

Community Issues Program List

January through March 2021

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

Date and Time	Program	Talent	Description
2021-02-26 04:30*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2021-03-01 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2021-03-03 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2021-03-05 04:30*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2021-03-08 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2021-03-10 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2021-03-12 04:30*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2021-03-15 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2021-03-17 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2021-03-19 04:30*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2021-03-22 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2021-03-24 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2021-03-26 04:30*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of
2021-03-29 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2021-03-31 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.

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2021-01-01 04:30*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2021-01-04 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2021-01-06 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2021-01-08 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2021-01-11 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2021-01-13 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2021-01-15 04:30*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2021-01-18 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2021-01-20 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2021-01-22 04:30*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2021-01-25 14:00*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2021-01-27 14:00*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2021-01-29 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2021-02-01 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2021-02-03 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2021-02-05 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2021-02-08 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2021-02-10 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.

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2021-02-12 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2021-02-15 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2021-02-17 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2021-02-19 04:30*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2021-02-22 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2021-02-24 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2021-01-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2021-01-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2021-01-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2021-01-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2021-01-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2021-01-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2021-01-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2021-01-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.
2021-02-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2021-02-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2021-02-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2021-02-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2021-02-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.

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2021-02-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2021-02-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
2021-02-24 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2021-03-01 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2021-03-03 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2021-03-08 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2021-03-10 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2021-03-15 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2021-03-17 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2021-03-22 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2021-03-24 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2021-03-29 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2021-03-31 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
2021-01-04 06:00*	Body and Spirit	Greg Morikone, Michael Webb, Dick Nunez	Dick Nunez with helpers shows specific exercises designed for the low back.
2021-01-06 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia.
2021-01-08 06:00*	Body and Spirit	Dick Nunez, David Weston, Scott Tanner	Dick Nunez with helpers shows specific exercises designed to help with osteoporosis.
2021-01-11 06:00*	Body and Spirit	Miles Scruggs, Dick Nunez, Greg Morikone	Dick Nunez with helpers shows more specific exercises designed for strength training.
2021-01-13 06:00*	Body and Spirit	John Leaman, Randi Brewer, Dick Nunez	Dick Nunez with helpers shows specific exercises designed to help with knee pain.
2021-01-15 06:00*	Body and Spirit	Jr., Dick Nunez, Greg Morikone, Moses Primo	Dick Nunez with helpers shows specific exercises designed to help with tennis elbow and carpal tunnel syndrom.
2021-01-18 06:00*	Body and Spirit	Kim Wilson, Dick Nunez, Theresa Wilson	Dick Nunez with Janet Nelson and Bobby Jo Murphy discuss the subject of eating disorders and demonstrate exercise routines for health.

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2021-01-20 06:00*	Body and Spirit	Dick Nunez, Miles Scruggs, Jim Hillman	Dick Nunez and helpers demonstrate exercises for the abdominal wall.
2021-01-22 06:00*	Body and Spirit	Amiee Walker, Dick Nunez, Barbara Nolen	Dick Nunez with Megan Fraiser and Cindy Hanson demonstrate exercises routines for strength training for women.
2021-01-25 06:00*	Body and Spirit	Mike Wilson, Dick Nunez	Dick Nunez and helpers demonstrate exercises that can help control hypertension.
2021-01-27 06:00*	Body and Spirit	Dick Nunez, Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with hip pain.
2021-01-29 06:00*	Body and Spirit	John Leaman, Dick Nunez, Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with knee pain.
2021-02-01 06:00*	Body and Spirit	Andrew Hard, William Brauer, Dick Nunez	Dick Nunez and helpers demonstrate exercises for strength training.
2021-02-03 06:00*	Body and Spirit	Rick Nunez, William Brauer, Dick Nunez	Dick Nunez and helpers demonstrate exercises that can help with lower back training.
2021-02-05 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez and helpers show simple home exercises and discuss the subject protein.
2021-02-08 06:00*	Body and Spirit	Brittany Nunez, Christy Soderling, Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.
2021-02-10 06:00*	Body and Spirit	Kim Rogers, Madison Turner, Dick Nunez	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2021-02-12 06:00*	Body and Spirit	Christy Soderling, Dick Nunez, Brittany Nunez	Dick Nunez and helpers show simple home exercises that will help with balance.
2021-02-15 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Brittany Nunez	Dick Nunez and helpers shows the joys of exercising.
2021-02-17 06:00*	Body and Spirit	William Brauer, Jason Maxwell, Dick Nunez	Dick Nunez and helpers demonstrate exercises for hip training.
2021-02-19 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, William Brauer	Dick Nunez, Jason Maxwell, and William Brauer discuss train to the glory of god.
2021-02-22 06:00*	Body and Spirit	Brittany Nunez, Dick Nunez, Christy Soderling	Dick Nunez and helpers demonstrate simple home exercises to burn away the fat.
2021-02-24 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Kim Rogers	Dick Nunez, Kim Rogers, and Madison Turner discuss knee injuries.

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2021-02-26 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to keep you in better health with proper posture.
2021-03-01 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, William Brauer	Dick Nunez and helpers demonstrate simple home exercises for senior citizens.
2021-03-03 06:00*	Body and Spirit	Jason Maxwell, Dick Nunez, William Brauer	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2021-03-05 06:00*	Body and Spirit	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers demonstrate simple home exercises for wheel chair bound people.
2021-03-08 06:00*	Body and Spirit	Dick Nunez, Brittany Nunez, Chirsty Soderling	Dick Nunez and helpers demonstrate simple home exercises especially for women.
2021-03-10 06:00*	Body and Spirit	Dick Nunez, Chirsty Soderling, Brittany Nunez	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2021-03-12 06:00*	Body and Spirit	Dick Nunez, Kim Rogers, Madison Turner	Dick Nunez and helpers demonstrate simple home exercises to keep arthritis sufferers limber.\
2021-03-15 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to combat hypertension.
2021-03-17 06:00*	Body and Spirit	Madison Turner, Kim Rogers, Dick Nunez	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for strength training for girls.
2021-03-19 06:00*	Body and Spirit	Brittany Nunez, Madison Turner, Dick Nunez	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1.
2021-03-22 06:00*	Body and Spirit	Dick Nunez, Madison Turner, Andrew Hard	Dick Nunez with Andrew Hard, Madison Turner, and Dick Nunez demonstrate exercise routines to help with shoulder problems.
2021-03-24 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.

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2021-03-26 06:00*	Body and Spirit	William Brauer, Dick Nunez, Kim Rogers	Dick Nunez with Kim Rogers and William Brauer demonstrate exercise routines to combat neck pain.
2021-03-29 06:00*	Body and Spirit	Jason Maxwell, Dick Nunez, Brittany Nunez	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 2.
2021-03-31 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to combat stress.
2021-02-11 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2021-02-14 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2021-02-16 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2021-02-18 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Becky Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
2021-02-21 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2021-02-23 06:00*	Body and Spirit Aerobics	Mrs. Ford, Dick Nunez	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2021-02-25 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2021-02-28 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2021-03-02 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2021-03-04 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez, Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2021-03-07 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2021-03-09 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez with helpers show and talk about exercises for toning your muscles..
2021-03-11 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout excercises for men.

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2021-03-14 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2021-03-16 06:00*	Body and Spirit Aerobics	Dick Nunez, Brittany Nunez, Becky Garber	Dick Nunez and helpers demonstrate simple home exercises for women.
2021-03-18 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2021-03-21 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2021-03-23 06:00*	Body and Spirit Aerobics	Fred Garber, Matthew Hard, Dick Nunez	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2021-03-25 06:00*	Body and Spirit Aerobics	Becky Garber, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2021-03-28 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2021-03-30 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2021-01-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2021-01-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2021-01-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2021-01-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2021-01-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2021-01-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2021-01-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.

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2021-01-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strengthen your bones.
2021-01-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2021-01-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.
2021-01-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2021-01-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strengthening exercises.
2021-01-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2021-02-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Kalie O'Brien, Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2021-02-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabbecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabbecca Lovelace discuss depression.
2021-02-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2021-02-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2021-01-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2021-01-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2021-02-01 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2021-02-08 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses not butter chicken & others.
2021-02-15 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2021-02-22 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry filos et al.
2021-03-01 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2021-03-08 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.

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2021-03-15 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2021-03-22 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2021-03-29 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2021-01-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2021-01-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2021-01-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2021-01-26 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2021-02-02 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses soup medley.
2021-02-09 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai green curry lentils et al.
2021-02-16 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2021-02-23 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2021-03-02 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2021-03-09 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2021-03-16 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2021-03-23 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2021-01-08 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2021-01-15 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2021-01-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2021-01-29 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2021-02-05 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2021-02-12 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2021-02-19 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2021-02-26 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.
2021-03-05 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2021-03-12 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.

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2021-03-19 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2021-03-26 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2021-01-04 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2021-01-11 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and others.
2021-01-04 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lemuel Vega	Cheri Peters and Lemuel Vega discuss Life Beyond the Bars.
2021-01-13 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ron Woolsey	Cheri Peters and Ron Woolsey discuss overcoming sin.
2021-01-20 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Monica Barlow	Cheri Peters and Monica Barlow talk about youth outreach.
2021-01-27 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Luke Pierson, Mark Pierson	Cheri Peters with Luke and Mark Pierson discuss grief among the family.
2021-02-03 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Christian Berdahl	Cheri Peters with Christian Berdahl discuss breaking the cycle of addictions.
2021-03-10 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rich Kollenberg, Susan Kollenberg,	Cheri Peters with Rich and Susan Kollenberg chat seriously about Break through the Meth.
2021-03-15 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), David Parnell	Cheri Peters and David Parnell offer some plain talk about facing the facts and seeing the truth.
2021-03-31 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Barb Wise, Rick Wise	Cheri Peters with Barb and Rick Wise discuss HIV with love behind it.
2021-01-19 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2021-01-26 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2021-01-31 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2021-02-11 11:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2021-02-18 11:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2021-02-25 11:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.

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Date and Time	Program	Talent	Description
2021-02-28 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2021-03-07 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2021-03-18 11:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2021-03-25 11:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclear?.
2021-03-28 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2021-01-07 11:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2021-01-12 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2021-01-08 10:00*	Health for a Lifetime	Don Mackintosh (Host), Hans Diehl	Don Mackintosh and Hans Diehl discuss hypertension.
2021-01-15 10:00*	Health for a Lifetime	Don Mackintosh (Host), Hans Diehl	Don Mackintosh and Hans Diehl discuss reversing over weight.
2021-01-22 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in premature birth, std's, etc..
2021-01-29 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in caffeine, vitamin d, and exercise.
2021-02-05 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in diabetes, cholesterol and stroke.
2021-02-19 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in child iq, stroke, heat exhaustion, etc..
2021-02-26 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stds, secrets of aging, etc.
2021-03-05 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss new start.
2021-03-12 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in memory, sleep, and retirement.

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Date and Time	Program	Talent	Description
2021-03-19 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc..
2021-03-26 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss types of memory loss.
2021-01-20 13:00*	Issues and Answers	Shelley Quinn (Host), Steve Wohlberg	Shelley Quinn and Steve Wohlberg discuss exposing the twilight / vampire craze.
2021-02-03 13:00*	Issues and Answers	Shelley Quinn (Host), Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss the problem with education.
2021-02-10 13:00*	Issues and Answers	Shelley Quinn (Host), Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss the history of education & a need for reform.
2021-02-24 13:00*	Issues and Answers	Shelley Quinn (Host), Randy J. Siebold	Shelley Quinn and Randy J. Siebold discuss changing your school.
2021-03-03 13:00*	Issues and Answers	Shelley Quinn (Host), Janice Browne	Shelley Quinn and Janice Browne discuss decluttering your life.
2021-03-17 13:00*	Issues and Answers	Shelley Quinn (Host), Janice Browne	Shelley Quinn and Janice Browne discuss impossible dreams made possible.
2021-03-24 13:00*	Issues and Answers	Shelley Quinn (Host), Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age deception.
2021-03-31 13:00*	Issues and Answers	Shelley Quinn (Host), Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2021-01-14 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2021-01-17 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2021-01-19 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis.
2021-01-21 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic exercises than can be done in the home.

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2021-01-24 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2021-01-26 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2021-01-28 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2021-01-31 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2021-02-02 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2021-02-04 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2021-02-07 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2021-02-09 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2021-02-11 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2021-02-14 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2021-02-16 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2021-02-18 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.
2021-02-21 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.

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2021-02-23 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2021-02-25 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2021-02-28 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2021-03-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2021-03-04 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2021-03-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises.
2021-03-09 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury disscuss the pitfalls of the American Lifestyle on health.
2021-03-11 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2021-03-14 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2021-03-16 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2021-03-18 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2021-03-21 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2021-03-23 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.

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2021-01-05 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2021-01-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2021-01-10 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2021-01-12 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2021-03-23 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2021-03-30 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2021-01-12 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2021-01-22 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2021-01-26 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.
2021-02-02 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2021-02-09 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2021-02-19 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2021-02-23 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2021-03-02 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.

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2021-03-12 09:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2021-03-16 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your immune system.
2021-01-06 08:00!	Today Cooking	Jason Bradley, Dona Cooper-	discusses incredibly delicious vegan specials part 1.
2021-02-24 08:00!	Today Cooking	Jason Bradley, Dona Cooper-	discusses incredibly delicious vegan specials part 2.
2021-02-03 20:00!	Today Cooking	Jason Bradley, Nicole Braxton	discusses southern brunch.
2021-03-31 08:00!	Today Cooking	Jason Bradley, Melody Caviness	discusses taco explosion.
2021-03-10 20:00!	Today Cooking	Yvonne Lewis-Shelton, Leslie Caza	discusses breakfasts that will make your morning.
2021-01-20 20:00!	Today Cooking	Yvonne Lewis-Shelton, Leslie Caza	discusses soups, sandwiches, and salad.
2021-01-27 20:00!	Today Cooking	Jason Bradley, Melody Caviness	discusses family favorites.
2021-02-17 08:00!	Today Cooking	Angela Lomacang,	discusses italian made simple.
2021-03-03 20:00!	Today Cooking	Angela Lomacang, Fay Kazzi	discusses mediterranean specialities.
2021-03-17 23:00!	Today Cooking	Jill Morikone, Padmaja Medidi	discusses authentic indian cuisine part 3.
2021-01-13 20:00!	Today Cooking	Tim Parton, Padmaja Medidi	discusses authentic indian cuisine.
2021-02-10 15:00!	Today Cooking	Jason Bradley, Stephanie Salazar	discusses taste of asia.
2021-03-24 15:00!	Today Cooking	Curtis & Paula Eakins	discusses picnic time.
2021-01-07 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses brain health (part 2).
2021-01-14 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses physiology of worship.
2021-01-21 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses worship as treatment.
2021-01-28 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses frequently asked questions.

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2021-02-04 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses the number 1 killer.
2021-02-11 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses how to reduce your risk of coronary artery disease.
2021-02-18 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses atrial fibrillation.
2021-02-25 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses 21 facing cardiovascular disease part 1.
2021-03-04 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses 21 facing cardiovascular disease part 2.
2021-03-11 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses rhythms of the heart.
2021-03-18 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum	discusses the latest advancements in medical tech.
2021-03-25 12:00*	Ultimate Prescription	Nick Evenson, Dr. James Marcum, Danny Shelton	discusses Danny Shelton's experience with bypass surgery.
2021-01-05 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses physical activity and heart disease.
2021-01-12 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses physical activity and the older adult.
2021-01-19 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss diabetes and ways to control it.
2021-01-26 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss high blood pressure.
2021-02-02 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss obesity.
2021-02-09 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss vitamins and supplements.
2021-02-16 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss metabolic syndrome.
2021-02-23 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss atherosclerosis.
2021-03-02 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss the effects of sugar on your health.
2021-03-09 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss lifestyle choices.
2021-03-16 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss your immune system and cancer.

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2021-03-23 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health.
2021-03-30 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.