

Community Issues Program List

January through March 2015

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

Date and Time	Program	Talent	Description
2015-01-02 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Jonathon Hopkins	Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready.
2015-01-02 10:00*	Health for a Lifetime	Don Mackintosh , Neil Nedley	Don Mackintosh and Neil Nedley discuss health at every age.
2015-01-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some easy healthy breakfast ideas.
2015-01-02 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2015-01-04 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash, Don Miller, and Justina Thomas discuss how we got interested.
2015-01-04 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2015-01-04 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2015-01-05 01:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-01-05 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the Good News of Diabetes -- it can be controlled.
2015-01-05 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez & Steven Lingenfelter	Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
2015-01-05 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss shut down.
2015-01-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about problems with Poultry.
2015-01-05 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2015-01-05 18:30*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss stories from the life of george mueller.
2015-01-05 19:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-01-06 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2015-01-06 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash, Don Miller, and Justina Thomas discuss how we got interested.
2015-01-06 11:00*	Issues and Answers	Ruthie Jacobsen *, Liana Kim , Martin Kim	Ruthie Jacobsen, Liana Kim, and Martin Kim discuss stories from the life of george mueller.
2015-01-06 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple family dinner.
2015-01-06 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2015-01-06 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss shut down.

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2015-01-07 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss shut down.
2015-01-07 02:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-01-07 06:00*	Body and Spirit	Dick Nunez *, Amy Andersen & Jonathon Hopkins	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2015-01-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss debriefing the beef.
2015-01-07 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2015-01-08 03:00!	Up Close	Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner	Shelly Quinn with quests discuss dealing with loneliness.
2015-01-08 04:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.
2015-01-08 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2015-01-08 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-01-08 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.
2015-01-08 11:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-01-08 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss shut down.
2015-01-08 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple Fish dinner.
2015-01-08 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2015-01-09 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2015-01-09 10:00*	Health for a Lifetime	Don Mckintosh *, Tim Lawton	Don Mckintosh and Tim Lawton discuss cancer.
2015-01-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about the benefits of squash.
2015-01-09 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2015-01-09 17:00*	NEWSTART Now	Ron Giannoni *, Alan & Priscilla Brown	Ron Giannoni, Alan, and Priscilla Brown discuss Diabetes and Chronic Obesity.
2015-01-11 03:00*	NEWSTART Now	Ron Giannoni *, Alan & Priscilla Brown	Ron Giannoni, Alan, and Priscilla Brown discuss Diabetes and Chronic Obesity.
2015-01-11 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash, Don Miller, and Justina Thomas discuss heart disease.
2015-01-11 06:00*	Body and Spirit Aerobics	Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.

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Date and Time	Program	Talent	Description
2015-01-11 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2015-01-12 01:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-01-12 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.
2015-01-12 06:00*	Body and Spirit	Dick Nunez *, Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.
2015-01-12 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss blood under pressure.
2015-01-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2015-01-12 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.
2015-01-12 18:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.
2015-01-12 19:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-01-13 06:00*	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2015-01-13 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Agatha Thrash, Don Miller, and Justina Thomas discuss heart disease.
2015-01-13 11:00*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.
2015-01-13 11:30*	NEWSTART Now	Ron Giannoni *, Alan & Priscilla Brown	Ron Giannoni, Alan, and Priscilla Brown discuss Diabetes and Chronic Obesity.
2015-01-13 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a Barbecue-style picnic lunch
2015-01-13 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2015-01-13 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss blood under pressure.
2015-01-14 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss blood under pressure.
2015-01-14 02:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-01-14 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2015-01-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2015-01-14 14:00*	Action 4 Life	Casio Jones *, Monica Flower	Casio Jones and Monica Flower discuss focus on the midsection.
2015-01-15 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Mike McKinnon , 03. Debbie Edgerton	Marti Jones talks about dealing with death.
2015-01-15 04:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.

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2015-01-15 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2015-01-15 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-01-15 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss overweight.
2015-01-15 11:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-01-15 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss blood under pressure.
2015-01-15 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate Jamaican and Southern style recipes.
2015-01-15 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2015-01-16 06:00*	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2015-01-16 10:00*	Health for a Lifetime	Don Mckintosh *, Tim Lawton	Don Mckintosh and Tim Lawson discuss diabetes.
2015-01-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.
2015-01-16 14:00*	Action 4 Life	Casio Jones *, Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2015-01-18 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Agatha Thrash and Don Miller discuss herbal remedies.
2015-01-18 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2015-01-18 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2015-01-19 01:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-01-19 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss overweight.
2015-01-19 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.
2015-01-19 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss breathless.
2015-01-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cause for the pause.
2015-01-19 14:00*	Action 4 Life	Casio Jones *, Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2015-01-19 18:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.
2015-01-19 19:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-01-20 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2015-01-20 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Agatha Thrash and Don Miller discuss herbal remedies.

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2015-01-20 11:00*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss giving yourself away.
2015-01-20 13:30*	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and OzellaHead make up some dairy-free deserts and cheeses.
2015-01-20 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2015-01-20 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss breathless.
2015-01-21 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss breathless.
2015-01-21 02:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-01-21 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez.
2015-01-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that prevent Power Surges during the day.
2015-01-21 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2015-01-22 03:00!	Up Close	Shelley Quinn *, 01. Cheri Peters , 02. Amanda Hultz , 03. Hilary Washington	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2015-01-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2015-01-22 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-01-22 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.
2015-01-22 11:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-01-22 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss breathless.
2015-01-22 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare a Mediterranean style lunch.
2015-01-22 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2015-01-23 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Brittany Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2015-01-23 10:00*	Health for a Lifetime	Don Mckintosh *, Tim Lawton	Don Mckintosh and Tim Lawson discuss cardiovascular risk.
2015-01-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about Indian Cuisine.
2015-01-23 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2015-01-23 17:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.

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2015-01-25 03:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.
2015-01-25 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss allergy symptoms and natural treatment.
2015-01-25 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2015-01-25 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz M.D.	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2015-01-26 01:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-01-26 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the body's need for vitamin D and its effects.
2015-01-26 06:00*	Body and Spirit	Dick Nunez *, Amy Anderson and Leif Sjoren	Temdon injury can be helped with proper exercise. Dick Nunez with Amy Anderson and Leif Sjoren show how.
2015-01-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2015-01-26 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2015-01-26 19:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-01-27 06:00*	Body and Spirit Aerobics	Dick Nunez *, Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2015-01-27 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss allergy symptoms and natural treatment.
2015-01-27 11:30*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.
2015-01-27 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare a pocket surprise luncheon.
2015-01-27 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2015-01-28 02:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-01-28 06:00*	Body and Spirit	Dick Nunez *, Amy Anderson and Brittany Nunez	Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls
2015-01-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2015-01-28 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2015-01-29 03:00!	Up Close	Shelley Quinn *, 01. Sandy Williams , 02. Neil Nedley MD , 03. Colleen Harrell	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
2015-01-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2015-01-29 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

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2015-01-29 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss physiology of health.
2015-01-29 11:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-01-29 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla discuss italian twist.
2015-01-29 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic exercises that can be done in the home.
2015-01-30 06:00*	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Leif Sjoren	Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.
2015-01-30 10:00*	Health for a Lifetime	Don McKintosh *, Tim Lawton	Don McKintosh and Tim Lawson discuss achieving and maintaining a healthy weight.
2015-01-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2015-01-30 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2015-02-01 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss the importance of a healthy diet to minimize cancer risks.
2015-02-01 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2015-02-01 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2015-02-02 01:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-02-02 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss physiology of health.
2015-02-02 06:00*	Body and Spirit	Dick Nunez *, Kye Gabbert and Luther Whiting	Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis.
2015-02-02 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the 'c' word.
2015-02-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2015-02-02 14:00*	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2015-02-02 19:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-02-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2015-02-03 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss the importance of a healthy diet to minimize cancer risks.
2015-02-03 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla discuss ethnic variations.

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2015-02-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence Marshall , Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2015-02-03 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the 'c' word.
2015-02-04 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the 'c' word.
2015-02-04 02:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-02-04 06:00*	Body and Spirit	Dick Nunez *, Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2015-02-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2015-02-04 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2015-02-05 03:00!	Up Close	Kay Kuzma *, 01. Donna Teat , 02. Cassandra Thomson	Donna Teat discusses issues of teenage pregnancy.
2015-02-05 04:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2015-02-05 06:00*	Body and Spirit Aerobics	Dick Nunez *, Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2015-02-05 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-02-05 10:00*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss herbs.
2015-02-05 11:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-02-05 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the 'c' word.
2015-02-05 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare some sweet treats with a twist.
2015-02-05 14:00*	Body and Spirit (New)	Jeanie Weaver *, Frances Czeizinger , Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2015-02-06 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
2015-02-06 10:00*	Health for a Lifetime	Don Mckintosh *, John Kelly	Don Mckintosh and John Kelly discuss adventist lifestyle research pt 1.
2015-02-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss diabetes and carbohydrates.
2015-02-06 14:00*	Action 4 Life	Casio Jones *, Frances Clark	Casio Jones with Frances Clark discuss the benenefits of pool exercise.
2015-02-08 03:30*	Help Yourself to Health	Agatha Thrash *, Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 1
2015-02-08 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strenghten your bones.

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Date and Time	Program	Talent	Description
2015-02-08 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2015-02-09 01:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-02-09 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss herbs.
2015-02-09 06:00*	Body and Spirit	Dick Nunez *, Art Garner and Brittany Nunez	Dick Nunez and Art Garner and Brittany Nunez discuss fitness for everyone.
2015-02-09 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss toxin wars.
2015-02-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2015-02-09 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2015-02-09 18:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2015-02-09 19:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-02-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2015-02-10 10:00*	Help Yourself to Health	Agatha Thrash *, Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 1
2015-02-10 11:00*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2015-02-10 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald prepare some Filipino Recipes.
2015-02-10 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2015-02-10 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss toxin wars.
2015-02-11 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss toxin wars.
2015-02-11 02:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-02-11 06:00*	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2015-02-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2015-02-11 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2015-02-12 03:00!	Up Close	01. Kay Rizzo , 02. Alexandra Vance , Shelley Quinn	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
2015-02-12 04:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.

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Date and Time	Program	Talent	Description
2015-02-12 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Zak Oberholster	Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.
2015-02-12 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-02-12 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses diabetes.
2015-02-12 11:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-02-12 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss toxin wars.
2015-02-12 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show how to prepare Phillipine Cuisine.
2015-02-12 14:00*	Body and Spirit (New)	Jeanie Weaver *, Pam Turner , Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2015-02-13 06:00*	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2015-02-13 10:00*	Health for a Lifetime	Don Mckintosh *, John Kelly	Don Mckintosh and John Kelly discuss adventist lifestyle research pt 2.
2015-02-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2015-02-13 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2015-02-13 17:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-02-15 03:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-02-15 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 2
2015-02-15 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Daniel Hopkins	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2015-02-15 14:00*	Body and Spirit (New)	Jeanie Weaver *, LaDonna Terrill , Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2015-02-16 01:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-02-16 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses diabetes.
2015-02-16 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.
2015-02-16 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss diabetes under construction.
2015-02-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2015-02-16 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.

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Date and Time	Program	Talent	Description
2015-02-16 18:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.
2015-02-16 19:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-02-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2015-02-17 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 2
2015-02-17 11:00*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.
2015-02-17 11:30*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-02-17 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show some quick and easy recipes.
2015-02-17 14:00*	Body and Spirit (New)	Jeanie Weaver *, Teresa Bonilla , Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2015-02-17 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss diabetes under construction.
2015-02-18 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss diabetes under construction.
2015-02-18 02:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-02-18 06:00*	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2015-02-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2015-02-18 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2015-02-19 03:00!	Up Close	Don Mackintosh *, 01. Kelly Dulac , 02. Dr. Neil Nedley , 03. Zulan Collis	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2015-02-19 04:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.
2015-02-19 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2015-02-19 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-02-19 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses beta-cell burnout.
2015-02-19 11:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-02-19 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss diabetes under construction.
2015-02-19 13:30*	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates lunch-box ideas.
2015-02-19 14:00*	Body and Spirit (New)	Jeanie Weaver *, Tim Tiernan , Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.

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Date and Time	Program	Talent	Description
2015-02-20 06:00*	Body and Spirit	Dick Nunez *, Barbara Nolen , Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2015-02-20 10:00*	Health for a Lifetime	Don Mckintosh *, Manjula Borge	Don Mckintosh and Manjula Borge discuss children's mental health after a natural disaster.
2015-02-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living
2015-02-20 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2015-02-22 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 3
2015-02-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Kalie O'Brien , Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2015-02-22 14:00*	Body and Spirit (New)	Jeanie Weaver *, Ralph Sanchez , Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2015-02-23 01:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-02-23 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses beta-cell burnout.
2015-02-23 06:00*	Body and Spirit	Dick Nunez , Susan Santos , Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2015-02-23 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss diabetes on the run.
2015-02-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2015-02-23 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2015-02-23 18:30*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.
2015-02-23 19:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-02-24 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2015-02-24 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash and Rhonda Clark discuss different abdominal conditions and natural remedies. Part 3
2015-02-24 11:00*	Issues and Answers	Ruthie Jacobsen *, Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss a heart for others.
2015-02-24 13:30*	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates some quick meal ideas.
2015-02-24 14:00*	Body and Spirit (New)	Jeanie Weaver *, Lynette Jaque , Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2015-02-24 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss diabetes on the run.
2015-02-25 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss diabetes on the run.
2015-02-25 02:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.

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2015-02-25 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2015-02-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2015-02-25 14:00*	Action 4 Life	Casio Jones * , Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2015-02-26 03:00!	Up Close	Shelley Quinn * , 01. Dr. David Wilkins , 02. Jay Gallimore	Shelly Quinn discuss facing the tough times.
2015-02-26 04:30*	Issues and Answers	Shelley Quinn * , Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2015-02-26 06:00*	Body and Spirit Aerobics	Dick Nunez * , Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2015-02-26 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-02-26 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses the cause of hypertension.
2015-02-26 11:00!	Celebrating Life in Recovery	Cheri Peters * , Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-02-26 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss diabetes on the run.
2015-02-26 13:30*	Let's Cook Together	Idalia Dinzey * , Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss family picnic.
2015-02-26 14:00*	Body and Spirit (New)	Jeanie Weaver * , Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strengthening exercises.
2015-02-27 06:00*	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strength training for seniors.
2015-02-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2015-02-27 17:00*	NEWSTART Now	Ron Giannoni * , David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-03-01 03:00*	NEWSTART Now	Ron Giannoni * , David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-03-01 03:30*	Help Yourself to Health	Agatha Thrash * , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark reviews breast diseases
2015-03-01 06:00*	Body and Spirit Aerobics	Dick Nunez * , Corrie Sample , Daniel Hopkins	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2015-03-01 14:00*	Body and Spirit (New)	Jeanie Weaver * , Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2015-03-02 01:00!	Celebrating Life in Recovery	Cheri Peters * , Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-03-02 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses the cause of hypertension.
2015-03-02 06:00*	Body and Spirit	Alex Walker , Dick Nunez , Kalie O'Brien	Dick Nunez with Alex Walker and Katie O'Brien demonstrate aerobics exercises for youth.

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2015-03-02 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss renal disease.
2015-03-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2015-03-02 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2015-03-02 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2015-03-02 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-03-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Mollie Steenson	Dick Nunez and Mollie Steenson discuss plantar fasciitis.
2015-03-03 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark reviews breast diseases
2015-03-03 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2015-03-03 11:30*	NEWSTART Now	Ron Giannoni *, David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-03-03 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss bahamian feast.
2015-03-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2015-03-03 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss renal disease.
2015-03-04 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss renal disease.
2015-03-04 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-03-04 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Moses Primo Jr.	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2015-03-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2015-03-04 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2015-03-05 03:00!	Up Close	Danny Shelton *, Kay Kuzma *, 01. Shelley Quinn , 02. Robbie D. Windham , 03. Pat Mudgett	Shelly Quinn discuss balancing work and family.
2015-03-05 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2015-03-05 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez and helpers show aerobics exercises for health.
2015-03-05 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-03-05 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses hypertension & insulin resistance syndrome.
2015-03-05 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-03-05 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss renal disease.

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2015-03-05 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss kingly breakfast.
2015-03-05 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2015-03-06 06:00*	Body and Spirit	Dee Hilderbrand , Dick Nunez , Joe Carrell	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2015-03-06 10:00*	Health for a Lifetime	Don Mckintosh *, Manjula Borge	Don Mckintosh and Manjula Borge discuss the effects sexual abuse has on the child involved and the child's family.
2015-03-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2015-03-06 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2015-03-08 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark demonstrate the effects of stress on the body.
2015-03-08 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2015-03-08 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2015-03-09 01:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-03-09 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses hypertension & insulin resistance syndrome.
2015-03-09 06:00*	Body and Spirit	Dick Nunez , Justin Walker , Kalie O'Brien	Dick Nunez with helpers show and talk about exercises for strength training for youth.
2015-03-09 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss health and reason.
2015-03-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2015-03-09 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2015-03-09 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2015-03-09 19:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-03-10 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2015-03-10 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark demonstrate the effects of stress on the body.
2015-03-10 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2015-03-10 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss caribbean cuisine.
2015-03-10 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.

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2015-03-10 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss health and reason.
2015-03-11 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss health and reason.
2015-03-11 02:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-03-11 06:00*	Body and Spirit	Dick Nunez , Mindy Kellum , Randi Brewer	Dick Nunez, with helpers, demonstrate beginning exercising.
2015-03-11 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins focus on Alzheimers Disease. Part 2.
2015-03-11 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2015-03-12 03:00!	Up Close	Dan Mackintosh *, 01. Dr. Gerard McLain , 02. Naomi Coleman	Gerard McLane discusses obesity and diet.
2015-03-12 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2015-03-12 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
2015-03-12 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-03-12 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1.
2015-03-12 11:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-03-12 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss health and reason.
2015-03-12 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss special meal for sabbath.
2015-03-12 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2015-03-13 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Michael Webb	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunez and Andrew Hard.
2015-03-13 10:00*	Health for a Lifetime	Don Mckintosh *, David DeRose	Don Mckintosh and David DeRose discuss natural approach of type 2 diabetes.
2015-03-13 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins cook up some Southern Cuisine.
2015-03-13 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2015-03-13 17:00*	NEWSTART Now	Ron Giannoni *, Maggie Heller	Ron Giannoni and Maggie Heller discuss Diabetes and Chronic Obesity.
2015-03-15 03:00*	NEWSTART Now	Ron Giannoni *, Maggie Heller	Ron Giannoni and Maggie Heller discuss Diabetes and Chronic Obesity.
2015-03-15 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark discuss common laws of health and how they affect your body.

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Date and Time	Program	Talent	Description
2015-03-15 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2015-03-15 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2015-03-16 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-03-16 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1.
2015-03-16 06:00*	Body and Spirit	Dick Nunez , Miles Scruggs , Scott Tanner	Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.
2015-03-16 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions about cancer and nutrition.
2015-03-16 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins demonstrate preparing a holiday dinner
2015-03-16 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2015-03-16 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2015-03-16 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-03-17 06:00*	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2015-03-17 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller, and Rhonda Clark discuss common laws of health and how they affect your body.
2015-03-17 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2015-03-17 11:30*	NEWSTART Now	Ron Giannoni *, Maggie Heller	Ron Giannoni and Maggie Heller discuss Diabetes and Chronic Obesity.
2015-03-17 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss bahamian feast pt. 2.
2015-03-17 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss matters of the heart.
2015-03-17 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions about cancer and nutrition.
2015-03-18 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions about cancer and nutrition.
2015-03-18 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-03-18 06:00*	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2015-03-18 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 2.

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Date and Time	Program	Talent	Description
2015-03-18 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2015-03-19 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Jan Morris	Marti Jones with guests discuss recovering from the pain of divorce.
2015-03-19 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2015-03-19 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2015-03-19 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-03-19 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2.
2015-03-19 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-03-19 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions about cancer and nutrition.
2015-03-19 13:30*	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.
2015-03-19 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises.
2015-03-20 06:00*	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2015-03-20 10:00*	Health for a Lifetime	Don Mckintosh *, David DeRose	Don Mckintosh and David DeRose discuss hypertension.
2015-03-20 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 3.
2015-03-20 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2015-03-22 03:30*	Help Yourself to Health	Agatha Thrash	Dr. Agatha Thrash discusses insulin resistance. Part 1
2015-03-22 06:00*	Body and Spirit Aerobics	Dick Nunez , Elora Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2015-03-22 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2015-03-23 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2.
2015-03-23 06:00*	Body and Spirit	Dick Nunez , John Dinzey , Tony Hall	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes.
2015-03-23 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions of the heart.
2015-03-23 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 1.
2015-03-23 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.

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2015-03-23 18:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2015-03-24 06:00*	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2015-03-24 10:00*	Help Yourself to Health	Agatha Thrash	Dr. Agatha Thrash discusses insulin resistance. Part 1
2015-03-24 11:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2015-03-24 13:30*	Let's Cook Together	Angela Lomacang *, Jennifer White	Jill Morikone and Jennifer White talk about and show how to prepare a healthy lunch box.
2015-03-24 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2015-03-24 21:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions of the heart.
2015-03-25 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions of the heart.
2015-03-25 06:00*	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women.
2015-03-25 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on controlling Cholesterol. Part 2.
2015-03-25 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2015-03-26 03:00!	Up Close	Shelley Quinn *, Lois Stuart , Rick Howard	Rick Howard discusses the dangers of the occult.
2015-03-26 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2015-03-26 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-03-26 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3.
2015-03-26 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss questions of the heart.
2015-03-26 13:30*	Let's Cook Together	Angela Lomacang *, Jennifer White	Angela Lomacang and Jennifer White show making food in a flash.
2015-03-26 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2015-03-27 06:00*	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility.
2015-03-27 10:00*	Health for a Lifetime	Don Mckintosh *, David DeRose	Don Mckintosh and David De Rose discuss sleeping disorders.
2015-03-27 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss cooking for family and friends.
2015-03-27 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..

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Date and Time	Program	Talent	Description
2015-03-29 03:30*	Help Yourself to Health	Agatha Thrash *	Dr. Agatha Thrash continues the discussion on Insulin Resistance.
2015-03-29 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2015-03-29 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2015-03-30 01:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-03-30 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3.
2015-03-30 06:00*	Body and Spirit	Dick Nunez , Nicole Garcia	Dick Nunez and Nicole Garcia discuss eating disorders and demonstrate exercises for health.
2015-03-30 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss pain that won't go away.
2015-03-30 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss Brunch for Mon's. What about breakfast?
2015-03-30 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2015-03-30 19:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-03-31 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for toning your muscles..
2015-03-31 10:00*	Help Yourself to Health	Agatha Thrash *	Dr. Agatha Thrash continues the discussion on Insulin Resistance.
2015-03-31 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better.
2015-03-31 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2015-03-31 21:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss pain that won't go away.