

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-07-01 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.
2020-07-01 08:00!	Today Cooking		discusses authentic indian cuisine part 3.
2020-07-01 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss unity.
2020-07-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2020-07-01 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2020-07-01 15:00!	Today Cooking		discusses authentic indian cuisine part 3.
2020-07-01 20:00!	Today Cooking		discusses authentic indian cuisine part 3.
2020-07-01 23:00!	Today Cooking		discusses authentic indian cuisine part 3.
2020-07-02 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.
2020-07-02 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.
2020-07-02 12:00*	Ultimate Prescription		discusses danny shelton's experience with bypass surgery.
2020-07-02 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.
2020-07-03 03:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2020-07-03 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.
2020-07-03 09:00*	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.
2020-07-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and others.
2020-07-03 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss journey to victory.
2020-07-05 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2020-07-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2020-07-05 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.
2020-07-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2020-07-06 06:00*	Body and Spirit	Dick Nunez (Host), Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-07-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2020-07-06 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!
2020-07-07 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.
2020-07-07 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
2020-07-07 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.
2020-07-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2020-07-07 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.
2020-07-07 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2020-07-08 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
2020-07-08 08:00!	Today Cooking		discusses taco explosion.
2020-07-08 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2020-07-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2020-07-08 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2020-07-08 15:00!	Today Cooking		discusses taco explosion.
2020-07-08 20:00!	Today Cooking		discusses taco explosion.
2020-07-08 23:00!	Today Cooking		discusses taco explosion.
2020-07-09 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.
2020-07-09 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2020-07-09 12:00*	Ultimate Prescription		discusses valves of the heart.
2020-07-09 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2020-07-10 03:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-07-10 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.
2020-07-10 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your immune system.
2020-07-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2020-07-10 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven steps setting & sustaining.
2020-07-12 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2020-07-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2020-07-12 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2020-07-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2020-07-13 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.
2020-07-13 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2020-07-13 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2020-07-14 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.
2020-07-14 05:30*	Wonderfully Made	Shelley Quinn (Host), James Marcum	Shelley Quinn leads a discussion with James Marcum focused on Could I Have a Heart Attack?
2020-07-14 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.
2020-07-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2020-07-14 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2020-07-14 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2020-07-15 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.
2020-07-15 08:00!	Today Cooking		discusses soups, sandwiches, and salad.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-07-15 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2020-07-15 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!
2020-07-15 15:00!	Today Cooking		discusses soups, sandwiches, and salad.
2020-07-15 20:00!	Today Cooking		discusses soups, sandwiches, and salad.
2020-07-15 23:00!	Today Cooking		discusses soups, sandwiches, and salad.
2020-07-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2020-07-16 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2020-07-16 12:00*	Ultimate Prescription		discusses diagnosing a weak heart.
2020-07-16 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.
2020-07-17 03:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2020-07-17 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.
2020-07-17 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2020-07-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2020-07-17 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven goals for designer lifestyle.
2020-07-19 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2020-07-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2020-07-19 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.
2020-07-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2020-07-20 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
2020-07-20 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2020-07-20 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2020-07-21 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2020-07-21 05:30*	Wonderfully Made	Shelley Quinn (Host), James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on treatment after a heart attack.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-07-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2020-07-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-07-21 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2020-07-21 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2020-07-22 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.
2020-07-22 08:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-07-22 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Martin Kim, Liana Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss help when you're at the bottom.
2020-07-22 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2020-07-22 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2020-07-22 15:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-07-22 20:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-07-22 23:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-07-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2020-07-23 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2020-07-23 12:00*	Ultimate Prescription		discusses exercise.
2020-07-23 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.
2020-07-24 03:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2020-07-24 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.
2020-07-24 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2020-07-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2020-07-24 10:00*	Health for a Lifetime	Don Mackintosh (Host), Christina Salter	Don Mackintosh and Christina Salter discuss colon health.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-07-26 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2020-07-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2020-07-26 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2020-07-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2020-07-27 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
2020-07-27 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2020-07-27 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2020-07-28 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2020-07-28 05:30*	Wonderfully Made	Shelley Quinn (Host), James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
2020-07-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2020-07-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2020-07-28 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2020-07-28 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2020-07-29 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.
2020-07-29 08:00!	Today Cooking		discusses southern brunch.
2020-07-29 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2020-07-29 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2020-07-29 15:00!	Today Cooking		discusses southern brunch.
2020-07-29 23:00!	Today Cooking		discusses southern brunch.
2020-07-30 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2020-07-30 12:00*	Ultimate Prescription		discusses disease that can't be cured.
2020-07-30 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.
2020-07-31 03:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-07-31 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.
2020-08-02 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2020-08-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2020-08-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2020-08-03 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2020-08-03 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.
2020-08-03 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2020-08-03 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2020-08-04 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.
2020-08-04 05:30*	Wonderfully Made	Shelley Quinn (Host), James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on the question, Where does cardio-vascular disease start?
2020-08-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2020-08-04 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2020-08-04 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.
2020-08-04 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2020-08-05 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.
2020-08-05 08:00!	Today Cooking		discusses southern made simple.
2020-08-05 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.
2020-08-05 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2020-08-05 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benenefits of pool exercise.
2020-08-05 15:00!	Today Cooking		discusses southern made simple.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-08-05 20:00!	Today Cooking		discusses southern made simple.
2020-08-05 23:00!	Today Cooking		discusses southern made simple.
2020-08-06 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.
2020-08-06 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2020-08-06 12:00*	Ultimate Prescription		discusses the number 1 killer.
2020-08-06 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2020-08-07 03:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2020-08-07 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.
2020-08-07 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2020-08-07 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2020-08-07 10:00*	Health for a Lifetime	Don Mackintosh (Host), Christina Salter	Don Mackintosh and Christina Salter discuss gynecological.
2020-08-09 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2020-08-09 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.
2020-08-09 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.
2020-08-10 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2020-08-10 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
2020-08-10 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2020-08-10 14:00*	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.
2020-08-11 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.
2020-08-11 05:30*	Wonderfully Made	Daniel Miller, James Marcum	Daniel Miller and Jim Marcum discuss the rhythms of the heart.
2020-08-11 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.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-08-11 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2020-08-11 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.
2020-08-11 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2020-08-12 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.
2020-08-12 08:00!	Today Cooking		discusses authentic indian cuisine.
2020-08-12 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.
2020-08-12 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2020-08-12 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.
2020-08-12 15:00!	Today Cooking		discusses authentic indian cuisine.
2020-08-12 20:00!	Today Cooking		discusses authentic indian cuisine.
2020-08-12 23:00!	Today Cooking		discusses authentic indian cuisine.
2020-08-13 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.
2020-08-13 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2020-08-13 12:00*	Ultimate Prescription		discusses how to reduce your risk of coronary artery disease.
2020-08-13 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.
2020-08-14 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2020-08-14 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.
2020-08-14 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.
2020-08-14 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry filso et al.
2020-08-14 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss neurologic disorder.
2020-08-16 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2020-08-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2020-08-16 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.

# Community Issues Program List

## July through September 2020

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-08-17 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brackin, Brown, Elledge, Hanna, Porter, Williams	Cheri Peters, Brackin, Brown, Elledge, Hanna, Porter, and Williams discuss multi - guest.
2020-08-17 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2020-08-17 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.
2020-08-17 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
2020-08-17 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2020-08-18 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2020-08-18 05:30*	Wonderfully Made	Daniel Miller (Host), James Marcum	Daniel Miller and Jim Marcum discuss heart valves; how they work and how they may fail.
2020-08-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2020-08-18 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2020-08-18 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 exercising.
2020-08-18 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2020-08-19 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2020-08-19 08:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2020-08-19 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brackin, Brown, Elledge, Hanna, Porter, Williams	Cheri Peters, Brackin, Brown, Elledge, Hanna, Porter, and Williams discuss multi - guest.
2020-08-19 13:30*	Abundant Living		discusses drugs dark side.
2020-08-19 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2020-08-19 15:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2020-08-19 20:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2020-08-19 23:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2020-08-20 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.
2020-08-20 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2020-08-20 12:00*	Ultimate Prescription		discusses atrial fibrillation.
2020-08-20 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.
2020-08-21 03:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-08-21 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.
2020-08-21 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.
2020-08-21 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2020-08-21 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss stroke.
2020-08-23 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2020-08-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2020-08-23 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.
2020-08-24 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Fred Stoeker	Cheri Peters and Fred Stoeker discuss fred stoeker.
2020-08-24 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2020-08-24 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. discusses h for herbal medicine.
2020-08-24 13:30*	Abundant Living		
2020-08-24 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2020-08-25 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2020-08-25 05:30*	Wonderfully Made	Daniel Miller, James Marcum	Daniel Miller and Jim Marcum discuss sleep as a medicine.
2020-08-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2020-08-25 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2020-08-25 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.
2020-08-25 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2020-08-26 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. discusses family favorites.
2020-08-26 08:00!	Today Cooking		
2020-08-26 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Fred Stoeker	Cheri Peters and Fred Stoeker discuss fred stoeker. discusses e for eating.
2020-08-26 13:30*	Abundant Living		
2020-08-26 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycyle.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-08-26 15:00!	Today Cooking		discusses family favorites.
2020-08-26 20:00!	Today Cooking		discusses family favorites.
2020-08-26 23:00!	Today Cooking		discusses family favorites.
2020-08-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2020-08-27 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2020-08-27 12:00*	Ultimate Prescription		discusses 21 facing cardiovascular disease part 1.
2020-08-27 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.
2020-08-28 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2020-08-28 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.
2020-08-28 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.
2020-08-28 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2020-08-28 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss back pain.
2020-08-30 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.
2020-08-30 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2020-08-30 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.
2020-08-31 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Keeslers	Cheri Peters and Keeslers discuss keeslers.
2020-08-31 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2020-08-31 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
2020-08-31 13:30*	Abundant Living		discusses a is for adoration.
2020-08-31 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2020-09-01 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2020-09-01 05:30*	Wonderfully Made	Daniel Miller, James Marcum	Daniel Miller and Jim Marcum discuss the need to get moving by exercise.
2020-09-01 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2020-09-01 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-09-01 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.
2020-09-01 17:00*	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.
2020-09-02 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.
2020-09-02 08:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-09-02 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Keeslers	Cheri Peters and Keeslers discuss keeslers.
2020-09-02 13:00*	Issues and Answers	Ruthie Jacobsen (Host), R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2020-09-02 13:30*	Abundant Living		discusses I for liquids.
2020-09-02 14:00*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2020-09-02 15:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-09-02 20:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-09-02 23:00!	Today Cooking		discusses incredibly delicious vegan specials part 2.
2020-09-03 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2020-09-03 10:00*	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.
2020-09-03 12:00*	Ultimate Prescription		discusses 21 facing cardiovascular disease part 2.
2020-09-03 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.
2020-09-04 03:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2020-09-04 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.
2020-09-04 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.
2020-09-04 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2020-09-04 10:00*	Health for a Lifetime	Don Mackintosh (Host), John Chung	Don Mackintosh and John Chung discuss skin disease for children.
2020-09-06 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?.
2020-09-06 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.
2020-09-06 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.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-09-07 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Morrison	Cheri Peters and friend Morrison discuss generational healing recovery from substance addiction.
2020-09-07 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2020-09-07 06:00*	Body and Spirit	Dick Nunez (Host), Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis discusses healthy heart cooking.
2020-09-07 13:30*	Abundant Living	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2020-09-07 14:00*	Action 4 Life		
2020-09-08 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.
2020-09-08 05:30*	Wonderfully Made	Christine Salter, John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 1.
2020-09-08 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2020-09-08 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2020-09-08 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.
2020-09-08 17:00*	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?.
2020-09-09 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.
2020-09-09 08:00!	Today Cooking		discusses taste of asia.
2020-09-09 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Morrison	Cheri Peters and friend Morrison discuss generational healing recovery from substance addiction.
2020-09-09 13:00*	Issues and Answers	Ruthie Jacobsen (Host), R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.
2020-09-09 13:30*	Abundant Living		discusses e for exercise.
2020-09-09 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2020-09-09 15:00!	Today Cooking		discusses taste of asia.
2020-09-09 20:00!	Today Cooking		discusses taste of asia.
2020-09-09 23:00!	Today Cooking		discusses taste of asia.
2020-09-10 06:00*	Body and Spirit Aerobics	Mrs. Ford, Dick Nunez	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2020-09-10 10:00*	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?.
2020-09-10 12:00*	Ultimate Prescription		discusses rhythms of the heart.
2020-09-10 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.
2020-09-11 03:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2020-09-11 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.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-09-11 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2020-09-11 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2020-09-11 10:00*	Health for a Lifetime	Don Mackintosh (Host), Jonh Chung	Don Mackintosh and Jonh Chung discuss skin disease for adults.
2020-09-13 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.
2020-09-13 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2020-09-13 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.
2020-09-14 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Kevin and Tara Hart	Cheri Peters and friend Leo Schreven openly discuss some of the challenges of recovery from additions.
2020-09-14 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2020-09-14 06:00*	Body and Spirit	Dick Nunez (Host), Mark Lenz	Dick Nunez and Mark Lenz discuss knee rehab.
2020-09-14 13:30*	Abundant Living		discusses r for rest.
2020-09-14 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2020-09-15 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2020-09-15 05:30*	Wonderfully Made	Christine Salter, John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 2.
2020-09-15 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2020-09-15 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2020-09-15 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.
2020-09-15 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2020-09-16 06:00*	Body and Spirit	Dick Nunez (Host), Ronnie Evans Jr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2020-09-16 08:00!	Today Cooking		discusses southern made simple.
2020-09-16 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Kevin and Tara Hart	Cheri Peters and friend Leo Schreven openly discuss some of the challenges of recovery from additions.
2020-09-16 13:00*	Issues and Answers	Shelley Quinn (Host), Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2020-09-16 13:30*	Abundant Living		discusses meals in minutes.
2020-09-16 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-09-16 15:00!	Today Cooking		discusses southern made simple.
2020-09-16 20:00!	Today Cooking		discusses southern made simple.
2020-09-16 23:00!	Today Cooking		discusses southern made simple.
2020-09-17 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2020-09-17 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2020-09-17 12:00*	Ultimate Prescription		discusses the latest advancements in medical tech.
2020-09-17 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.
2020-09-18 03:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2020-09-18 06:00*	Body and Spirit	Dick Nunez (Host), Rony Evans Sr.	Dick Nunez and Rony Evans Sr. discuss senior fitness.
2020-09-18 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.
2020-09-18 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2020-09-18 10:00*	Health for a Lifetime	Don Mackintosh (Host), Jonh Chung	Don Mackintosh and Jonh Chung discuss skin cancers.
2020-09-20 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2020-09-20 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez, Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2020-09-20 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.
2020-09-21 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Vicki Duffy	Cheri Peters, with friend Leo Schreven, offers some plain talk and ideas about making healthy choices.
2020-09-21 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.
2020-09-21 06:00*	Body and Spirit	Dick Nunez (Host), Mark & Diane Lenz	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2020-09-21 13:30*	Abundant Living		discusses s for sunlight.
2020-09-21 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2020-09-22 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.
2020-09-22 05:30*	Wonderfully Made	Neil Nedley, Rise Rafferty	Dr. Neil Nedly and Rise Rafferty discuss heart disease. Part 1.
2020-09-22 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2020-09-22 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and others.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-09-22 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.
2020-09-22 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2020-09-23 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez & Fischer	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.
2020-09-23 08:00!	Today Cooking		discusses international cuisine.
2020-09-23 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Vicki Duffy	Cheri Peters, with friend Leo Schreven, offers some plain talk and ideas about making healthy choices.
2020-09-23 13:00*	Issues and Answers	Shelley Quinn (Host), Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2020-09-23 13:30*	Abundant Living		discusses tools for transformation.
2020-09-23 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2020-09-23 15:00!	Today Cooking		discusses international cuisine.
2020-09-24 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..
2020-09-24 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2020-09-24 12:00*	Ultimate Prescription		discusses Danny Shelton's experience with bypass surgery.
2020-09-24 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.
2020-09-25 03:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2020-09-25 06:00*	Body and Spirit	Dick Nunez (Host), Brian Heath	Dick Nunez and Brian Heath discuss fat burning.
2020-09-25 09:00*	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.
2020-09-25 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-09-25 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss cancer. (Part 1.)
2020-09-27 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout excercises for men.
2020-09-28 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), John Leaman	Cheri Peters, with friend John Learman, offers plain talk about Alcoholism
2020-09-28 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2020-09-28 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss sugar burning.
2020-09-28 13:30*	Abundant Living		discusses the one bowl meal.
2020-09-28 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2020-09-29 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.

# Community Issues Program List

## *July through September 2020*

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2020-09-29 05:30*	Wonderfully Made	Neil Nedley, Rise Rafferty	Dr. Neil Nedly and Rise Rafferty discuss heart disease. Part 2.
2020-09-29 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.
2020-09-29 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2020-09-29 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises.
2020-09-29 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2020-09-30 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss fibromyalgia.
2020-09-30 08:00!	Today Cooking		discusses breakfasts that will make your morning.
2020-09-30 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), John Leaman	Cheri Peters, with friend John Learman, offers plain talk about Alcoholism
2020-09-30 13:00*	Issues and Answers	Shelley Quinn (Host), Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2020-09-30 13:30*	Abundant Living		discusses drugs dark side.
2020-09-30 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2020-09-30 15:00!	Today Cooking		discusses breakfasts that will make your morning.
2020-09-30 20:00!	Today Cooking		discusses breakfasts that will make your morning.
2020-09-30 23:00!	Today Cooking		discusses breakfasts that will make your morning.