:00!	Today Cooking		discusses improving your immune response with food.
2021-11-11 12:00*	Ultimate	Nick Evenson	Nick Evenson and Dr. James Marcum
	Prescription	(Host), Dr. James Marcum	discuss movement.
2021-12-02 12:00*		Nick Evenson	Nick Evenson and Dr. James Marcum
	Prescription	(Host), Dr. James Marcum	discuss improving our mental health.
2021-12-09 12:00*		Nick Evenson	Nick Evenson and Dr. James Marcum
	Prescription	(Host), Dr. James	discuss skin.
2021-12-16 12:00*	Ultimate	Marcum Nick Evenson	Nick Evenson and Dr. James Marcum
2021 12 10 12.00	Prescription	(Host), Dr. James	discuss learning about medications.
	•	Marcum	
2021-12-23 12:00*		Nick Evenson	Shelley Quinn and Karen Nicola
	Prescription	(Host), Dr. James Marcum	discuss what is grief.
2021-12-30 12:00*	Ultimate	Nick Evenson	Nick Evenson and Dr. James Marcum
	Prescription	(Host), Dr. James Marcum	discuss the big tube.
		Marcum	
2021-10-07 12:00*	Ultimate		discusses danny shelton's
	Prescription		experience with bypass surgery.
2021-12-14 05:30*	Wonderfully	George Guthrie,	George Guthrie and Tim Amott
	Made	Tim Arnott	discuss health issues centering
2021-12-21 05:30*	Wonderfully	George Guthrie,	around Type 2 Diabetes. George Guthrie and Tim Amott
2021 12 21 00.00	Made	Tim Arnott	discuss health issues centering
			around the effects of Cholesterol.
2021-12-28 05:30*	,	George Guthrie,	For your health, George Guthrie and
0004 40 05 05 00*	Made	Tim Arnott	Tim Arnott discuss plant foods.
2021-10-05 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou	N. David Emerson discusses fevers & immune system, pt. 2.
	iviaue	Fernandez	iiiiiiuiie systeiii, pt. 2.



20733 W. 10 Mile Road, Southfield, MI 48075

CHILDREN'S PROGRAMMING CERTIFICATION FORTH QUARTER OCT 1 - DEC 31, 2021

This is to certify that **The Word Network** ("Network") as a standard practice does not air advertising. Atlantic Broadband may rely upon this certification for future calendar quarters unless notified in writing by the Network within five (5) days after the close of any quarter that advertising has been included in the Network's programming and that the Network is in compliance with the Children's Television Act of 1990 and with the rules and regulations of the Federal Communications Commission.

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 1st day of January, 2022

Signatur	e: g. Mattiello	_
Name:	JOHN MATTIELLO	-
Title:	DIRECTOR OF MARKETING	

Phone: (248) 357-4566 fax: (248) 350-2531



Caption Quality Standards and Best Practices Certification

Pursuant to section 79.1(j)(1) of its rules, the Federal communications Commission (FCC) requires Video Programmers to certify compliance with its closed captioning standards. This is to certify that programming distributed by The Word Network is in compliance with applicable FCC requirements concerning the quality of closed captioning, as indicated below:

- The video programming satisfies the caption quality standards of FCC Rule 79.1(j)(2), 47 C.F.R. § 79.1(b) &(j)(2)
- One or more of The Word Network's programs are exempt from the closed captioning rules, as set forth below:

For purposes of determining compliance with Section 79.1, any video programming provider that meets one or more of the following criteria shall be exempt to the extent specified. (5)**Programming distributed in the late night hours**. Programming that is being distributed to residential households between 2 a.m. and 6 a.m. local time. Video programming distributors providing a channel that consists of a service that is distributed and exhibited for viewing in more than a single time zone shall be exempt from closed captioning that service for any continuous 4 hour time period they may select, commencing not earlier than 12 a.m. local time and ending not later than 7 a.m. local time in any location where that service is intended for viewing. This exemption is to be determined based on the primary reception locations and remains applicable even if the transmission is accessible and distributed or exhibited in other time zones on a secondary basis. Video programming distributors providing service outside of the 48 contiguous states may treat as exempt programming that is exempt under this paragraph when distributed in the contiguous states. Provider that meets one or more of the following criteria shall be exempt to the extent specified.

exempt t	o the extent specified.
Program:	Michael Jones Ministry/Exemption: Shown between 2am - 6am
Program:	Horace Sheffield Ministry/ Exemption: Shown between 2am – 6am

This certification is made in good faith and is true to the	e best of r	my knowled	ige.
Executed this day / ofJANUARY	, 2022.		
			The Word Network
		Ву:	g.mattielle
			JOHN MATTIELLO

Title: DIRECTOR OF MARKETING

Three Angels Broadcasting Network PO Box 220, West Frankfort, IL 62896

www.3abn.org p 618.627.4651 mail@3abn.org f 618.627.2726

CHILDREN'S PROGRAMMING CERTIFICATION January 1, 2021, Through December 30, 2021

This is to certify that the list set forth below identifies all programs and series aired by Three Angels Broadcasting Network, Inc. during the above-referenced calendar quarter that was originally produced and broadcast primarily for an audience of children 12 years old and under. As a standard practice, we formatted and aired each of the children's programs and series identified below so that the total commercial time (including local ad avails, promos for non-educational programs, and adjacent ads running before or after the program within the same clock hour) on weekdays, in compliance with the Children's Television Act of 1990 and the rules and regulations of the Federal Communications Commission (the "FCC"), the "Regulations").

None of the following programs or series included any commercial spots (including local ad avails, promos for non-educational programs, and adjacent ads running before or after the program within the same clock hour) that contained references to, characters or actors from or that offered products related to, the underlying program or series. Any instances in which the children's programming commercial limits were exceeded during the referenced calendar quarter are explained in detail below. I further certify that I have been designated by Three Angels Broadcasting Network, Inc. as the official responsible for oversight of compliance with the FCC children's programming commercial limits and I am familiar with the regulations.

There will be an attached LMS form 2100 of the yearly filing for the Children's Report.

I hereby declare under penalty of perjury that the foregoing is true and correct. Executed this 1st day of December 2021.

Sincerely.

Greg Morikone

President

GM/cc



April 2, 2021

Re: AETN Networks — Certification of Compliance with Children's Television Act of 1990,

Closed-Captioning Programming Laws, and Video Description Programming Laws

1st Quarter — January 1, 2021 – March 31, 2021

To Whom It May Concern:

This letter shall serve as certification under the Children's Television Act of 1990 (the "Act") that for the respective quarter ended March 31, 2021, A&E Television Networks, LLC ("AETN") has been in compliance with the Act with respect to all of its networks (including in high definition).

This letter shall also serve as certification that AETN has been in compliance with the following programming laws with respect to its programming services for the quarter ended March 31, 2021: (i) the closed-captioning requirements set forth in Section 79.1 of Title 47 of the Code of Federal Regulations, including Section 79.1(j)(2), and (ii) with respect to "History", the video description requirements set forth in Section 79.3 of Title 47 of the Code of Federal Regulations.

A&E Television Networks, LLC is dedicated to providing the best programming and customer service possible. I can be reached via email: pamala.steward@aenetworks.com with any questions or concerns. We thank you for your business and wish you continued success.

Regards,

Pamala Steward

Director

Distribution Contracts & Budgets

Dh. Cormich Steward

cc: S. Plasse

Document Number: 310527



July 7, 2021

Re: AETN Networks — Certification of Compliance with Children's Television Act of 1990,

Closed-Captioning Programming Laws, and Video Description Programming Laws

2nd Quarter — April 1, 2021 – June 30th, 2021

To Whom It May Concern:

This letter shall serve as certification under the Children's Television Act of 1990 (the "Act") that for the respective quarter ended June 30, 2021, A&E Television Networks, LLC ("AETN") has been in compliance with the Act with respect to all of its networks (including in high definition).

This letter shall also serve as certification that AETN has been in compliance with the following programming laws with respect to its programming services for the quarter ended June 30, 2021: (i) the closed-captioning requirements set forth in Section 79.1 of Title 47 of the Code of Federal Regulations, including Section 79.1(j)(2), and (ii) with respect to "History", the video description requirements set forth in Section 79.3 of Title 47 of the Code of Federal Regulations.

A&E Television Networks, LLC is dedicated to providing the best programming and customer service possible. I can be reached via email: pamala.steward@aenetworks.com with any questions or concerns. We thank you for your business and wish you continued success.

Regards,

Pamala Steward

Director

Distribution Contracts & Budgets

Dh. Cormich Steward

cc: S. Plasse

Document Number: 310527



October 6, 2021

Re: AETN Networks — Certification of Compliance with Children's Television Act of 1990,

Closed-Captioning Programming Laws, and Video Description Programming Laws

3rd Quarter — July 1, 2021 - September 30, 2021

To Whom It May Concern:

This letter shall serve as certification under the Children's Television Act of 1990 (the "Act") that for the respective quarter ended September 30, 2021, A&E Television Networks, LLC ("AETN") has been in compliance with the Act with respect to all of its networks (including in high definition).

This letter shall also serve as certification that AETN has been in compliance with the following programming laws with respect to its programming services for the quarter ended September 30, 2021: (i) the closed-captioning requirements set forth in Section 79.1 of Title 47 of the Code of Federal Regulations, including Section 79.1(j)(2), and (ii) with respect to "History", the video description requirements set forth in Section 79.3 of Title 47 of the Code of Federal Regulations.

A&E Television Networks, LLC is dedicated to providing the best programming and customer service possible. I can be reached at (212) 210-9110 or via email: pamala.steward@aenetworks.com with any questions or concerns.

We thank you for your business and wish you continued success.

Regards,

Pamala Steward

Director

Distribution Operations

Sh-Ceormich Steward

cc: S. Plasse



January 10, 2022

Re: AETN Networks — Certification of Compliance with Children's Television Act of 1990,

Closed-Captioning Programming Laws, and Video Description Programming Laws

4th Quarter — October 1, 2021 – December 31, 2021

To Whom It May Concern:

This letter shall serve as certification under the Children's Television Act of 1990 (the "Act") that for the respective quarter ended December 31, 2021, A&E Television Networks, LLC ("AETN") has been in compliance with the Act with respect to all of its networks (including in high definition).

This letter shall also serve as certification that AETN has been in compliance with the following programming laws with respect to its programming services for the quarter ended December 31, 2021: (i) the closed-captioning requirements set forth in Section 79.1 of Title 47 of the Code of Federal Regulations, including Section 79.1(j)(2), and (ii) with respect to "History", the video description requirements set forth in Section 79.3 of Title 47 of the Code of Federal Regulations.

A&E Television Networks, LLC is dedicated to providing the best programming and customer service possible. I can be reached at (212) 210-9110 or via email: pamala.steward@aenetworks.com with any questions or concerns.

We thank you for your business and wish you continued success.

Regards,

Pamala Steward

Director

Distribution Operations

The Cormich Steward

cc: S. Plasse

HDNET LLC



ANNUAL CHILDREN'S PROGRAMMING CERTIFICATION

The undersigned hereby certifies that the programming found on the HDNet Movies network and AXSTV network complies fully with the provisions of the Children's Television Act of 1990 and the associated rules and regulations of the Federal Communications Commission promulgated thereunder for the period of January 1, 2021 to December 31, 2021.

HDNet LLC certifies that the above stated status will continue to be the model for The Network.

I hereby declare that the foregoing is true and correct. This certification was executed on the 1st day of January 2021.

By: Anthony Cicions
Anthony Cicione
SVP Operations

CHILDREN'S PROGRAMMING CERTIFICATION

The undersigned hereby certifies to Affiliate that the television programming service currently known as **BabyTV** was in compliance in all material respects with the commercial time provisions of the Children's Television Act of 1990 (the "Act"), as set forth in 47 U.S.C. Section 303a and the rules and regulations of the Federal Communications Commission promulgated thereunder, during the period January 1st, 2021 through December 31st, 2021 (the "Applicable Year"). A list of all programs that BabyTV considered children's programming under the Act that aired on BabyTV during the Applicable Year has been attached as Schedule A hereto and is fully incorporated herein.

I hereby declare that the foregoing is true and correct to the best of my knowledge.

1/10/2022

Executed this ___ day of January, 2022.

BabyTV

Signature:

Name: Alex Maier

Title: Senior Vice President

DocuSigned by:

Baby TV

This is a copy. The original is on file at ABC Cable Networks Group offices, on behalf of the BabyTV, located at 3800 W. Alameda Avenue, Burbank, California 91505.

SCHEDULE A CHILDREN'S PROGRAMMING CERTIFICATION BABY TV CHANNEL

(January 1 - December 31, 2021)

Ahoy Pirates
BabyTV Studio
Beep Beep
Big Bugs Band
Billy Bam Bam
Charlie & the Alphabet
Charlie & the Numbers
Charlie & the Shapes
Choopies
Circus Comes to Town, The
Close Your Eyes
Cuddlies
Dino & the Egg Hunt
Draco
Flip & Flash
Flowers
Gee-Raffa
Giggle Wiggle
Good Night
Good Night Teddy Bear
Happy Birthday to You
Нірра Нірра Неу
Hungry Henry
In the Animal World
Jump Out of Bed Sleepy Head
Kiku at the Farm
Kiku at the Park
Kiku at the River
Kiku at the Stables
Lale Ki Lolu
Let's Dance
Little Lola Visits the City
Little Lola Visits the Farm
Magic Stars
Maya & Yaya
Mice Builders
Milky Way
Mini Matinee
Momento the Great Chef
Mona & Sketch
Moonlight
Musical Melody
Nico & Bianca
Night Sky
Ocean

The Ferret
Little Chick with Tipa Tupa
Run Horsy Run
The Farmer in The Dell
Hello 1
Coming 'Round The Mountain
The Ants Go Marching
Itsy Bitsy Spider
The Dwarves
The Little Puppets
Plin Plin the Clown
I'm Nearly Walking
Song Of Kites
Bear Went Over The Mountain
Gretel Pastetel
The Milk Truck
Itororo's Well
The Bears
Spider on the Floor
Froggy Went A-Courtin'
Windmills Turn Around
Dance a Baby Diddy
My New Balloon
The Train
Mary Had a Little Lamb (new version)
BabyTV Stars Row Your Boat
All the Chicks are Squeaking
Two Merry Geese
I Saw Bears
Evening Song
My Face
Cockatoo
Mother Crow
Autumn Leaves
Three Little Toddlers
The Pigeon
Little Violin
This is my Face
The Cat on The Fence
I Go Down to the Garden
Man in the Moon
Twinkle Twinkle Little Star (new version)
The Monkey
Head And Shoulders
BabyTV Stars Twinkle Twinkle Little Star

Oliver	Off To Sleep You Go
Pierre the Painter	Go to Sleep
Pim & Pimba	Under the Moonlight
Post Train, The	Good Evening, Good Night
Rocco	Aeroplane
Shooting Star	Morning Song
Sky	The Toys Go Up and Down
Sleep time	Little Green Frog
Snail Trail	The Sailor Went To Sea
Snuggle puppets	Old King Cole
Songs & Rhymes	Little Teapot
Starry Nights	Rose & Carnation
Stitches	Where is Thumbkin?
Teeny & Tiny's Classroom	The Birds
The Egg Band	Port of Saint Malo
Tiny Bunch	Little Lark Bird
Toto's Kindergarten	My Canoe
Tutti Frutti	Good Morning
Twilight	BabyTV Stars Old MacDonald had a Farm
Watching Ducks	BabyTV Stars Baa Baa Black Sheep
Watching Pelicans	Our Wonderful World
What a wonderful day	BabyTV Stars My New Balloon
Yoyo the Magician	Hide & Seek
Zoe Wants to Be	Cuddlies Song
Hello 3	Clap Your Hands
Ten Green Bottles (new version)	The Grand Old Duke of York
It's Raining, It's Pouring (new version)	Today Is My Birthday (new version)
The Wheels on the Bus	When I'm all Grown Up
Hole in the Middle of the Sea	This Old Man
My Ducklings	Five Little Monkeys
The Baker's Song	Mary, Mary Quite Contrary
Oh Farmer	Humpty Dumpty
BabyTV Stars One, Two Buckle My Shoe	Hickory Dickory Dock
BabyTV Stars I'm a Baby	Pat a Cake (new version)
London Bridge	Down By the Bay
Sally the Camel	Rabbit Jack
Mr. Sun	Ain't it Great to be Crazy?
Eenie Meenie Miney Moe	The Dance Of The Potatoes
The Shepherd's Song	The Muffin Man
The Animal Fair	Sit and Stand Up
Let's Go Round	BabyTV Stars Let it Rain (2)
Hole in the Middle of the Sea (new version)	Ring a Ring O' Roses
Tulli's Song	Deep Inside The Forest
Bracelet & Shoe	Baa Baa Black Sheep (new version)
Evening Song (new version)	Butterflies
Little Miss Muffet	1, 2, 3, 4, 5 (new version)
The Easter Bunny	BabyTV Stars Let it Rain
Clap Your Hands (new version)	Poppy Flowers
Old McDonald (new version)	Here We Go Looby Loo
The Farmer in the Dell (new version)	Miss Polly Had A Dolly
Ring a Ring O' Roses (new version)	BabyTV Stars The Train
The Ants Go Marching (new version)	I'm a Baby
THE AIRS GO MATCHING (HEW VEISION)	i iii a baby

Down by the Bay (new version)
The Wheels on the Bus (new version)
Wash Your Hands (new version)
This Old Man (new version)
Hickory Dickory Dock (new version)
Rabbit Jack (new version)
Five Little Monkeys (new version)
Good Evening, Good Night (new version)
Head, Shoulders, Knees and Toes (new version)
Five Little Ducks (new version)
We Wish You a Merry Christmas (new version)
O Christmas Tree (new version)
Dance Like a Baby (new version)
Jingle Bells (new version)

Row Your Boat (new version)
Tick Tock
Five Little Ducks
The Big Old Deer
The Apple's Song
Old McDonald Had a Farm
The Mulberry Bush (new version)
Let it Rain
Miss Mary Mack
One, Two, Buckle My Shoe
Hello 2
If You're Happy (new version)
Brother John



Annual 2021 E/I Programming Certification

Year: 2021

E/I Children's Programming. Attached hereto is information sufficient to enable Broadcaster to complete the FCC Children's Programming Report (Form 398) for the D4 Channel.

Closed Captioning. All programming provided for broadcast on the station during this quarter was closed captioned, except for the programs noted below along with the applicable FEE exemption:

D4 Channel is exempt from adding captions to programming at this time because the D4 Channel's annual gross revenues in the prior calendar year were less than \$3 million.

Commercial limits in Children's Programming. During 2021 Programmer aired the following E/I programming aimed at an audience of teens 13-16 years of age and therefore the rules of 47 C.F.R. Section 73.670 for commercial limits and website rules do not apply.

Children's Program	Days and times aired
Xploration Nature Knows Best	Sat 9:00am (ET)
Xploration Weird But True	Sat 9:30am (ET)
Biz Kids	Sat 10:00am (ET)
Dragonfly TV	Sat 10:30am (ET)
Think Big	Sat 11:00am (ET)
Xploration Earth 2050	Sat 11:30am (ET)

Certified this 13th Day of January 2022 By: Julia Grubb, Assistant to the CEO



COZI NETWORK ANNUAL CERTIFICATION OF COMPLIANCE WITH COMMERCIAL LIMITS IN CHILDREN'S PROGRAMMING January 1, 2021 – December 31, 2021

This certification confirms that during the above-referenced year, Cozi Network (the "Network") complied with the commercial limits in children's programming imposed by the FCC as follows:

Please check only one:	
X During 2021, the Network televised no programming originally produced and broaudience of children 12 years old and younger, and therefore, the commercial I forth in Section 73.670 of the FCC's Rules did not apply.	•
OR	
During 2021, the Network televised programming originally produced and broad audience of children 12 years old and younger, and that programming complied commercial limits of 10.5 minutes per hour on weekends and 12 minutes per hour on weekends a	with the FCC

Signed: //Diane Hernandez-Feliciano//	
Name: Diane Hernandez-Feliciano	
Title: VP, Traffic and Program Operations	
Date: January _11_, 2022	



January 10, 2022

Children's Television Act Certification

Dear Affiliate:

This letter is intended to assist you in satisfying your obligations under the Children's Television Act of 1990 (the "CTA") and the FCC regulations relating thereto in connection with your carriage of our video programming services that aired children's programming as defined by the FCC in the calendar year of 2021.

Discovery Communications, LLC certifies that, as required by FCC rules, its children's programming was formatted so that the total commercial time (including local ad avails) was no more than 10.5 minutes per hour on weekends and 12 minutes per hour on weekdays in each quarter of 2021.

Sincerely,

DISCOVERY COMMUNICATIONS, LLC

By:
Name:
Title:



























