

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-06-14 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2021-06-16 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2021-06-18 04:30*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2021-06-21 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2021-06-23 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2021-06-25 04:30*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2021-06-28 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2021-06-30 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.
2021-04-02 04:30*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycle.
2021-04-05 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2021-04-07 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2021-04-09 04:30*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2021-04-14 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2021-04-16 04:30*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2021-04-19 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2021-04-21 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2021-04-23 04:30*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-04-26 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2021-04-28 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2021-04-30 04:30*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2021-05-03 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2021-05-05 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2021-05-07 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2021-05-10 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2021-05-12 14:00*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2021-05-14 04:30*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2021-05-17 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2021-05-19 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2021-05-21 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2021-05-24 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2021-05-26 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2021-05-28 04:30*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2021-05-31 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-06-02 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.
2021-06-04 04:30*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2021-06-07 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2021-06-09 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2021-06-11 04:30*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2021-05-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2021-05-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2021-05-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2021-05-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2021-05-31 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2021-06-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2021-06-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2021-06-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2021-06-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2021-06-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2021-06-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.
2021-06-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2021-06-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2021-06-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2021-04-05 13:30*	Abundant Living	Curtis & Paula Eakins	discusses drugs dark side.
2021-04-07 13:30*	Abundant Living	Curtis & Paula Eakins	discusses h for herbal medicine.
2021-04-14 13:30*	Abundant Living	Curtis & Paula Eakins	discusses a is for adoration.
2021-04-19 13:30*	Abundant Living	Curtis & Paula Eakins	discusses l for liquids.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-04-21 13:30*	Abundant Living	Curtis & Paula Eakins	discusses healthy heart cooking.
2021-04-26 13:30*	Abundant Living	Curtis & Paula Eakins	discusses e for exercise.
2021-04-28 13:30*	Abundant Living	Curtis & Paula Eakins	discusses r for rest.
2021-05-03 13:30*	Abundant Living	Curtis & Paula Eakins	discusses meals in minutes.
2021-05-05 13:30*	Abundant Living	Curtis & Paula Eakins	discusses s for sunlight.
2021-05-10 13:30*	Abundant Living	Curtis & Paula Eakins	discusses tools for transformation.
2021-05-12 13:30*	Abundant Living	Curtis & Paula Eakins	discusses the one bowl meal.
2021-04-02 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with William Brauer and Rick Nunez demonstrate exercise routines to help
2021-04-05 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines for circuit training.
2021-04-07 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.
2021-04-09 06:00*	Body and Spirit	Jason Maxwell, Andrew Hard, Dick Nunez	Dick Nunez, with helpers, demonstrate beginning exercises.
2021-04-14 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez with Andrew Hard and Jason Maxwell discusses Triglycerides as well as demonstrates exercise routines for health.
2021-04-16 06:00*	Body and Spirit	Dick Nunez, Madison Turner, Kim Rogers	Dick Nunez with Kim Rogers and Madison Turner demonstrates exercise routines for circuit training for women.
2021-04-19 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Brittany Nunez, Christy Soderling, and Dick Nunez discuss hope.
2021-04-21 06:00*	Body and Spirit	Dick Nunez, Brittany Nunez, Christy Soderling	Dick Nunez with Brittany Nunez and Christy Soderling discusses Fat Metabolism as well as demonstrates exercise routines for health.
2021-04-23 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health.
2021-04-26 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for spinal health.
2021-04-28 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, Andrew Hard	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for dealing with aggression
2021-04-30 06:00*	Body and Spirit	Andrew Hard, Jason Maxwell, Dick Nunez	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for super slow training.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-05-03 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.
2021-05-05 06:00*	Body and Spirit	Kim Rogers, Madison Turner, Dick Nunez	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to help with chronic pain.
2021-05-07 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.
2021-05-10 06:00*	Body and Spirit	Christy Soderling, Dick Nunez, Brittany Nunez	Dick Nunez with Christy Soderling and Britney Nunez discuss and demonstrate exercise routines for overcoming addiction.
2021-05-14 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Brittany Nunez	Dick Nunez with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women.
2021-05-17 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes.
2021-05-19 06:00*	Body and Spirit	Rick Nunez, William Brauer, Dick Nunez	Dick Nunez with Rick Nunez and William Brauer discuss does everyone need milk as well as demonstrates exercise routines for health.
2021-05-21 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss where less is more as well as demonstrates exercise routines for health.
2021-05-24 06:00*	Body and Spirit	Dick Nunez, Andrew Hard,	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to
2021-05-26 06:00*	Body and Spirit	Dick Nunez, Andrew Hard, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health.
2021-05-28 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.
2021-05-31 06:00*	Body and Spirit	Dick Nunez, Kim & Madison	Dick Nunez demonstrate exercise routines for circuit training.
2021-06-02 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of sunshine as well as demonstrates exercise routines for health.
2021-06-04 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the digestion as well as demonstrates exercise routines for digestive health.
2021-06-07 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the air you breathe as well as demonstrates exercise routines for health.
2021-06-09 06:00*	Body and Spirit	Dick Nunez (Host), Jonathan Hopkins, Omar Moquera	Dick Nunez with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-06-11 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body.
2021-06-14 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines to help with diabetes.
2021-06-16 06:00*	Body and Spirit	Dick Nunez (Host), Omar Mosquera, Jonathan Hopkins	Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migrane headaches.
2021-06-18 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines.
2021-06-21 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
2021-06-23 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression.
2021-06-25 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker	Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
2021-06-28 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2021-06-30 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Brittany Nunez	Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
2021-04-01 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2021-04-04 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2021-04-06 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2021-04-08 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2021-04-11 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2021-04-15 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad
2021-04-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-04-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2021-04-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2021-04-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2021-04-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic
2021-04-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2021-05-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2021-05-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
2021-05-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2021-05-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
2021-05-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2021-05-13 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2021-05-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
2021-05-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health.
2021-05-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2021-05-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
2021-05-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-05-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2021-05-30 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2021-06-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2021-06-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2021-06-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2021-06-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2021-06-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2021-06-17 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.
2021-06-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2021-06-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2021-06-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2021-06-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2021-06-29 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.
2021-06-25 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2021-04-05 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2021-04-19 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2021-04-26 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2021-05-03 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2021-05-10 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-05-17 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2021-05-24 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses soup medley.
2021-05-31 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai green curry lentils et al.
2021-06-07 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2021-06-14 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2021-06-21 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2021-06-28 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2021-04-06 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2021-04-20 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta
2021-04-27 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2021-05-04 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2021-05-11 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2021-05-18 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.
2021-05-25 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2021-06-08 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2021-06-15 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2021-04-02 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2021-06-29 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2021-04-16 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2021-04-23 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2021-04-30 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2021-05-07 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2021-05-14 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2021-05-21 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2021-05-28 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2021-06-04 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2021-06-11 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2021-06-18 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and others.
2021-04-14 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Joe Bates, Melissa Bates	Cheri Peters with Joe and Melissa Bates discuss the need to Take Care of Yourself when in recovery.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-04-19 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dahlia Brown, Daphne Brown	Cheri Peters with Dahlia and Daphne Grown discuss The Road Back from addiction.
2021-05-17 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dwight Hall, Debbie Hall	Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse.
2021-06-09 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2021-06-16 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2021-06-21 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2021-06-30 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby.
2021-06-27 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2021-04-01 11:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2021-04-06 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2021-04-11 03:30*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2021-04-22 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2021-04-29 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2021-05-06 10:00*	From Sickness to Health	Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2021-05-09 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2021-05-16 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-05-23 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2021-06-03 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson,	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2021-06-10 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2021-06-17 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2021-06-20 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson,	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2021-04-09 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss freedom from habits that hurt.
2021-04-16 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss diet & stress.
2021-04-23 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss food for thought.
2021-04-30 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss brain on a binge.
2021-05-07 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss your fabulous, forgotten friend fiber.
2021-05-14 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss journey to victory.
2021-05-21 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven steps setting & sustaining.
2021-05-28 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven goals for designer lifestyle.
2021-06-04 10:00*	Health for a Lifetime	Don Mackintosh (Host), Christina Salter	Don Mackintosh and Christina Salter discuss colon health.
2021-06-11 10:00*	Health for a Lifetime	Don Mackintosh (Host), Christina Salter	Don Mackintosh and Christina Salter discuss breast health.
2021-06-18 10:00*	Health for a Lifetime	Don Mackintosh (Host), Christina Salter	Don Mackintosh and Christina Salter discuss gynecological.
2021-06-25 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss neurologic disorder.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-04-02 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in bone loss, depression, homosexuality, etc..
2021-04-21 13:00*	Issues and Answers	Shelley Quinn (Host), Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2021-04-28 13:00*	Issues and Answers	Shelley Quinn (Host), Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2021-05-05 13:00*	Issues and Answers	Shelley Quinn (Host), Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.
2021-05-12 13:00*	Issues and Answers	Shelley Quinn (Host), Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2021-05-19 13:00*	Issues and Answers	Shelley Quinn (Host), Magna Parks	Karen Thomas and Walter Turner discuss every child's chance.
2021-05-26 13:00*	Issues and Answers	Shelley Quinn (Host), Magna Parks	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2021-04-04 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.
2021-04-06 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.
2021-04-08 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2021-04-11 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 excercises than can be done in the home.
2021-04-15 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.
2021-04-18 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.
2021-04-20 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.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-04-22 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.
2021-04-25 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.
2021-04-27 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.
2021-04-29 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.
2021-05-02 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.
2021-05-04 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.
2021-05-06 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.
2021-05-09 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.
2021-05-11 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2021-05-13 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.
2021-05-16 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.
2021-05-18 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.
2021-05-20 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-05-23 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2021-05-25 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2021-05-27 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2021-05-30 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2021-06-03 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2021-06-06 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.
2021-06-08 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2021-06-10 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2021-06-15 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2021-06-17 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.
2021-06-20 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2021-06-15 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.
2021-06-22 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2021-04-09 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-04-16 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.
2021-04-20 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.
2021-04-27 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.
2021-05-07 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2021-05-11 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2021-05-21 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2021-05-28 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2021-06-04 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.
2021-06-11 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your immune system.
2021-04-14 23:00!	Today Cooking	Leslie Caza	Leslie Caza discusses a tasty family meal.
2021-05-12 23:00!	Today Cooking	Jason Bradley(Host): Dona Cooper-	discusses incredibly delicious vegan specials part 1.
2021-06-16 20:00!	Today Cooking	Jason Bradley(Host): Nicole Braxton	discusses southern brunch.
2021-04-21 15:00!	Today Cooking		discusses international cuisine.
2021-06-30 23:00!	Today Cooking	Yvonne Lewis-Shelton:(Host) Leslie Caza	discusses soups, sandwiches, and salad.
2021-05-26 15:00!	Today Cooking	Jason Bradley (Host), Melody Caviness	discusses family favorites.
2021-06-23 15:00!	Today Cooking	Jill Morikone (Host), Padmaja Medidi	discusses authentic indian cuisine part 3.
2021-05-05 20:00!	Today Cooking	Tim Parton (Host), Padmaja Medidi	discusses authentic indian cuisine.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-06-09 08:00!	Today Cooking	Curtis Eakins (Host), Paula Eakins	discusses meals in minutes.
2021-06-02 20:00!	Today Cooking	Jason Bradley (Host), Stephanie Salazar	discusses taste of asia.
2021-05-19 23:00!	Today Cooking	Angela Lomacang (Host), Carin Lynch	discusses breakfast made simple.
2021-04-07 08:00!	Today Cooking	Angela Lomacang (Host), Carin	discusses picnics made simple.
2021-05-06 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses why we are sick.
2021-05-20 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses light.
2021-05-27 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses movement part 1.
2021-06-03 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses movement part 2.
2021-06-10 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses water.
2021-06-17 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses nutrition for diabetes.
2021-06-24 12:00*	Ultimate	Nick Evenson Dr.	discusses nutrition for cardiovascular health.
2021-04-01 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses danny shelton's experience with bypass surgery.
2021-04-08 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses valves of the heart.
2021-04-15 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses diagnosing a weak heart.
2021-04-22 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses exercise.
2021-04-29 12:00*	Ultimate Prescription	Nick Evenson Dr. James Marcum	discusses disease that can't be cured.
2021-04-06 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
2021-04-20 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
2021-04-27 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of obesity.
2021-05-04 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss exercise and total health.
2021-05-11 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss metabolic syndrome.
2021-05-18 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildermar Dos Santos discuss cancer prevention.

Community Issues Program List

April through June 2021

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

Date and Time	Program	Talent	Description
2021-05-25 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss ways to save your heart.
2021-06-08 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss stress management.
2021-06-15 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas and Hildemar Dos Santos discuss health evangelism.
2021-06-22 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss the Good News of Diabetes -- it can be controlled.
2021-06-29 05:30*	Wonderfully Made	Lee Wellard & Dr. Scott Grivas	Lee Wellard and Dr. Scott Grivas discuss heart disease and ways to prevent or curb it.