

Community Issues Program List

July through September 2015

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

Date and Time	Program	Talent	Description
2015-07-01 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss as a person thinketh.
2015-07-01 02:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-07-01 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to keep you in better health with proper posture.
2015-07-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about problems with Poultry.
2015-07-01 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2015-07-02 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Mike McKinnon , 03. Debbie Edgerton	Marti Jones talks about dealing with death.
2015-07-02 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.
2015-07-02 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
2015-07-02 11:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-07-02 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss as a person thinketh.
2015-07-02 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven patties.
2015-07-02 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2015-07-03 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez and helpers demonstrate simple home exercises for senior citizens.
2015-07-03 10:00*	Health for a Lifetime	Don Mckintosh *, Jennifer Jill Schwirzer	Don Mckintosh and Jennifer Jill Schwirzer discuss basics of helping.
2015-07-03 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss
2015-07-05 03:30*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 1.
2015-07-05 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.
2015-07-05 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.
2015-07-06 01:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-07-06 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
2015-07-06 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.

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July through September 2015

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2015-07-06 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss beach treatment.
2015-07-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss debriefing the beef.
2015-07-06 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2015-07-07 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2015-07-07 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 1.
2015-07-07 13:30*	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and Ozella Head discuss and demonstrate preparing Breakfast on the Go.
2015-07-07 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2015-07-08 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss beach treatment.
2015-07-08 02:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-07-08 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers demonstrate simple home exercises for wheel chair bound people.
2015-07-08 13:00*	Issues and Answers	Shelley Quinn *, Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss the problem with education.
2015-07-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about the benefits of squash.
2015-07-08 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2015-07-09 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.
2015-07-09 04:30*	Issues and Answers	Shelley Quinn *, Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss the problem with education.
2015-07-09 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.
2015-07-09 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
2015-07-09 11:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-07-09 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss beach treatment.
2015-07-09 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple family dinner.
2015-07-09 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.
2015-07-10 06:00*	Body and Spirit	Brittany Nunez , Chirsty Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises especially for women.
2015-07-10 10:00*	Health for a Lifetime	Don Mckintosh *, Fraser Gary	Don Mckintosh and Fraser Gary discuss adventist health study 2.

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July through September 2015

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Date and Time	Program	Talent	Description
2015-07-10 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2015-07-12 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 2.
2015-07-12 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2015-07-12 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.
2015-07-13 01:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-07-13 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
2015-07-13 06:00*	Body and Spirit	Brittany Nunez , Chirsty Sodering , Dick Nunez	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2015-07-13 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss looking at the evidence.
2015-07-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2015-07-13 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2015-07-13 19:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-07-14 06:00*	Body and Spirit Aerobics	Dick Nunez *, Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2015-07-14 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 2.
2015-07-14 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple Fish dinner.
2015-07-14 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis.
2015-07-15 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss looking at the evidence.
2015-07-15 02:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-07-15 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez and helpers demonstrate simple home exercises to keep arthritis sufferers limber.\
2015-07-15 13:00*	Issues and Answers	Shelley Quinn *, Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss the history of education & a need for reform.
2015-07-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2015-07-15 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.

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July through September 2015

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2015-07-16 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.
2015-07-16 04:30*	Issues and Answers	Shelley Quinn *, Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss the history of education & a need for reform.
2015-07-16 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2015-07-16 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-07-16 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
2015-07-16 11:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-07-16 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss looking at the evidence.
2015-07-16 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a Barbecue-style picnic lunch
2015-07-16 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic exercises than can be done in the home.
2015-07-17 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to combat hypertension.
2015-07-17 10:00*	Health for a Lifetime	Don Mckintosh *, Fraser Gary	Don Mckintosh and Fraser Gary discuss adventist health study 2-the great opportunity.
2015-07-17 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2015-07-19 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 3.
2015-07-19 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2015-07-19 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.
2015-07-20 01:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-07-20 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
2015-07-20 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for strength training for girls.
2015-07-20 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss water does a body good.
2015-07-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.

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July through September 2015

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2015-07-20 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2015-07-20 19:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-07-21 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.
2015-07-21 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 3.
2015-07-21 13:30*	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate Jamaican and Southern style recipes.
2015-07-21 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.
2015-07-22 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss water does a body good.
2015-07-22 02:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-07-22 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1.
2015-07-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cause for the pause.
2015-07-22 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2015-07-23 03:00!	Up Close	Kay Kuzma *, 01. Donna Teat , 02. Cassandra Thomson	Donna Teat discusses issues of teenage pregnancy.
2015-07-23 06:00*	Body and Spirit Aerobics	Dick Nunez *, Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2015-07-23 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-07-23 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the benefits and side effects of sun exposure.
2015-07-23 11:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-07-23 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss water does a body good.
2015-07-23 13:30*	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and OzellaHead make up some dairy-free deserts and cheeses.
2015-07-23 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.
2015-07-24 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Madison Turner	Dick Nunez with Andrew Hard, Madison Turner, and Dick Nunez demonstrate exercise routines to help with shoulder
2015-07-24 10:00*	Health for a Lifetime	Don Mackintosh *, Victor E. Herry	Don Mackintosh and Victor E. Herry discuss hypertension.

Community Issues Program List

July through September 2015

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2015-07-24 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2015-07-26 03:30*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 4.
2015-07-26 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.
2015-07-26 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.
2015-07-27 01:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-07-27 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the benefits and side effects of sun exposure.
2015-07-27 06:00*	Body and Spirit	Christy Soderling , Dick Nunez , Rick Nunez	Dick Nunez with Christy Soderling and Rick Nunez demonstrate exercise routines to help with ankle injuries.
2015-07-27 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss is it edison's fault?.
2015-07-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that prevent Power Surges during the day.
2015-07-27 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2015-07-27 19:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-07-28 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.
2015-07-28 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 4.
2015-07-28 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare a Mediterranean style lunch.
2015-07-28 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2015-07-29 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss is it edison's fault?.
2015-07-29 02:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-07-29 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , William Brauer	Dick Nunez with Kim Rogers and William Brauer demonstrate exercise routines to combat neck pain.
2015-07-29 13:00*	Issues and Answers	Shelley Quinn *, Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss changing your school.
2015-07-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about Indian Cuisine.

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July through September 2015

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2015-07-29 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2015-07-30 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?
2015-07-30 04:30*	Issues and Answers	Shelley Quinn *, Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss changing your school.
2015-07-30 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.
2015-07-30 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-07-30 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss homocysteine.
2015-07-30 11:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-07-30 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss is it edison's fault?.
2015-07-30 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare a pocket surprise luncheon.
2015-07-30 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.
2015-07-31 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Jason Maxwell	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 2.
2015-07-31 10:00*	Health for a Lifetime	Don Mackintosh *, Victor E. Herry	Don Mackintosh and Victor E. Herry discuss sweet blood.
2015-07-31 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2015-08-02 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the use of Home Remedies. Part 5.
2015-08-02 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.
2015-08-02 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.
2015-08-03 01:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-08-03 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss homocysteine.
2015-08-03 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to combat stress.
2015-08-03 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss smoking and freedom.
2015-08-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.

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July through September 2015

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2015-08-03 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .
2015-08-03 19:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-08-04 06:00*	Body and Spirit Aerobics	Dick Nunez *, Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2015-08-04 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash withDon Miller and Rhonda Clark discuss the use of Home Remedies. Part 5.
2015-08-04 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla discuss italian twist.
2015-08-04 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.
2015-08-05 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss smoking and freedom.
2015-08-05 02:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-08-05 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with William Brauer and Rick Nunez demonstrate exercise routines to help with joint injuries.
2015-08-05 13:00*	Issues and Answers	Shelley Quinn *, Janice Browne	Shelley Quinn and Janice Browne discuss decluttering your life.
2015-08-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2015-08-05 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2015-08-06 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.
2015-08-06 04:30*	Issues and Answers	Shelley Quinn *, Janice Browne	Shelley Quinn and Janice Browne discuss decluttering your life.
2015-08-06 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2015-08-06 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-08-06 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott review diet and how it affects your health.
2015-08-06 11:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-08-06 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss smoking and freedom.
2015-08-06 13:30*	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla discuss ethnic variations.
2015-08-06 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.
2015-08-07 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines for circuit training.

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July through September 2015

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Date and Time	Program	Talent	Description
2015-08-07 10:00*	Health for a Lifetime	Don Mackintosh *, Victor E. Herry	Don Mackintosh and Victor E. Herry discuss bright colors & your health.
2015-08-07 14:00*	Action 4 Life	Casio Jones *, Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2015-08-09 03:30*	Help Yourself to Health	Agatha Thrash *, , , Rhonda Clark	Dr. Agatha Thrash with Rhonda Clark talk about Dermatology. Part 1.
2015-08-09 06:00*	Body and Spirit Aerobics	Dick Nunez *, Kalie O'Brien , Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2015-08-09 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.
2015-08-10 01:00!	Celebrating Life in Recovery	Cheri Peters *, Nyse Collins	Cheri Peters and Nyse Collins discuss the healthy value of food.
2015-08-10 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott review diet and how it affects your health.
2015-08-10 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the brain's frontal lobe.
2015-08-10 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss foot archery.
2015-08-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2015-08-10 14:00*	Action 4 Life	Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2015-08-10 19:00!	Celebrating Life in Recovery	Cheri Peters *, Nyse Collins	Cheri Peters and Nyse Collins discuss the healthy value of food.
2015-08-11 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Rabbecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabbecca Lovelace discuss depression.
2015-08-11 10:00*	Help Yourself to Health	Agatha Thrash *, , , Rhonda Clark	Dr. Agatha Thrash with Rhonda Clark talk about Dermatology. Part 1.
2015-08-11 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.
2015-08-11 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.
2015-08-12 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss foot archery.
2015-08-12 02:00!	Celebrating Life in Recovery	Cheri Peters *, Nyse Collins	Cheri Peters and Nyse Collins discuss the healthy value of food.
2015-08-12 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez, with helpers, demonstrate beginning exercises.
2015-08-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2015-08-12 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2015-08-13 03:00!	Up Close	Shelley Quinn *, 01. Dr. David Wilkins , 02. Jay Gallimore	Shelly Quinn discuss facing the tough times.
2015-08-13 06:00*	Body and Spirit Aerobics	Dick Nunez *, Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2015-08-13 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

Community Issues Program List

July through September 2015

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

Date and Time	Program	Talent	Description
2015-08-13 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss methods for avoiding Cancer
2015-08-13 11:00!	Celebrating Life in Recovery	Cheri Peters * , Nyse Collins	Cheri Peters and Nyse Collins discuss the healthy value of food.
2015-08-13 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss foot archery.
2015-08-13 13:30*	Let's Cook Together	Jill Morikone * , Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald prepare some Filipino Recipes.
2015-08-13 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.
2015-08-14 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez, with helpers, demonstrate a workout for the office.
2015-08-14 10:00*	Health for a Lifetime	Don Mackintosh * , Victor E. Herry	Don Mackintosh and Victor E. Herry discuss asthma.
2015-08-14 14:00*	Action 4 Life	Casio Jones * , Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2015-08-16 03:30*	Help Yourself to Health	Agatha Thrash * , , Calving Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Dr. Calving Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 2.
2015-08-16 06:00*	Body and Spirit Aerobics	Dick Nunez * , Corrie Sample , Daniel Hopkins	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2015-08-16 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.
2015-08-17 01:00!	Celebrating Life in Recovery	Cheri Peters * , Shannon Ethridge	Cheri Peters and Shannon Ethridge discuss the health and emotional value of sexual purity.
2015-08-17 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss methods for avoiding Cancer
2015-08-17 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Andrew Hard and Jason Maxwell discusses Triglycerides as well as demonstrates exercise routines for health.
2015-08-17 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss where's the truth?.
2015-08-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2015-08-17 14:00*	Action 4 Life	Casio Jones * , Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2015-08-17 19:00!	Celebrating Life in Recovery	Cheri Peters * , Shannon Ethridge	Cheri Peters and Shannon Ethridge discuss the health and emotional value of sexual purity.
2015-08-18 06:00*	Body and Spirit Aerobics	Dick Nunez * , Mollie Steenson	Dick Nunez and Mollie Steenson discuss plantar fasciitis.
2015-08-18 10:00*	Help Yourself to Health	Agatha Thrash * , , Calving Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Dr. Calving Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 2.
2015-08-18 13:30*	Let's Cook Together	Jill Morikone * , Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show how to prepare Phillipine Cuisine.

Community Issues Program List

July through September 2015

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

Date and Time	Program	Talent	Description
2015-08-18 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.
2015-08-19 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss where's the truth?.
2015-08-19 02:00!	Celebrating Life in Recovery	Cheri Peters *, Shannon Ethridge	Cheri Peters and Shannon Ethridge discuss the health and emotional value of sexual purity.
2015-08-19 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrates exercise routines for circuit training for women.
2015-08-19 13:00*	Issues and Answers	Shelley Quinn *, Janice Browne	Shelley Quinn and Janice Browne discuss impossible dreams made possible.
2015-08-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss diabetes and carbohydrates.
2015-08-19 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2015-08-20 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.
2015-08-20 04:30*	Issues and Answers	Shelley Quinn *, Janice Browne	Shelley Quinn and Janice Browne discuss impossible dreams made possible.
2015-08-20 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez and helpers show aerobics exercises for health.
2015-08-20 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-08-20 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss joy of the lord is.
2015-08-20 11:00!	Celebrating Life in Recovery	Cheri Peters *, Shannon Ethridge	Cheri Peters and Shannon Ethridge discuss the health and emotional value of sexual purity.
2015-08-20 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss where's the truth?.
2015-08-20 13:30*	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show some quick and easy recipes.
2015-08-20 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2015-08-21 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Brittany Nunez, Christy Soderling, and Dick Nunez discuss hope.
2015-08-21 10:00*	Health for a Lifetime	Don Mackintosh *, John Clark	Don Mackintosh and John Clark discuss osteoporosis.
2015-08-21 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2015-08-23 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 3.
2015-08-23 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.

Community Issues Program List

July through September 2015

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

Date and Time	Program	Talent	Description
2015-08-23 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.
2015-08-24 01:00!	Celebrating Life in Recovery	Cheri Peters *, Grandma Wilma , Jack Bridges	Cheri Peters and Grandma Wilma bring out to the open the real-life trama of using Meth.
2015-08-24 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss joy of the lord is.
2015-08-24 06:00*	Body and Spirit	Brittany Nunez , Christy Sodering , Dick Nunez	Dick Nunez with Brittany Nunez and Christy Soldering discusses Fat Metabolism as well as demonstrates exercise routines for health.
2015-08-24 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss hormonal replacement.
2015-08-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2015-08-24 14:00*	Action 4 Life	Casio Jones *, Bradley Hite , Mindy Issacs	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2015-08-24 19:00!	Celebrating Life in Recovery	Cheri Peters *, Grandma Wilma , Jack Bridges	Cheri Peters and Grandma Wilma bring out to the open the real-life trama of using Meth.
2015-08-25 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2015-08-25 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Dermatology. Part 3.
2015-08-25 13:30*	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates lunch-box ideas.
2015-08-25 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom abdominal muscle strengthening exercises.
2015-08-26 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss hormonal replacement.
2015-08-26 02:00!	Celebrating Life in Recovery	Cheri Peters *, Grandma Wilma , Jack Bridges	Cheri Peters and Grandma Wilma bring out to the open the real-life trama of using Meth.
2015-08-26 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health.
2015-08-26 13:00*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age deception.
2015-08-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2015-08-26 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2015-08-27 03:00!	Up Close	Dan Mackintosh *, 01. Dr. Gerard McLain , 02. Naomi Coleman	Gerard McLane discusses obesity and diet.
2015-08-27 04:30*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age deception.
2015-08-27 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.
2015-08-27 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.

Community Issues Program List

July through September 2015

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

Date and Time	Program	Talent	Description
2015-08-27 10:00*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.
2015-08-27 11:00!	Celebrating Life in Recovery	Cheri Peters *, Grandma Wilma , Jack Bridges	Cheri Peters and Grandma Wilma bring out to the open the real-life trama of using Meth.
2015-08-27 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss hormonal replacement.
2015-08-27 13:30*	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates some quick meal ideas.
2015-08-27 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.
2015-08-28 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for spinal health.
2015-08-28 10:00*	Health for a Lifetime	Don Mackintosh *, John Clark	Don Mackintosh and John Clark discuss arthritis.
2015-08-28 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2015-08-30 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash and Don Miller disscuss how to control allergies.
2015-08-30 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2015-08-30 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.
2015-08-31 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.
2015-08-31 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for dealing with aggression
2015-08-31 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss happiness.
2015-08-31 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2015-08-31 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise
2015-09-01 06:00*	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2015-09-01 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash and Don Miller disscuss how to control allergies.
2015-09-01 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss family picnic.
2015-09-01 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2015-09-02 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss happiness.
2015-09-02 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for super slow training.

Community Issues Program List

July through September 2015

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

Date and Time	Program	Talent	Description
2015-09-02 13:00*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2015-09-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2015-09-02 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2015-09-03 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Jan Morris	Marti Jones with guests discuss recovering from the pain of divorce.
2015-09-03 04:30*	Issues and Answers	Shelley Quinn *, Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2015-09-03 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2015-09-03 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-09-03 10:00*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
2015-09-03 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss happiness.
2015-09-03 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss bahamian feast.
2015-09-03 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.
2015-09-04 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with tennis elbow.
2015-09-04 10:00*	Health for a Lifetime	Don Mackintosh *, John Clark	Don Mackintosh and John Clark discuss back pain.
2015-09-04 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2015-09-06 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss photochemicals.
2015-09-06 06:00*	Body and Spirit Aerobics	Dick Nunez , Elora Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2015-09-06 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2015-09-07 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Get a Grip (on real life).
2015-09-07 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
2015-09-07 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to help with chronic pain.
2015-09-07 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss from the darkness.
2015-09-07 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.

Community Issues Program List

July through September 2015

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

Date and Time	Program	Talent	Description
2015-09-07 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.
2015-09-07 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Get a Grip (on real life).
2015-09-08 06:00*	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2015-09-08 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss photochemicals.
2015-09-08 13:30*	Let's Cook Together	Idalia Dinzey *, Marlene McKinney	Idalia Dinzey and Marlene McKinney discuss kingly breakfast.
2015-09-08 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.
2015-09-09 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss from the darkness.
2015-09-09 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Get a Grip (on real life).
2015-09-09 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for slow training for women.
2015-09-09 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2015-09-09 14:00*	Action 4 Life	Casio Jones *, Monica Flower	Casio Jones and Monica Flower discuss focus on the midsection.
2015-09-10 03:00!	Up Close	Shelley Quinn *, Lois Stuart , Rick Howard	Rick Howard discusses the dangers of the occult.
2015-09-10 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2015-09-10 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-09-10 10:00*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
2015-09-10 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Get a Grip (on real life).
2015-09-10 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss from the darkness.
2015-09-10 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss caribbean cuisine.
2015-09-10 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2015-09-11 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez with Christy Soderling and Britney Nunez discuss and demonstrate exercise routines for overcoming addiction.
2015-09-11 10:00*	Health for a Lifetime	Don Mackintosh *, John Clark	Don Mackintosh and John Clark discuss carpal tunnel.
2015-09-11 14:00*	Action 4 Life	Casio Jones *, Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.

Community Issues Program List

July through September 2015

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Date and Time	Program	Talent	Description
2015-09-11 17:00*	NEWSTART Now	Ron Giannoni *, Elton Elliot	Ron Giannoni and Elton Elliot discuss from wheelchair to walking.
2015-09-13 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss reproductive health.
2015-09-13 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2015-09-13 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2015-09-14 01:00!	Celebrating Life in Recovery	Cheri Peters *, Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Ten-minute marriage.
2015-09-14 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
2015-09-14 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2015-09-14 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2015-09-14 14:00*	Action 4 Life	Casio Jones *, Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2015-09-14 19:00!	Celebrating Life in Recovery	Cheri Peters *, Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Ten-minute marriage.
2015-09-15 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..
2015-09-15 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss reproductive health.
2015-09-15 11:00*	NEWSTART Now	Ron Giannoni *, Elton Elliot	Ron Giannoni and Elton Elliot discuss from wheelchair to walking.
2015-09-15 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss special meal for sabbath.
2015-09-15 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2015-09-16 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2015-09-16 02:00!	Celebrating Life in Recovery	Cheri Peters *, Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Ten-minute marriage.
2015-09-16 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women.
2015-09-16 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2015-09-16 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2015-09-17 03:00!	Up Close	Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner	Shelly Quinn with quests discuss dealing with loneliness.
2015-09-17 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez with helpers show and talk about workout excercises for men.

Community Issues Program List

July through September 2015

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Date and Time	Program	Talent	Description
2015-09-17 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-09-17 10:00*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
2015-09-17 11:00!	Celebrating Life in Recovery	Cheri Peters *, Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Ten-minute marriage.
2015-09-17 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss victim of deception.
2015-09-17 13:30*	Let's Cook Together	Jill Morikone *, Marlene McKinney	Jill Morikone and Marlene McKinney discuss bahamian feast pt. 2.
2015-09-17 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2015-09-18 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes.
2015-09-18 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss freedom from habits that hurt.
2015-09-18 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2015-09-20 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss the problems of overweight.
2015-09-20 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.
2015-09-20 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2015-09-21 01:00!	Celebrating Life in Recovery	Cheri Peters *, Harmony Dust and Ashley Dodson	Cheri Peters, Harmony Dist and Ashley Dodson discuss discuss self-esteem in real-life situations in a segment titled I am a treasure.
2015-09-21 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
2015-09-21 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss does everyone need milk as well as demonstrates exercise routines for health.
2015-09-21 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.
2015-09-21 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and
2015-09-21 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2015-09-21 19:00!	Celebrating Life in Recovery	Cheri Peters *, Harmony Dust and Ashley Dodson	Cheri Peters, Harmony Dist and Ashley Dodson discuss discuss self-esteem in real-life situations in a segment titled I am a treasure.
2015-09-22 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.
2015-09-22 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss the problems of overweight.

Community Issues Program List

July through September 2015

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2015-09-22 13:30*	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.
2015-09-22 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2015-09-23 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.
2015-09-23 02:00!	Celebrating Life in Recovery	Cheri Peters *, Harmony Dust and Ashley Dodson	Cheri Peters, Harmony Dist and Ashley Dodson discuss discuss self-esteem in real-life situations in a segment titled I am a treasure.
2015-09-23 06:00*	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss where less is more as well as demonstrates exercise routines for health.
2015-09-23 13:00*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2015-09-23 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2015-09-23 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2015-09-24 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Mike McKinnon , 03. Debbie Edgerton	Marti Jones talks about dealing with death.
2015-09-24 04:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2015-09-24 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2015-09-24 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-09-24 10:00*	Wonderfully Made	Christine Salter	Christine Salter discusses prevention and screening.
2015-09-24 11:00!	Celebrating Life in Recovery	Cheri Peters *, Harmony Dust and Ashley Dodson	Cheri Peters, Harmony Dist and Ashley Dodson discuss discuss self-esteem in real-life situations in a segment titled I am a treasure.
2015-09-24 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss breathing lessons.
2015-09-24 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.
2015-09-24 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.
2015-09-25 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with the immune system.
2015-09-25 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss diet & stress.
2015-09-25 17:00*	NEWSTART Now	Ron Giannoni *, Lydia Kobzar	Ron Giannoni and Lydia Kobzar discuss think your way out of depression.
2015-09-27 03:00*	NEWSTART Now	Ron Giannoni *, Lydia Kobzar	Ron Giannoni and Lydia Kobzar discuss think your way out of depression.

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July through September 2015

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Date and Time	Program	Talent	Description
2015-09-27 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss cancer.
2015-09-27 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2015-09-27 14:00*	Body and Spirit (New)	Andi Hunsaker * , Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2015-09-28 01:00!	Celebrating Life in Recovery	Cheri Peters * , Cheryl McGuinnes	Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled Beauty Beyond the Ashes.
2015-09-28 05:30*	Wonderfully Made	Christine Salter	Christine Salter discusses prevention and screening.
2015-09-28 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health.
2015-09-28 07:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2015-09-28 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2015-09-28 14:00*	Action 4 Life	Casio Jones * , Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2015-09-28 19:00!	Celebrating Life in Recovery	Cheri Peters * , Cheryl McGuinnes	Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled Beauty Beyond the Ashes.
2015-09-29 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2015-09-29 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss cancer.
2015-09-29 11:00*	NEWSTART Now	Ron Giannoni * , Lydia Kobzar	Ron Giannoni and Lydia Kobzar discuss think your way out of depression.
2015-09-29 13:30*	Let's Cook Together	Angela Lomacang * , Jennifer White	Angela Lomacang and Jennifer White show making food in a flash.
2015-09-29 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. * , Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2015-09-30 01:30*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2015-09-30 02:00!	Celebrating Life in Recovery	Cheri Peters * , Cheryl McGuinnes	Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled Beauty Beyond the Ashes.
2015-09-30 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner discuss the willingness to change in lifestyle as well as demonstrates exercise routines for health.
2015-09-30 13:00*	Issues and Answers	Shelley Quinn * , Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2015-09-30 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2015-09-30 14:00*	Action 4 Life	Casio Jones * , Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.