

# Issues/Programs List Report:

**Week : April 01, 2019**

Callsign: KOHC-CD Oklahoma City OK

Facility ID: 10265

Channels Aired: 45.2

**Air Date: April 06, 2019**

Air Time: 12:00 pm

Episode # 1115

Length: 28:30

**LOCATIONS: LONE WOLF, HENNESSEY, SAND SPRINGS, TULSA, MCALESTER, OKLAHOMA CITY**

Take an adventurous ride on the Quartz Mountain Flyer; enjoy good wine and conversation at the Vernost Wine Company; discover a colorful and inspirational store in Sand Springs at Funky Blessings; see how in a world of change, Phill's Diner in Tulsa remains the same; shop in a fun store filled with an eclectic mix of antiques and collectibles called Buffalo Gals Antiques in McAlester and serving hot fried chicken at Nashbird Hot Dang! Chicken in Automobile Alley

Air Time: 12:30 pm

Episode # 1126

Length: 28:30

**LOCATIONS: OKLAHOMA CITY, EL RENO, TULSA, LAWTON, GRAND LAKE, MIDWEST CITY**

Explore outer space at The Planetarium at Science Museum Oklahoma; collectibles, antiques and more at The Junkyard Diva in El Reno; Joe Momma's Pizza has it all in Tulsa; eclectic art and homemade goods and popular design t-shirts can be found at Native Hippie in Lawton; explore the history of and new face of Shangri-La at Grand Lake and seafood and prime rib keep the customers coming back at Pelican Restaurant in Midwest City.

**Air Time: 13:00 pm**

**Episode # 1170**

**Length: 28:30**

**LOCATIONS: TULSA, OKLAHOMA CITY, WASHINGTON, ELK CITY, MUSKOGEE**

Explore aviation history at the Tulsa Air & Space Museum; tour the historic Overholser Mansion in Oklahoma City; discover all the amazing experiences at Riversport Adventures in Oklahoma City; Aletha's Vault is not only serving nourishing meals, but find out the dedication to their community; The Attic Door in Elk City is the place where you can find just about anything you will need or want; and find out why American Pie Wood Fire Pizza in Muskogee is so successful.

**Air Time: 13:30PM**

**Episode # 1160**

**Length: 28:30**

**LOCATIONS: DAVIS, MEDICINE PARK, DURANT, MIDWEST CITY, NORMAN, MCLOUD**

Go trout fishing at Turner Falls Park; stay in the very comfortable Red & Green Door cabins at Medicine Park; see southern hospitality at its best at Southern Drawl in Durant, where you can find fun,, trendy clothes; for something different try the wonderful food at The Creperie & European Café in Midwest City; see why the Firehouse Art Center in Norman is more than just a fantastic place to showcase local artists; and check out the eclectic menu at Clara Belle's Restaurant in McCloud where you can literally "eat around the world."

**Air Time: 14:00 PM**

**Episode # 1074**

**Length: 28:30**

**LOCATIONS: CHICKASHA, DURANT, TULSA, GUTHRIE, BARTLESVILLE**

This week, check out all the autumn fun at the Maize in Chickasha; visit the former U.S. military post & National Historic Landmark known as Fort Washita in Durant; do you enjoy “breakfast” cereal any time of the day or day of the week? Then you’ll enjoy the Bowl N Spoon Cereal Bar in Tulsa; see what makes the Drugstore Museum in Guthrie so unique; and a down to earth bar & grill which offers American meals from morning til late, plus live music at the Painted Horse in Bartlesville...

**Air Time: 14:30 PM**

**Episode # 1076**

**Length: 28:30**

**LOCATIONS: MARLOW, TULSA, OKLAHOMA CITY, ARDMORE, SAYRE**

This week, time to get ready for Christmas shopping at the Marlow Mercantile; enjoy archery year round at Archery Outpost in Tulsa; explore the fun to be had by everyone at the new Boathouse Bikes in Oklahoma City; burgers and brews at the Red Dirt Brewhouse in Ardmore; and made from scratch pies and tasty lunch items at the Picket Fence in Sayre.....Don't miss Discover

**Air Time: 15:00 PM**

**Episode # 1109**

**Length: 28:30**

**LOCATIONS: WATONGA, OKLAHOMA CITY, MINCO, BIXBY**

Explore all the adventures at [Roman Nose State Park](#); see the place that's been serving up family entertainment in Oklahoma City for almost 50 years ; mouthwatering burgers at Sid's Diner in Minco; see the home décor store in Bixby with a heavenly mission; and barbecue like none other in Oklahoma City at Maples.

This episode was shot on location at the [Military History Museum](#) in Broken Arrow.

# **Issues/Programs List Report:**

**Week : April 08, 2019**

Callsign: KOHC-CD Oklahoma City OK

Facility ID: 10265

Channels Aired: 45.2

**Air Date: April 13, 2019**

Air Time: 12:00 pm

Episode # 1136

Length: 28:30

**LOCATIONS: FREEDOM, CHECOTAH, CHICKASHA, OKLAHOMA CITY, PAWHUSKA, WOODWARD**

Visit the peaceful and serene area of northwestern Oklahoma by staying at Stables Resort; explore the Honey Springs Battlefield site near Checotah, which is the location of one of the most culturally diverse battles during the Civil War; The Muscle Car Ranch in Chickasha is a fun destination for anyone who loves cars and vintage signs and memorabilia; see why Zarates in Edmond is the place to go to enjoy authentic Latin food; The Buckin' Flamingo in Pawhuska has been called a shopping paradise, find out why and find out why Carlito's in Woodward has something for everyone from steaks and seafood to juicy burgers and Columbia inspired dishes!

Air Time: 12:30 pm

Episode # 1137

Length: 28:30

**LOCATIONS: MUSTANG, MUSKOGEE, GAGE, NORMAN, FAIRVIEW, EDMOND**

Discover the Buffalo Creek Berry Farm, a pick your own farm where all the berry and vegetable crops are open for customers of all ages to come and pick their own; enjoy a full day of fun in the sun at River Country Water Park; see the Gage

Artesian Beach that's been attracting water lovers for generations; check out the beautiful Montford Inn bed and breakfast in Norman; find out about John's Farm in Fairview, a place where you can buy organic wheat, beef and other products; and a different take on barbeque at Klemm's Smoke Haus in Edmond.

**Air Time: 13:00 pm**

**Episode # 1132**

**Length: 28:30**

**LOCATIONS: TULSA, GUTHRIE, OKLAHOMA CITY, NORMAN, DAVIS**

See the new Norman Rockwell exhibit at the Gilcrease in Tulsa; discover the amazingly fun and unique bed and breakfast called Atomic Loft in Guthrie where you can also shop and enjoy art or create your own; find out why Syrup in Oklahoma City is not your typical breakfast restaurant; check out the Oklahoma State Parks Passport Program, and why it's a way to create a new family adventure; Beyond Blessed Coffee Roasters in Davis is serving their community, one cup at a time and the legendary Leo's Barbecue in Oklahoma City. Yes the barbecue is great, but their strawberry banana cake also keeps folks coming back!

**Air Time: 13:30PM**

**Episode # 1166**

**Length: 28:30**

**LOCATIONS: TULSA, NOBLE, PERKINS, SHAWNEE, OKLAHOMA CITY, MARIETTA**

Find out why the Mother Road Market in Tulsa is such a fun place to shop and have lunch; see and learn about what is truly an uncommon item known as the rose rock at the Timberlake Rose Rock Gallery & Museum in Noble; In Perkins, Café 33 & Steakhouse in Perkins is packing them in with their delicious, hearty meals; The Arts at 317 in Shawnee is a unique business where everything is hand made in Oklahoma, by Oklahomans; see why Tin Lizzie's in Oklahoma City is the perfect gift store; and The Taste by Chef Rodney in Marietta is a great place to eat, especially if your taste buds need a change!

**Air Time: 14:00 PM**

**Episode # 1168**

**Length: 28:30**

**LOCATIONS: MUSKOGEE, TULSA, JET, PONCA CITY, ARDMORE, GUTHRIE**

See how a fascinating history is preserved at The Three Rivers Museum in Muskogee; check out the California style Mexican cuisine at Dos Bandidos in Tulsa; dig for selenite crystals at the only place in the world where they can be found, which is at the Salt Plains National Wildlife Refuge in Jet; Mexican food so good, people fly-in for it at Enrique's in Ponca City; see a unique camping experience literally on Lake Murray in Ardmore; and good, old fashioned home cooking can be found at Simone's Café in Guthrie.

**Air Time: 14:30 PM**

**Episode # 1112**

**Length: 28:30**

**LOCATIONS: TISHOMINGO, OKLAHOMA CITY, WOODWARD, TULSA, ENID**

Hear from country music superstar and Oklahoma native Blake Shelton as he opens his new restaurant, bar and retail shop Ole Red in Tishomingo. Gear up for challenging indoor climbs at Threshold Climbing in OKC; great diner food at Geronimo's Bakery & Burgers; meet artist Larry Hill from Woodward; get a customized bike built here in Oklahoma in Tulsa and delicious Italian food at Napoli's in Enid.

This episode was shot on location at the [National Cowboy & Western Heritage Museum](#) in Oklahoma City.

**Air Time: 15:00 PM**

**Episode # 1171**

**Length: 28:30**

**LOCATIONS: OKLAHOMA CITY, MUSKOGEE, ARDMORE, MOORE**

Check out the new exhibits at the Oklahoma Zoo & Botanical Garden including camel rides; experience the beauty of the Azalea Festival in Muskogee; visit Blue Haus Revival in Ardmore and get inspired to bring a fresh, new look to your home; outstanding delicious chocolates can be found at Glacier Confection, along with hand crafted gelato from scratch, great coffee and French pastries; hark back to the good ole days of playing vintage video games at Eighty-three Golden Age Arcade in Moore and wonderful Italian food to be savored at Osteria in Oklahoma City.



Note: programs on the following list dated on or after 4/23/19 aired on the station.

# Community Issues Program List

## April through June 2019

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

Date and Time	Program	Talent	Description
2019-04-01 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2019-04-01 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.
2019-04-01 07:30*	Ultimate Prescription		discusses water.
2019-04-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2019-04-01 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2019-04-02 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss metabolic syndrome.
2019-04-02 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.
2019-04-02 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2019-04-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2019-04-02 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2019-04-03 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Brittany Nunez, Christy Soderling, and Dick Nunez discuss hope.
2019-04-03 13:00*	Issues and Answers	Shelley Quinn (Host), Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2019-04-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2019-04-03 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2019-04-04 04:30*	Issues and Answers	Shelley Quinn (Host), Yvonne Lewis	Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity.
2019-04-04 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.
2019-04-04 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.
2019-04-04 12:00*	Ultimate Prescription		discusses water.
2019-04-04 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.
2019-04-05 03:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2019-04-05 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.
2019-04-05 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2019-04-05 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Don Mackintosh and Neil Nedley discuss sweet tooth.

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## April through June 2019

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

Date and Time	Program	Talent	Description
2019-04-07 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2019-04-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2019-04-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2019-04-08 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2019-04-08 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.
2019-04-08 07:30*	Ultimate Prescription		discusses nutrition for diabetes.
2019-04-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2019-04-08 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2019-04-09 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss atherosclerosis.
2019-04-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2019-04-09 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2019-04-09 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2019-04-09 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.
2019-04-10 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.
2019-04-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2019-04-10 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2019-04-11 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.
2019-04-11 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2019-04-11 12:00*	Ultimate Prescription		discusses nutrition for diabetes.
2019-04-11 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.
2019-04-12 03:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.

# Community Issues Program List

## April through June 2019

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

Date and Time	Program	Talent	Description
2019-04-12 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
2019-04-12 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2019-04-12 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh review present Health Updates.
2019-04-14 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2019-04-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2019-04-14 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2019-04-14 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2019-04-15 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2019-04-15 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2019-04-15 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.
2019-04-15 07:30*	Ultimate Prescription		discusses nutrition for cardiovascular health.
2019-04-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.
2019-04-15 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2019-04-16 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss the effects of sugar on your health.
2019-04-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2019-04-16 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2019-04-16 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.
2019-04-16 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2019-04-17 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2019-04-17 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.
2019-04-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.
2019-04-17 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.
2019-04-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.

# Community Issues Program List

## April through June 2019

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

Date and Time	Program	Talent	Description
2019-04-18 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2019-04-18 12:00*	Ultimate Prescription		discusses nutrition for cardiovascular health.
2019-04-18 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2019-04-19 03:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2019-04-19 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.
2019-04-19 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2019-04-19 10:00*	Health for a Lifetime	Don Mackintosh (Host), Hans Diehl	Don Mackintosh and Hans Diehl discuss deadly plaques.
2019-04-21 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2019-04-21 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2019-04-21 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.
2019-04-21 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2019-04-22 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2019-04-22 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2019-04-22 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.
2019-04-22 07:30*	Ultimate Prescription		discusses brain health (part 1).
2019-04-22 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2019-04-23 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discusses lifestyle choices.
2019-04-23 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2019-04-23 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2019-04-23 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.
2019-04-23 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2019-04-24 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.

# Community Issues Program List

## April through June 2019

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

Date and Time	Program	Talent	Description
2019-04-24 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.
2019-04-24 13:00*	Issues and Answers	Shelley Quinn (Host), Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2019-04-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cause for the pause.
2019-04-24 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.
2019-04-25 04:30*	Issues and Answers	Shelley Quinn (Host), Jim Ayer	Shelley Quinn and Jim Ayer discuss the power of change.
2019-04-25 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2019-04-25 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2019-04-25 12:00*	Ultimate Prescription		discusses brain health (part 1).
2019-04-25 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2019-04-26 03:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2019-04-26 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2019-04-26 10:00*	Health for a Lifetime	Don Mackintosh (Host), Hans Diehl	Don Mackintosh and Hans Diehl discuss reversing deadly plaques.
2019-04-28 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2019-04-28 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.
2019-04-28 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home.
2019-04-28 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Craig DeMartino	Cheri Peters and Craig DeMartino disscuss After the Fall in addiction.
2019-04-29 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Craig DeMartino	Cheri Peters and Craig DeMartino disscuss After the Fall in addiction.
2019-04-29 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2019-04-29 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.
2019-04-29 07:30*	Ultimate Prescription		discusses brain health (part 2).
2019-04-29 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2019-04-30 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss your immune system and cancer.
2019-04-30 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.

# Community Issues Program List

## April through June 2019

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Date and Time	Program	Talent	Description
2019-04-30 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2019-04-30 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.
2019-04-30 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2019-05-01 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2019-05-01 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.
2019-05-01 13:00*	Issues and Answers	Shelley Quinn (Host), Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2019-05-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that prevent Power Surges during the day.
2019-05-01 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2019-05-02 04:30*	Issues and Answers	Shelley Quinn (Host), Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2019-05-02 06:00*	Body and Spirit Aerobics	Mrs. Ford, Dick Nunez	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2019-05-02 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2019-05-02 12:00*	Ultimate Prescription		discusses brain health (part 2).
2019-05-02 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.
2019-05-03 03:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2019-05-03 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.
2019-05-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2019-05-03 10:00*	Health for a Lifetime	Don Mackintosh (Host), Hans Diehl	Don Mackintosh and Hans Diehl discuss hypertension.
2019-05-05 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2019-05-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2019-05-05 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.
2019-05-05 21:00!	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.

# Community Issues Program List

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

Date and Time	Program	Talent	Description
2019-05-06 01:00!	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.
2019-05-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2019-05-06 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.
2019-05-06 07:30*	Ultimate Prescription		discusses physiology of worship.
2019-05-06 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2019-05-07 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health.
2019-05-07 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2019-05-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2019-05-07 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.
2019-05-07 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2019-05-08 02:00!	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.
2019-05-08 06:00*	Body and Spirit	Dick Nunez, Andrew Hard, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with the immune system.
2019-05-08 13:00*	Issues and Answers	Shelley Quinn (Host), Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.
2019-05-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2019-05-08 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2019-05-09 04:30*	Issues and Answers	Shelley Quinn (Host), Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and its Effects.
2019-05-09 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2019-05-09 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2019-05-09 12:00*	Ultimate Prescription		discusses physiology of worship.
2019-05-09 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.
2019-05-10 03:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2019-05-10 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.
2019-05-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.



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

Date and Time	Program	Talent	Description
2019-05-10 10:00*	Health for a Lifetime	Don Mackintosh (Host), Hans Diehl	Don Mackintosh and Hans Diehl discuss reversing over weight.
2019-05-12 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2019-05-12 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez, Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2019-05-12 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.
2019-05-12 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters and Brad Peters discuss love brings everyone together.
2019-05-13 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters and Brad Peters discuss love brings everyone together.
2019-05-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2019-05-13 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.
2019-05-13 07:30*	Ultimate Prescription		discusses worship as treatment.
2019-05-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2019-05-13 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2019-05-14 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.
2019-05-14 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2019-05-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2019-05-14 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.
2019-05-14 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2019-05-15 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters and Brad Peters discuss love brings everyone together.
2019-05-15 06:00*	Body and Spirit	Dick Nunez, Kim & Madison	Dick Nunez demonstrate exercise routines for circuit training.
2019-05-15 13:00*	Issues and Answers	Shelley Quinn (Host), Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2019-05-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2019-05-15 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the bennefits of pool exercise.
2019-05-16 04:30*	Issues and Answers	Shelley Quinn (Host), Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2019-05-16 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..

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Date and Time	Program	Talent	Description
2019-05-16 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?. discusses worship as treatment.
2019-05-16 12:00*	Ultimate Prescription		
2019-05-16 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.
2019-05-17 03:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2019-05-17 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of sunshine as well as demonstrates exercise routines for health.
2019-05-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2019-05-17 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..
2019-05-19 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2019-05-19 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout excercises for men.
2019-05-19 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.
2019-05-19 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Tom & Vicki Mann	Cheri Peters with Tom and Vicki Mann disscuss working through divorce.
2019-05-20 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Tom & Vicki Mann	Cheri Peters with Tom and Vicki Mann disscuss working through divorce.
2019-05-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2019-05-20 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the digestion as well as demonstrates exercise routines for digestive health.
2019-05-20 07:30*	Ultimate Prescription		discusses frequently asked questions.
2019-05-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2019-05-20 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.
2019-05-21 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
2019-05-21 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.
2019-05-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2019-05-21 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.
2019-05-21 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.

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

Date and Time	Program	Talent	Description
2019-05-22 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Tom & Vicki Mann	Cheri Peters with Tom and Vicki Mann discuss working through divorce.
2019-05-22 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the air you breathe as well as demonstrates exercise routines for health.
2019-05-22 13:00*	Issues and Answers	Shelley Quinn (Host), Magna Parks	Karen Thomas and Walter Turner discuss every child's chance.
2019-05-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2019-05-22 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2019-05-23 04:30*	Issues and Answers	Shelley Quinn (Host), Magna Parks	Karen Thomas and Walter Turner discuss every child's chance.
2019-05-23 06:00*	Body and Spirit Aerobics	Dick Nunez, Brittany Nunez, Becky Garber	Dick Nunez and helpers demonstrate simple home exercises for women.
2019-05-23 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2019-05-23 12:00*	Ultimate Prescription		discusses frequently asked questions.
2019-05-23 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.
2019-05-24 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2019-05-24 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.
2019-05-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2019-05-24 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.
2019-05-26 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2019-05-26 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.
2019-05-26 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.
2019-05-26 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Martin Weber	Cheri Peters with Martin Weber discuss controlling addiction in a segment titled The Buzzard is Called In.
2019-05-27 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Martin Weber	Cheri Peters with Martin Weber discuss controlling addiction in a segment titled The Buzzard is Called In.
2019-05-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2019-05-27 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.
2019-05-27 07:30*	Ultimate Prescription		discusses why weâ€™re sick.

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Date and Time	Program	Talent	Description
2019-05-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2019-05-27 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2019-05-28 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discusses hope and healing.
2019-05-28 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.
2019-05-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2019-05-28 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.
2019-05-28 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2019-05-29 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Martin Weber	Cheri Peters with Martin Weber discuss controlling addiction in a segment titled The Buzzard is Called In.
2019-05-29 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.
2019-05-29 13:00*	Issues and Answers	Shelley Quinn (Host), Magna Parks	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2019-05-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2019-05-29 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2019-05-30 04:30*	Issues and Answers	Shelley Quinn (Host), Magna Parks	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2019-05-30 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.
2019-05-30 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2019-05-30 12:00*	Ultimate Prescription		discusses why weâ€™re sick.
2019-05-30 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.
2019-05-31 03:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2019-05-31 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.
2019-05-31 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2019-05-31 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.
2019-06-02 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.

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Date and Time	Program	Talent	Description
2019-06-02 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.
2019-06-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2019-06-02 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Aaron, Gwen and Vonzell Chancy	Cheri Peters with Aaron, Gwen, and Vonzell Chancy discuss recovery from addiction as a family.
2019-06-03 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Aaron, Gwen and Vonzell Chancy	Cheri Peters with Aaron, Gwen, and Vonzell Chancy discuss recovery from addiction as a family.
2019-06-03 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2019-06-03 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.
2019-06-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2019-06-03 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2019-06-04 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
2019-06-04 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2019-06-04 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2019-06-04 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.
2019-06-04 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2019-06-05 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Aaron, Gwen and Vonzell Chancy	Cheri Peters with Aaron, Gwen, and Vonzell Chancy discuss recovery from addiction as a family.
2019-06-05 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
2019-06-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2019-06-05 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycyle.
2019-06-06 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2019-06-06 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.
2019-06-07 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2019-06-07 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.

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Date and Time	Program	Talent	Description
2019-06-10 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Reginald & Marquand Buchanan	Cheri Peters with Reginald and Marquand Buchanan discuss going from gangs to fatherhood.
2019-06-10 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2019-06-10 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.
2019-06-10 07:30*	Ultimate Prescription		discusses light.
2019-06-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2019-06-10 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2019-06-11 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of obesity.
2019-06-11 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.
2019-06-11 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2019-06-11 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2019-06-11 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2019-06-12 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Reginald & Marquand Buchanan	Cheri Peters with Reginald and Marquand Buchanan discuss going from gangs to fatherhood.
2019-06-12 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.
2019-06-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.
2019-06-12 14:00*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2019-06-13 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.
2019-06-13 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2019-06-13 12:00*	Ultimate Prescription		discusses light.
2019-06-13 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.
2019-06-14 03:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2019-06-14 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.

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Date and Time	Program	Talent	Description
2019-06-14 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2019-06-14 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.
2019-06-16 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclear?.
2019-06-16 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.
2019-06-16 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2019-06-17 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2019-06-17 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 auto-immune disorders. discusses movement part 1.
2019-06-17 07:30*	Ultimate Prescription		
2019-06-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2019-06-17 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2019-06-18 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss exercise and total health.
2019-06-18 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.
2019-06-18 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.
2019-06-18 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.
2019-06-18 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclear?.
2019-06-19 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
2019-06-19 13:00*	Issues and Answers	Shelley Quinn (Host), G. Edward Reid	Karen Thomas and Richard Valenzuela discuss search and rescue.
2019-06-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2019-06-19 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2019-06-20 04:30*	Issues and Answers	Shelley Quinn (Host), G. Edward Reid	Karen Thomas and Richard Valenzuela discuss search and rescue.
2019-06-20 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2019-06-20 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclear?.

# Community Issues Program List

## April through June 2019

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

Date and Time	Program	Talent	Description
2019-06-20 12:00*	Ultimate Prescription		discusses movement part 1.
2019-06-20 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2019-06-21 03:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2019-06-21 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Omar Mosquera	Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
2019-06-21 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2019-06-21 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss new start.
2019-06-23 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2019-06-23 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 cholesterol.
2019-06-23 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2019-06-23 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jason & Rachael Bickal	Cheri Peters, Jason, and Rachael Bickal discuss keep on workin'.
2019-06-24 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jason & Rachael Bickal	Cheri Peters, Jason, and Rachael Bickal discuss keep on workin'.
2019-06-24 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses soup medley.
2019-06-24 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2019-06-24 07:30*	Ultimate Prescription		discusses movement part 2.
2019-06-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2019-06-24 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2019-06-25 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss metabolic syndrome.
2019-06-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2019-06-25 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2019-06-25 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2019-06-25 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2019-06-26 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jason & Rachael Bickal	Cheri Peters, Jason, and Rachael Bickal discuss keep on workin'.



# Community Issues Program List

## *April through June 2019*

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

Date and Time	Program	Talent	Description
2019-06-26 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins	Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
2019-06-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2019-06-26 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2019-06-27 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.
2019-06-27 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2019-06-27 12:00*	Ultimate Prescription		discusses movement part 2.
2019-06-27 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2019-06-28 03:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2019-06-28 06:00*	Body and Spirit	Dick Nunez (Host), Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2019-06-28 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2019-06-28 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.
2019-06-30 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2019-06-30 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.
2019-06-30 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2019-06-30 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.