November through December 2009

All times are Central Time Zone. All programs are 30 min. except

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Date	Time	Program	Talent	Description
10/1/2009	14:00:00	Body and Spirit	Becky Garber, Brittany	Dick Nunex with Brittany Nunex and Jane Baker
		Aerobics	Nunez , Dick Nunez	demonstrate exercise routines especially for
				Women.
10/1/2009	14:30:00		Alane Waters , Tom	Tom and Alane Walters discuss making a grave
		Hands	Waters	for faults.
10/2/2009	03:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Anuj Chandra discuss the
			Anuj Chandra	health importance of a good night's sleep.
10/2/2009	06:00:00	Body and Spirit	Becky Garber , Brittany	Getting enough of the proper rest is as import as
		Aerobics	Nunez , Dick Nunez	proper exercise. Dick Nunez discusses and leads
				exercise routings with Jane Baker and Jonathon
10/0/0000	10.00.00) A /	D 14	Hopkins
10/2/2009	10:00:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
10/0/0000	10.00.00.*	Made	Kall D. Iaa Na'l Na lla	it affects adult obesity and health.
10/2/2009	12:00:00 *	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process
10/4/0000	00.00.00	Dardy and Only	Dial Nivers Tad Amiana	of change in one's life.
10/4/2009	06:00:00	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez with Ted Arview demonstrate aerobics
10/4/0000	10.00.00	Dible Dv	Dr. James Mayeres *	exercises designed strengh training for seniors.
10/4/2009	12:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Anuj Chandra discuss the
10/4/0000	10.00.00	Marriaga in Cadla	Anuj Chandra	health importance of a good night's sleep.
10/4/2009	12:30:00	Hands	Alane Waters , Tom	Tom and Alane Walters discuss making a grave
10/4/2009	22.20.00	Wonderfully	Waters	for faults.
10/4/2009	23:30:00	Made	Don Morgan	Don Morgan talks about physical activity and how it affects adult obesity and health.
10/5/2009	02:00:00 *	Up Close	Shelley Quinn *, Dr.	Shelly Quinn discuss facing the tough times.
10/5/2009	02.00.00	op Glose	David Wilkins , Jay	Shelly Quilli discuss facing the tough times.
10/5/2009	07:30:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
10/3/2009	07.30.00	Made	Don Worgan	it affects adult obesity and health.
10/5/2009	14:00:00	Body and Spirit	Alex Walker Dick Nunez	Dick Nunez with Alex Walker and Katie O'Briend
10/3/2009	14.00.00	Body and Spirit	, Kalie O'Brien	demonstrate aerobics exercises for youth.
10/6/2009	02:00:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
10/0/2003	02.00.00	Made	Don Worgan	it affects adult obesity and health.
10/6/2009	06:00:00	Body and Spirit	Dick Nunez , Greg	Senior Citizen Fitness involves appropriate
. 0, 0, 2000	00.00.00	Dody and opine	Morikone , Moses Primo	exercising. Dick Nunez and helpers shows how.
10/6/2009	06:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Dennis Thompson
			Dennis Thompson	discuss Men's Health
10/6/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez and helpers demonstrate exercises
		Aerobics	Hopkins and Richard	for the Vision Impared.
10/7/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Hopkins and Megan
10/1/2000	00.00.00	Aerobics	Hopkins and Megan	Frasier demonstrate exercises for youth fitness.
10/7/0000	10.00.00			-
10/7/2009	10:00:00	_	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
10/7/0000	10,00,00	Hands	Waters	building a sure foundation.
10/7/2009	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins focus on Alzheimers
10/7/2000	14:00:00	Pady and Cairit	Eakins Dog Hilderbrand Diek	Disease. Part 1. Dick Nunez with Mrs. Ford shows and discusses
10/7/2009	14:00:00	Body and Spirit	Dee Hilderbrand , Dick	
			Nunez , Joe Carrell	Senior Exercise.

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	1	T and and		
Date	Time	Program	Talent	Description
10/7/2009	20:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Dennis Thompson
			Dennis Thompson	discuss Men's Health
10/8/2009	06:00:00	Body and Spirit	Dick Nunez , Justin	Dick Nunez with helpers show and talk about
			Walker , Kalie O'Brien	exercises for autoimmune disease.
10/8/2009	14:00:00	Body and Spirit	Dick Nunez *, Richard	Dick Nunez with Richard Nelson and Janet Nelson
		Aerobics	Nelson and Janet Nelson	demonstrate exercises to help with heart disease.
10/8/2009	14:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	building a sure foundation.
10/8/2009	17:30:00	Action 4 Life	Casio Jones *, Curtis	Casio Jones and Curtis Eakins discuss nutrition,
			Eakins	health, and exercise.
10/9/2009	03:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Dennis Thompson
			Dennis Thompson	discuss Men's Health
10/9/2009	06:00:00	Body and Spirit	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Megan Frasier
		Aerobics	Hanson and Megan	demonstrate exercise routines to help with a
			Frasier	woman's "weak link."
10/9/2009	10:00:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made	_ ·········gan	it affects obesity in children and their health.
10/9/2009	12:00:00 *	Up Close	Shelley Quinn *, Dr.	Shelly Quinn discuss facing the tough times.
10/3/2003	12.00.00	op olose	David Wilkins , Jay	cherry Quint disouss lasing the lough times.
10/9/2009	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins focus on Alzheimers
10/3/2003	10.00.00	/ touridant Living	Eakins	Disease. Part 2.
10/11/2009	06:00:00	Body and Spirit	Dick Nunez , Mindy	Dick Nunez, with helpers, demonstrate beginning
10/11/2000	00.00.00	Body and opin	Kellum , Randi Brewer	exercising.
10/11/2009	12:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Dennis Thompson
10/11/2000	12.00.00	Diolo 1 b	Dennis Thompson	discuss Men's Health
10/11/2009	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
. 6, 1 1, 2000		Hands	Waters	building a sure foundation.
10/11/2009	23:30:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made	· · · · · · · · · · · · · · · · ·	it affects obesity in children and their health.
10/12/2009	02:00:00 *	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
10/12/2009	02.00.00	op close	Shelley Quilli	Shelly Quilli discuss balancing work and family.
10/12/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Babb and Megan
		Aerobics	Babb and Megan Frasier	Frasier demonstrate exercise routines to help with
				knee pain.
10/12/2009	07:30:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made	G	it affects obesity in children and their health.
				,
10/12/2009	14:00:00	Body and Spirit	Dick Nunez , Greg	Dick Nunez shows how to tone your muscles.
				Helpers are Rick Nunex and Andrew Hard.
10/13/2009	02:00:00	Wonderfully	Don Morgan	Don Morgan talks about physical activity and how
		Made	G	it affects obesity in children and their health.
				,
10/13/2009	06:00:00	Body and Spirit	Dick Nunez , Miles	Dick Nunez shows exercises geared as a workout
		' '	Scruggs , Scott Tanner	for men. Helpers are Fred Garber and Matthew
				Hard.
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Date	Time	Program	Talent	Description
10/13/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Babb and Jonathon
		Aerobics	Babb and Jonathon	Hopkins show exercises with aerobic intensity.
10/14/2009	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez and Janet Nelson show exercise
		Aerobics	Nelson	routines for senior training.
10/14/2009	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins demonstrate preparing a
			Eakins	holiday dinner
10/14/2009	14:00:00	Body and Spirit	Dick Nunez, Elora Ford,	
			Ethel Carlsson	Dick Nunez demonstrates simple exercises with
10/15/0000		D 1 10 11		Fred Garber.
10/15/2009	06:00:00	Body and Spirit	Dick Nunez , Michael	Dick Nunez and helpers demonstrate exercises
10/15/0000	110000	Ded and Octob	Webb , Miles Scruggs	and discuss the pitfalls of fad diets.
10/15/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins show exercise
10/10/0000	00.00.00	Aerobics	Hopkins	routines for team training.
10/16/2009	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez with Janet Nelson and Cindy Hanson
10/16/2009	10:00:00	Aerobics Wonderfully	Nelson and Cindy Shelley Quinn *, James	show exercise routines to help with fibromyalgia.
10/16/2009	10.00.00	Made	Marcum	Shelly Quinn leads a discussion with James Marcum focused on "Could I Have a Heart
10/10/0000	10.00.00 *			
10/16/2009	12:00:00 *	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
10/16/2009	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on curbing
			Eakins	the carbs. Part 2.
10/18/2009	06:00:00	Body and Spirit	Dick Nunez , John	Dick Nunez with John Dinzey and Tony Hall
			Dinzey , Tony Hall	demonstrate exercises to help with Diabetes.
10/18/2009	18:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Robert
		Now	Richard Lukens, Robert	Ruscica discuss how people can feel "Better than
			Ruscica	ever" after a heart attack.
10/18/2009	23:30:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a discussion with James
		Made	Marcum	Marcum focused on "Could I Have a Heart
10/19/2009	02:00:00 *	Up Close	Gerard McLane	Gerard McLane reviews obesity and diet.
10/19/2009	04:00:00 *	Celebrating Life	Cheri Peters *, Debbie	Cheri Peters with Debbie and Dwight Hall talk
		in Recovery	Hall , Dwight Hall	about Alcohol and Drug Abuse.
10/19/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Richard
		Aerobics	Hopkins and Richard	Nelson show exercise routines to help with lower
			Nelson	back problems.
10/19/2009	07:30:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a discussion with James
		Made	Marcum	Marcum focused on "Could I Have a Heart
10/19/2009	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on curbing
10/10/0000	14.00.00	Dody and Cairit	Eakins Diak Nunez Betrieie	the carbs. Part 3.
10/19/2009	14:00:00	Body and Spirit	Dick Nunez , Patricia	Dick Nunez with Patricia Juarez and Tammy
			Juarez , Tammy Larson	Larson demonstrate more exercises for strength
10/00/0000	00.00.00	Mondorfulle	Challey Ouise * James	training for women.
10/20/2009	02:00:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a discussion with James
		Made	Marcum	Marcum focused on "Could I Have a Heart

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Date	Time	Program	Talent	Description
10/20/2009	04:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Robert
		Now	Richard Lukens , Robert	Ruscica discuss how people can feel "Better than
			Ruscica	ever" after a heart attack.
10/20/2009	06:00:00	Body and Spirit	Dick Nunez , Michael	Dick Nunez with Michael Webb and Miles Scruggs
			Webb , Miles Scruggs	demonstrate exercises for flexibility.
10/20/2009	17:30:00	Action 4 Life	Casio Jones *, Ben	Casio Jones with Ben Burkhamer discuss
			Burkhamer	hypertension, health, and exercise.
10/21/2009	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez with Janet and Richard Nelson
		Aerobics	Nelson and Richard	demonstrate exercise routines for help with
10/01/0000	40.00.00		Nelson	tendonitis.
10/21/2009	10:00:00		Alane Waters , Tom	Tom and Alane Walters discuss aspects of
10/01/0000	10.00.00	Hands	Waters	forming common goals.
10/21/2009	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on
10/01/0000	110000	Ded and Oak	Eakins	controlling Cholesterol. Part 1.
10/21/2009	14:00:00	Body and Spirit	Dick Nunez , Nicole	Dick Nunez and Nicole Garcia discuss eating
10/00/0000	10.00.00	NEWOTART	Garcia	disorders and demonstrate exercises for health.
10/22/2009	13:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Robert
		Now	Richard Lukens, Robert	Ruscica discuss how people can feel "Better than
10/00/0000	14.00.00	Dardy and Onivit	Ruscica	ever" after a heart attack.
10/22/2009	14:00:00	Body and Spirit	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Megan Frasier
		Aerobics	Hanson and Megan	demonstrate exercise routines for help with
10/00/0000	14.20.00	Marriaga in Cadla	Frasier	depression.
10/22/2009	14:30:00	Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of
10/22/2009	23:00:00 *	Celebrating Life	Cheri Peters *, Debbie	forming common goals. Cheri Peters with Debbie and Dwight Hall talk
10/22/2009	23.00.00	in Recovery	Hall, Dwight Hall	about Alcohol and Drug Abuse.
10/23/2009	10:00:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a health discussion with James
10/23/2009	10.00.00	Made	Marcum	Marcum focused on treatment after a heart attack.
10/23/2009	12:00:00 *	Up Close	Gerard McLane	
10/23/2009	12.00.00	op Glose	Gerard McLane	Gerard McLane reviews obesity and diet.
10/23/2009	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas on
			Eakins	controlling Cholesterol. Part 2.
10/25/2009	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	forming common goals.
10/25/2009	23:30:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a health discussion with James
		Made	Marcum	Marcum focused on treatment after a heart attack.
10/26/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Richard
		Aerobics	Hopkins and Richard	Nelson disscuss the subject of colesterol and
			Nelson	demonstrate exercise routines for health.
10/26/2009	07:30:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a health discussion with James
		Made	Marcum	Marcum focused on treatment after a heart attack.
10/26/2009	14:00:00	Body and Spirit	Dick Nunez , Greg	Dick Nunez with Greg Morikone and Scott Tanner
		,	Morikone , Scott Tanner	demonstrate exercise routines designed for
		l	•	strength training.

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Date	Time	Program	Talent	Description
10/27/2009	02:00:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on treatment after a heart attack.
10/27/2009	06:00:00	Body and Spirit	Barbara Nolen , Dick Nunez , Mollie Steenson	Dick Nunez and helpers demonstrate exercises for when there is not enough time.
10/27/2009	06:30:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism.
10/27/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson disscuss demonstrate exercises for the lower back challenge.
10/28/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of setting priorities.
10/28/2009	14:00:00	Body and Spirit	Dick Nunez , Miles Scruggs	Dick Nunez and helpers demonstrate exercises to help counter-act stress.
10/28/2009	20:00:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism.
10/29/2009	06:00:00	Body and Spirit	Dick Nunez , Elora Ford	Dick Nunez and helpers demonstrate exercises to help with osteoporosis.
10/29/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of setting priorities.
10/30/2009	03:30:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism.
10/30/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson demonstrate exercise routines for help with arthritis.
10/30/2009	10:00:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
10/30/2009	13:30:00	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 1.
11/1/2009	06:00:00	Body and Spirit	David Weston , Dick Nunez , Michael Webb	Dick Nunez and helpers demonstrate exercises to help with heart disease.
11/1/2009	12:00:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism.
11/1/2009	12:30:00		Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of setting priorities.
11/1/2009	18:00:00	NEWSTART Now	Ron Giannoni *, Dr. Richard Lukens , Janice Honeywell	Ron Giannoni with Dr. Richard Lukens and Janice Honeywill talk about Diabetes and High Blood Pressure.
11/1/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Dr. Janet Claymore , Duane Ross	Cheri Peters with Dr. Janet Claymore and Duane Ross discuss working with Native American Students.
11/1/2009	23:30:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
11/2/2009	02:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.

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Date	Time	Program	Talent	Description
11/2/2009	04:00:00 *	Celebrating Life	Cheri Peters *, Dr. Janet	Cheri Peters with Dr. Janet Claymore and Duane
11/2/2009	04.00.00	in Recovery	Claymore, Duane Ross	Ross discuss working with Native American
		III necovery	Claymore, Duane Hoss	Students.
11/2/2009	06:00:00	Body and Spirit	Dick Nunez *, Megan	Dick Nunez with Megan Fraiser and Cindy Hanson
11/2/2009	00.00.00	Aerobics	Frasier and Cindy	demonstrate exercises routines for strength
		Aerobics	Hanson	training for women.
11/2/2009	07:30:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a health discussion with James
11/2/2009	07.50.00	Made	Marcum	Marcum focused on managing stress.
11/2/2009	13:30:00	Abundant Living	Curtis Eakins , Paula	Curtis and Paula Eakins discuss ideas for building
11/2/2009	13.30.00	Abundant Living	Eakins	better bones. Part 2.
11/2/2009	14:00:00	Body and Spirit	Dick Nunez , Martha	Dick Nunez and helpers demonstrate exercises
11/2/2009	14.00.00	Dody and Spini	Weber , Susan Santos	for fitness for women.
11/3/2009	02:00:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a health discussion with James
11/3/2009	02.00.00	Made	Marcum	Marcum focused on managing stress.
11/3/2009	04:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Janice
11/3/2009	04.00.00	Now	Richard Lukens , Janice	Honeywill talk about Diabetes and High Blood
		INOW	Honeywell	Pressure.
11/3/2009	06:00:00	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez and helpers demonstrate exercises
11/3/2009	00.00.00	Body and Spini	Dick Nullez, Ted Arview	for rehabilitating a bad back.
11/3/2009	06:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and David Adams discuss
11/3/2009	06.30.00	DIDIE UX	David Adams	Autism treadments.
11/3/2009	14:00:00	Body and Spirit	Dick Nunez *, Megan	Dick Nunez with Megan Fraiser and Cindy Hanson
11/3/2009	14.00.00	Aerobics	Frasier and Cindy	discuss migraine headaches and demonstrate
		Aerobics	Hanson	exercises routines to help with migraines.
11/4/2009	10:00:00		Alane Waters , Tom	Tom and Alane Walters discuss aspects of
		Hands	Waters	effective communication.
11/4/2009	14:00:00	Body and Spirit	Dick Nunez , John	Dick Nunez and helpers demonstrate exercises to
			Leaman , Randi Brewer	help with Diabetes.
11/4/2009	20:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and David Adams discuss
			David Adams	Autism treadments.
11/5/2009	06:00:00	Body and Spirit	Dave Stevenson , Dick	Dick Nunez and helpers demonstrate exercises to
			Nunez	help with Joint pain.
11/5/2009	13:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Janice
		Now	Richard Lukens , Janice	Honeywill talk about Diabetes and High Blood
			Honeywell	Pressure.
11/5/2009	14:00:00	Body and Spirit	Dick Nunez *, Bobby Jo	Dick Nunex with Bobby Jo Murphy and Jonathon
		Aerobics	Murphy and Jonathon	Hopkins demonstrate exercise routines to help
			Hopkins	with hypertension.
11/5/2009	14:30:00	_	Alane Waters , Tom	Tom and Alane Walters discuss aspects of
	ļ	Hands	Waters	effective communication.
11/5/2009	23:00:00 *	Celebrating Life	Cheri Peters *, Dr. Janet	Cheri Peters with Dr. Janet Claymore and Duane
		in Recovery	Claymore , Duane Ross	Ross discuss working with Native American
				Students.

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Date	Time	Program	Talent	Description
11/6/2009	06:00:00	Body and Spirit	Dick Nunez *, Richard	Dick Nunex with Richard Nelson and Cindy
		Aerobics	Nelson and Cindy	Hanson discusses motivation and demonstrates
			Hanson	fitness exercises.
11/6/2009	10:00:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a health discussion with James
		Made	Marcum	Marcum focused on the question, "Where does
1.1/2/2222	10.00.00.			cardio-vascular disease start?"
11/6/2009	12:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from
	10.00.00			the pain of divorce.
11/6/2009	13:30:00	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the health
				advantanges of getting to that winning weight.
11/8/2009	06:00:00	Body and Spirit	Dick Nunez , Greg	Dick Nunez and helpers demonstrate exercises to
	10.00.00	D" D	Morikone , John Leaman	help with shoulder pain.
11/8/2009	12:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and David Adams discuss
	10.00.00		David Adams	Autism treadments.
11/8/2009	12:30:00		Alane Waters , Tom	Tom and Alane Walters discuss aspects of
	40.00.00.	Hands	Waters	effective communication.
11/8/2009	19:00:00 *	Celebrating Life	Cheri Peters *, Rhonda	Cheri Peters and Rhonda Burnett discuss Life in
1.1/0/0000	00.00.00	in Recovery	Burnett	Recovery from addiction.
11/8/2009	23:30:00	Wonderfully	Shelley Quinn *, James	Shelly Quinn leads a health discussion with James
		Made	Marcum	Marcum focused on the question, "Where does
11/0/0000	04.00.00.*	Outstanding Life	Obs. 2 Data as * Discosts	cardio-vascular disease start?"
11/9/2009	04:00:00 *	Celebrating Life	Cheri Peters *, Rhonda	Cheri Peters and Rhonda Burnett discuss Life in
11/0/0000	00.00.00	in Recovery	Burnett	Recovery from addiction.
11/9/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunex with Jonathon Hopkins and Megan
		Aerobics	Hopkins and Megan	Frasier discusses attitude and demonstrates
11/9/2009	07:30:00	Mondorfully	Frasier Shelley Quinn *, James	fitness exercises. Shelly Quinn leads a health discussion with James
11/9/2009	07.30.00	Wonderfully Made	Marcum	Marcum focused on the question, "Where does
		iviaue	Marcum	cardio-vascular disease start?"
11/9/2009	14:00:00	Body and Spirit	Dick Nunez *, Theresa	Dick Nunez and helpers demonstrate exercises
11/9/2009	14.00.00	Body and Spirit	Wilson	for rehabilitating a bad back.Dick Nunez and
			VV 113011	helpers demonstrate more exercises for flexibility.
11/10/2009	02:00:00	Wonderfully	Shalloy Quinn * James	Shelly Quinn leads a health discussion with James
11/10/2009	02.00.00	Made	Shelley Quinn *, James	
		iviaue	Marcum	Marcum focused on the question, "Where does
11/10/2009	06:00:00	Body and Spirit	Dick Nunez , John	cardio-vascular disease start?" Dick Nunez and helpers demonstrate more
11/10/2009	06.00.00	Body and Spirit	Dinzey , Tony Hall	exercises for flexibility.
11/10/2009	14:00:00	Body and Spirit	Brittany Nunez , Dick	Dick Nunez and helpers show aerobics exercises
11/10/2009	14.00.00	Aerobics	Nunez , Rick Nunez	for health.
11/11/2009	06:00:00	Body and Spirit	Becky Garber , Dick	Dick Nunez with helpers shows simple exercises
11/11/2009	00.00.00	Aerobics	Nunez , Fred Garber	to control stress.
11/11/2009	10:00:00		Alane Waters , Tom	Tom and Alane Walters discuss when each
11/11/2009	10.00.00	Hands	Waters	person says "Please Understand Me."
11/11/2009	14:00:00	Body and Spirit	Dick Nunez , Susan	Dick Nunez and helpers demonstrate exercises
11/11/2009	14.00.00	Dody and Spini	Santos , Tammy Larson	for women.
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November through December 2009

All times are Central Time Zone. All programs are 30 min. except

Date	Time	Program	Talent	Description
11/12/2009	06:00:00	Body and Spirit	Dick Nunez , Joe Carrell ,	Dick Nunez and helpers demonstrate exercises
			Miles Scruggs	for the Vision Impared.
11/12/2009	14:00:00	Body and Spirit	Brittany Nunez , Dick	Dick Nunez with helpers discusses "fitness level"
		Aerobics	Nunez , Rick Nunez	and demonstrates exercises to help.
11/12/2009	14:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss when each
			Waters	person says "Please Understand Me."
11/12/2009	23:00:00 *	Celebrating Life	Cheri Peters *, Rhonda	Cheri Peters and Rhonda Burnett discuss Life in
		_	Burnett	Recovery from addiction.
11/13/2009	06:00:00		Becky Garber, Dick	Dick Nunez with helpers shows simple exercises
			Nunez , Fred Garber	helpful for those with joint problems.
11/13/2009	10:00:00	Wonderfully	Daniel Miller , Jim	Daniel Miller and Jim Marcum discuss the rhythms
		•	Marcum	of the heart.
11/15/2009	06:00:00	Body and Spirit	Dick Nunez , Greg	Dick Nunez with helpers shows specific exercises
				designed for the low back.
11/15/2009	12:30:00		Alane Waters , Tom	Tom and Alane Walters discuss when each
,,		Hands	Waters	person says "Please Understand Me."
11/15/2009	18:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Robert
1.17.1072000	10.00.00	Now	Richard Lukens, Robert	Webber talk about Diabetes and Quadruple
		11011	Webber	Bypass.
11/15/2009	19:00:00 *	Celebrating Life	Cheri Peters *, Holbrook	Cheri Peters and students from Holbrook
11/13/2003	13.00.00	in Recovery	Academy	Academy discuss Native American "At-risk
11/15/2009	23:30:00	Wonderfully	Daniel Miller , Jim	Daniel Miller and Jim Marcum discuss the rhythms
11/15/2009	23.30.00	•		•
11/10/0000	02:00:00 *		Marcum Challes Ossien	of the heart.
11/16/2009	02.00.00	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with
11/10/0000	04.00.00 *	Colobration Life	Chari Datara * Hallaraala	Ioneliness.
11/16/2009	04:00:00 *	Celebrating Life	Cheri Peters *, Holbrook	Cheri Peters and students from Holbrook
		in Recovery	Academy	Academy discuss Native American "At-risk
11/10/0000	00.00.00	Dade and Calab	Daalii Carbar Diali	Teens."
11/16/2009	06:00:00		Becky Garber , Dick	Dick Nunez with helpers shows compression
11/10/0000	07.00.00	Aerobics	Nunez , Fred Garber	exercises to help with osteoporosis.
11/16/2009	07:30:00	Wonderfully	Daniel Miller , Jim	Daniel Miller and Jim Marcum discuss the rhythms
11/10/0000	44.00.00	Made	Marcum	of the heart.
11/16/2009	14:00:00	Body and Spirit	Dick Nunez , Patricia	Dick Nunez with helpers shows specific exercises
11/17/0000	00.00.00	\A/ (Juarez , Tammy Larson	designed to help with fibromyalgia.
11/17/2009	02:00:00	Wonderfully	Daniel Miller , Jim	Daniel Miller and Jim Marcum discuss the rhythms
	0.4.00.00	Made	Marcum	of the heart.
11/17/2009		NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Robert
		Now	Richard Lukens, Robert	Webber talk about Diabetes and Quadruple
44/47/2005	00.00.00	D 1 10 11	Webber	Bypass.
11/17/2009	06:00:00	Body and Spirit	David Weston , Dick	Dick Nunez with helpers shows specific exercises
= :			Nunez , Scott Tanner	designed to help with osteoporosis.
11/17/2009	06:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Carlton Vollberg discuss
			Carlton Vollberg	Preventive Medicine.
11/17/2009	14:00:00	Body and Spirit	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics
		Aerobics		exercises designed for the elderly.

November through December 2009

All times are Central Time Zone. All programs are 30 min. except

Date	Time	Program	Talent	Description
11/18/2009	06:00:00	Body and Spirit	Becky Garber , Dick	Dick Nunez with helpers shows aerobics
11/10/2000	00.00.00		Nunez , Fred Garber	exercises designed for Baby Boomers.
11/18/2009	10:00:00		Alane Waters , Tom	Tom and Alane Walters discuss communication
11/10/2000	10.00.00	Hands	Waters	breakers in marriage.
11/18/2009	14:00:00	Body and Spirit	Dick Nunez , Greg	Dick Nunez with helpers shows more specific
11/10/2003	14.00.00	Body and opini		exercises designed for strength training.
11/18/2009	20:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Carlton Vollberg discuss
11/10/2000	20.00.00	BIDIO I IX	Carlton Vollberg	Preventive Medicine.
11/19/2009	06:00:00	Body and Spirit	Dick Nunez , John	Dick Nunez with helpers shows specific exercises
11/10/2003	00.00.00	Body and opini	Leaman , Randi Brewer	designed to help with knee pain.
11/19/2009	13:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Robert
11/13/2003	10.00.00	Now	Richard Lukens, Robert	Webber talk about Diabetes and Quadruple
		INOW	Webber	Bypass.
11/19/2009	14:00:00	Body and Spirit	Dick Nunez , Mrs. Ford	Senior Citizen Fitness involves appropriate
11/13/2003	14.00.00	Aerobics	Dick Numez , Wis. 1 ord	exercising. Dick Nunez and helpers shows how.
11/19/2009	14:30:00		Alane Waters , Tom	Tom and Alane Walters discuss communication
11/13/2003	14.50.00	Hands	Waters	breakers in marriage.
11/19/2009	23:00:00 *	Celebrating Life	Cheri Peters *, Holbrook	Cheri Peters and students from Holbrook
11/13/2003	20.00.00	in Recovery	Academy	Academy discuss Native American "At-risk
		Introcovery	Academy	Teens."
11/20/2009	03:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Carlton Vollberg discuss
11/20/2009	05.50.00	DIDIE I IX	Carlton Vollberg	Preventive Medicine.
11/20/2009	06:00:00	Body and Spirit	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses
11/20/2003	00.00.00	Aerobics	Dick Numez , Wis. 1 ord	Senior Exercise.
11/20/2009	10:00:00	Wonderfully	Daniel Miller *, Jim	Daniel Miller and Jim Marcum discuss heart
11/20/2003	10.00.00	Made	Marcum	valves; how they work and how they may fail.
11/20/2009	12:00:00 *	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with
11/20/2005	12.00.00	Op 01030	Chelley Gallin	loneliness.
11/20/2009	13:30:00	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on how to
11/20/2005	10.00.00	/ touridant Living	Tadia and Gartis Eakins	build up your immunity.
11/22/2009	06:00:00	Body and Spirit	Dick Nunez , Greg	Dick Nunez with helpers shows specific exercises
,,	00.00.00		Morikone , Jr. , Moses	designed to help with tennis elbow and carpal
			Primo	tunnel syndrom.
11/22/2009	12:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Carlton Vollberg discuss
,,	12.00.00	Biolo i tix	Carlton Vollberg	Preventive Medicine.
11/22/2009	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss communication
,,	12.00.00	Hands	Waters	breakers in marriage.
11/22/2009	18:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Joe
.,,		Now	Richard Lukens , Joe	Westbury disscuss the pitfalls of the American
			Westbury	Lifestyle on health.
11/22/2009	23:30:00	Wonderfully	Daniel Miller *, Jim	Daniel Miller and Jim Marcum discuss heart
. 1,22,2000		Made	Marcum	valves; how they work and how they may fail.
11/23/2009	02:00:00 *	Up Close	Marti Jones	Marti Jones talks about dealing with death.
. 1/20/2000	52.00.00	CP 0.000	1114.11 001100	ma. a series tame assur dodning with dodni.

November through December 2009

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Date	Time	Program	Talent	Description
11/23/2009	04:00:00 *	Celebrating Life	Cheri Peters *, Craig	Cheri Peters and Craig DeMartino disscuss "After
		in Recovery	DeMartino	the Fall" in addiction.
11/23/2009	06:00:00	Body and Spirit	Brittany Nunez , Dick	Dick Nunez with helpers show and talk about
		Aerobics	Nunez , Rick Nunez	exercises for autoimmune disease.
11/23/2009	07:30:00	Wonderfully	Daniel Miller *, Jim	Daniel Miller and Jim Marcum discuss heart
		Made	Marcum	valves; how they work and how they may fail.
11/23/2009	14:00:00	Body and Spirit	Dick Nunez , Kim Wilson	Dick Nunez and helpers demonstrate exercises
			, Theresa Wilson	that can help with ankle problems.
11/24/2009	02:00:00	Wonderfully	Daniel Miller *, Jim	Daniel Miller and Jim Marcum discuss heart
		Made	Marcum	valves; how they work and how they may fail.
11/24/2009	04:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Joe
		Now	Richard Lukens , Joe	Westbury disscuss the pitfalls of the American
			Westbury	Lifestyle on health.
11/24/2009	06:00:00	Body and Spirit	Dick Nunez , Jim Hillman	Dick Nunez and helpers demonstrate exercises
			, Miles Scruggs	for the abdominal wall.
11/24/2009	06:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Eric Olson discuss Back
			Eric Olson	Problems and Pain Treatments.
11/24/2009	14:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunez, with helpers, demonstrate beginning
		Aerobics	Nunez , Rick Nunez	exercising.
11/25/2009	06:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunez shows how to tone your muscles.
		Aerobics	Nunez , Rick Nunez	Helpers are Rick Nunex and Andrew Hard.
11/25/2009	10:00:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss honesty and
		Hands	Waters	integrity in marriage.
11/25/2009	14:00:00	Body and Spirit	Amiee Walker , Barbara	Dick Nunez and helpers demonstrate exercises
		' '	Nolen , Dick Nunez	that can help Fibromyalgia and Chronic Pain.
11/25/2009	20:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Eric Olson discuss Back
			Eric Olson	Problems and Pain Treatments.
11/26/2009	06:00:00	Body and Spirit	Dick Nunez , Mike	Dick Nunez and helpers demonstrate exercises
		' '	Wilson	that can help control hypertension.
11/26/2009	13:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Richard Lukens and Joe
		Now	Richard Lukens, Joe	Westbury disscuss the pitfalls of the American
			Westbury	Lifestyle on health.
11/26/2009	14:00:00	Body and Spirit	Dick Nunez , Fred	Dick Nunez shows exercises geared as a workout
		Aerobics	Garber , Matthew Hard	for men. Helpers are Fred Garber and Matthew
			,	Hard.
11/26/2009	14:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss honesty and
		Hands	Waters	integrity in marriage.
11/26/2009	17:30:00	Action 4 Life	Casio Jones *, Curtis	Casio Jones and Curtis Eakins discuss nutrition,
			Eakins	health, and exercise.
11/26/2009	23:00:00 *	Celebrating Life	Cheri Peters *, Craig	Cheri Peters and Craig DeMartino disscuss "After
		in Recovery	DeMartino	the Fall" in addiction.
11/27/2009	03:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and Eric Olson discuss Back
			Eric Olson	Problems and Pain Treatments.
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All times are Central Time Zone. All programs are 30 min. except

	Those times with an after the time, which are 15 minutes.				
Date	Time	Program	Talent	Description	
11/27/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body "challenged," Dick Nunez demonstrates simple exercises with Fred Garber.	
11/27/2009	10:00:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss sleep as a medicine.	
11/27/2009	12:00:00 *	Up Close	Marti Jones	Marti Jones talks about dealing with death.	
11/29/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with hip pain.	
11/29/2009	18:00:00	NEWSTART Now	Ron Giannoni *, Dr. Clarence Ing , Maurice "Big Moe" Huffman	Ron Giannoni with Dr. Richard Lukens and Maurice Huffman Westbury talk about five words that should govern your diet	
11/29/2009	23:30:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss sleep as a medicine.	
11/30/2009	02:00:00 *	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.	
11/30/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.	
11/30/2009	07:30:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss sleep as a medicine.	
11/30/2009	14:00:00	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez and helpers demonstrate exercises that can help with knee pain.	
12/1/2009	02:00:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss sleep as a medicine.	
12/1/2009	04:00:00	NEWSTART Now	Ron Giannoni *, Dr. Clarence Ing , Maurice "Big Moe" Huffman	Ron Giannoni with Dr. Richard Lukens and Maurice Huffman Westbury talk about five words that should govern your diet	
12/1/2009	06:00:00	Body and Spirit	Andrew Hard , Dick Nunez , William Brauer	Dick Nunez and helpers demonstrate exercises for strength training.	
12/1/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.	
12/2/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.	
12/2/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss the handling of money matters in marriage.	
12/3/2009	06:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers show simple home exercises and discuss the subject "protein."	
12/3/2009	13:00:00	NEWSTART Now	Ron Giannoni *, Dr. Clarence Ing , Maurice "Big Moe" Huffman	Ron Giannoni with Dr. Richard Lukens and Maurice Huffman Westbury talk about five words that should govern your diet	
12/4/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.	
12/4/2009	10:00:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss the need to get moving by exercise.	

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Date	Time	Program	Talent	Description
12/4/2009	12:00:00 *	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk
				about escaping Drug and Alcohol Addictions.
12/6/2009	06:00:00	Body and Spirit	Brittany Nunez , Christy	Dick Nunez and helpers show exercise training for
		' '	Soderling , Dick Nunez	teenage girls.
12/6/2009	12:30:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss the handling of
		Hands	Waters	money matters in marriage.
12/6/2009	18:00:00	NEWSTART	Ron Giannoni *, Megan	Ron Giannoni with guests Megan Danaio and
		Now	Danaio , Viola Kaiser	Viola Kaiser give tips on how to boost your mood
			,	and break free from depression.
12/6/2009	23:30:00	Wonderfully	Daniel Miller , Jim	Daniel Miller and Jim Marcum discuss the need to
		Made	Marcum	get moving by exercise.
12/7/2009	02:00:00 *	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas
		'	,	about dealing with depression.
12/7/2009	06:00:00	Body and Spirit	Becky Garber, Dick	Dick Nunez and helpers demonstrate simple
		Aerobics	Nunez , Fred Garber	home exercises focused on Ab training.
12/7/2009	07:30:00	Wonderfully	Daniel Miller , Jim	Daniel Miller and Jim Marcum discuss the need to
		Made	Marcum	get moving by exercise.
12/7/2009	14:00:00	Body and Spirit		Dick Nunez with Amy Andersen and Jonathon
		' '	, Madison Turner	Hopkins demonstrate exercise and discuss Eating
			•	Disorders
12/8/2009	02:00:00	Wonderfully	Daniel Miller , Jim	Daniel Miller and Jim Marcum discuss the need to
		Made	Marcum	get moving by exercise.
12/8/2009	04:00:00	NEWSTART	Ron Giannoni *, Megan	Ron Giannoni with guests Megan Danaio and
		Now	Danaio , Viola Kaiser	Viola Kaiser give tips on how to boost your mood
				and break free from depression.
12/8/2009	06:00:00	Body and Spirit	Brittany Nunez , Christy	Dick Nunez and helpers show simple home
		'	Soderling , Dick Nunez	exercises that will help with "balance."
12/8/2009	06:30:00	Bible Rx	Dr James Marcum *,	Dr. James Marcum and Maurice Saliba talk about
			Maurice Saliba	the prescription of exercise
12/8/2009	14:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunez and helpers discuss and demonstrate
		Aerobics	Nunez , Rick Nunez	choosing the right workout.
12/8/2009	17:30:00	Action 4 Life	Casio Jones *, Ben	Casio Jones with Ben Burkhamer discuss
			Burkhamer	hypertension, health, and exercise.
12/9/2009	06:00:00	Body and Spirit	Dick Nunez , Fred	Dick Nunez and helpers demonstrate simple
		Aerobics	Garber , Matthew Hard	home exercises to reduce neck pain.
12/9/2009	10:00:00	Marriage in God's	Alane Waters , Tom	Tom and Alane Walters discuss joint managing of
		Hands	Waters	money in marriage.
12/9/2009	20:00:00	Bible Rx	Dr James Marcum *,	Dr. James Marcum and Maurice Saliba talk about
			Maurice Saliba	the prescription of exercise
12/10/2009	06:00:00	Body and Spirit	Dick Nunez , Jason	Dick Nunez and helpers demonstrate exercises
			Maxwell , William Brauer	for hip training.
12/10/2009	13:00:00	NEWSTART	Ron Giannoni *, Megan	Ron Giannoni with guests Megan Danaio and
		Now	Danaio , Viola Kaiser	Viola Kaiser give tips on how to boost your mood
				and break free from depression.

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Date	Time	Program	Talent	Description
12/10/2009	14:00:00	Body and Spirit	Dick Nunez , Fred	For those that may be lower-body "challenged,"
		Aerobics	Garber	Dick Nunez demonstrates simple exercises with
				Fred Garber.
12/10/2009	14:30:00		Alane Waters , Tom	Tom and Alane Walters discuss joint managing of
		Hands	Waters	money in marriage.
12/11/2009	03:30:00	Bible Rx	Dr James Marcum *,	Dr. James Marcum and Maurice Saliba talk about
10/11/0000	00.00.00		Maurice Saliba	the prescription of exercise
12/11/2009	06:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunez and helpers shows simple home
10/11/0000	10.00.00		Nunez , Rick Nunez	exercises and addresses the subject of Cancer.
12/11/2009	10:00:00	Wonderfully	Christine Salter , John	Dr. Christine Salter with John Dinzey discuss
10/11/0000	10.00.00 *	Made	Dinsley	Charcoal medicinal agent. Part 1.
12/11/2009	12:00:00 *	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas
10/10/0000	10.00.00	Dible Dv	Dy James Mayer *	about dealing with depression.
12/13/2009	12:00:00	Bible Rx	Dr James Marcum *,	Dr. James Marcum and Maurice Saliba talk about
10/10/0000	10.00.00		Maurice Saliba	the prescription of exercise
12/13/2009	12:30:00	Hands	Alane Waters , Tom	Tom and Alane Walters discuss joint managing of
10/10/0000	18:00:00	NEWSTART	Waters	money in marriage. Ron Giannoni, with Dr. Richard Lukens and Alice
12/13/2009	18.00.00		Ron Giannoni *, Alice Jackson , Dr. Richard	
		Now	Lukens	Jackson discuss struggles with addition to confidence and courage
			Lukens	Confidence and courage
12/13/2009	23:30:00	Wonderfully	Christine Salter , John	Dr. Christine Salter with John Dinzey discuss
12, 10, 2000		Made	Dinsley	Charcoal medicinal agent. Part 1.
12/14/2009	02:00:00 *	Up Close	Donna Teat	Donna Teat discusses issues of teenage
		ор олого		pregancy.
12/14/2009	06:00:00	Body and Spirit	Dick Nunez , Fred	Dick Nunez and helpers shows simple home
		Aerobics	Garber , Matthew Hard	exercises and discusses the subject of fats.
12/14/2009	07:30:00	Wonderfully	Christine Salter , John	Dr. Christine Salter with John Dinzey discuss
		Made	Dinsley	Charcoal medicinal agent. Part 1.
12/14/2009	14:00:00	Body and Spirit	Brittany Nunez , Christy	Dick Nunez and helpers demonstrate simple
			Soderling , Dick Nunez	home exercises to burn away the fat.
12/15/2009	02:00:00	Wonderfully	Christine Salter , John	Dr. Christine Salter with John Dinzey discuss
		Made	Dinsley	Charcoal medicinal agent. Part 1.
12/15/2009	04:00:00	NEWSTART	Ron Giannoni *, Alice	Ron Giannoni, with Dr. Richard Lukens and Alice
		Now	Jackson , Dr. Richard	Jackson discuss struggles with addition to
			Lukens	confidence and courage.
12/15/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers	Dick Nunez and helpers demonstrate simple
			, Madison Turner	home exercises to help heal knee injuries
12/15/2009	14:00:00	Body and Spirit	Becky Garber , Brittany	Dick Nunex with Brittany Nunex and Jane Baker
		Aerobics	Nunez , Dick Nunez	demonstrate exercise routines especially for
				Women.
12/16/2009	06:00:00		Becky Garber , Brittany	Getting enough of the proper rest is as import as
		Aerobics	Nunez , Dick Nunez	proper exercise. Dick Nunez discusses and leads
				exercise routings with Jane Baker and Jonathon
				Hopkins

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Date	Time	Program	Talent	Description
12/16/2009		Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
12/16/2009	14:00:00	Body and Spirit	Brittany Nunez , Christy	Dick Nunez and helpers demonstrate simple
			Soderling , Dick Nunez	home exercises to keep you in betteer health with
				proper posture.
12/17/2009	06:00:00	Body and Spirit	Dick Nunez , Jason	Dick Nunez and helpers demonstrate simple
			Maxwell , William Brauer	home exercises for senior citizens.
12/17/2009	13:00:00	NEWSTART	Ron Giannoni *, Alice	Ron Giannoni, with Dr. Richard Lukens and Alice
		Now	Jackson , Dr. Richard	Jackson discuss struggles with addition to
			Lukens	confidence and courage
12/18/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez and helpers demonstrate exercises
		Aerobics	Hopkins and Richard	for the Vision Impared.
12/18/2009	10:00:00	Wonderfully	Christine Salter , John	Dr. Christine Salter with John Dinzey discuss
		Made	Dinsley	Charcoal medicinal agent. Part 2.
12/18/2009	12:00:00	Up Close	Donna Teat	Donna Teat discusses issues of teenage
				pregancy.
12/18/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS
				relief.
12/20/2009	06:00:00	Body and Spirit	Dick Nunez , Jason	Dick Nunex with Johnathon Hopkins and Leif
			Maxwell , William Brauer	Sjoren discuss and demonstrate how to preclude
				heart disease through proper exercise.
12/20/2009	18:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Clarence Ing and Jeff
		Now	Clarence Ing , Jeff	Faaeteete talk about weight loss and fitness.
12/20/2009	23:30:00	Wonderfully	Christine Salter , John	Dr. Christine Salter with John Dinzey discuss
		Made	Dinsley	Charcoal medicinal agent. Part 2.
12/21/2009	02:00:00 *	Up Close	Kay Rizzo	Kay Rizzo offers a special disscussion for the
				distressed. Is suicide really a way out?
12/21/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Hopkins and Megan
		Aerobics	Hopkins and Megan	Frasier demonstrate exercises for youth fitness.
12/21/2009	07:30:00	Wonderfully	Christine Salter , John	Dr. Christine Salter with John Dinzey discuss
		Made	Dinsley	Charcoal medicinal agent. Part 2.
12/21/2009	14:00:00	Body and Spirit	Andrew Hard , Dick	Dick Nunez and helpers demonstrate simple
			Nunez , Rick Nunez	home exercises for whell chair bound people.
12/22/2009	02:00:00	Wonderfully	Christine Salter , John	Dr. Christine Salter with John Dinzey discuss
10/00/0000	04.00.00	Made	Dinsley	Charcoal medicinal agent. Part 2.
12/22/2009	04:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Clarence Ing and Jeff
		Now	Clarence Ing , Jeff	Faaeteete talk about weight loss and fitness.
12/22/2009	06:00:00	Body and Spirit	Brittany Nunez , Chirsty	Dick Nunez and helpers demonstrate simple
			Soderling , Dick Nunez	home exercises especially for women.
12/22/2009	06:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and David A. King discuss
			David A King	concepts of when and when not to use the
12/22/2009	14:00:00	Body and Spirit	Dick Nunez *, Richard	Dick Nunez with Richard Nelson and Janet Nelson
		Aerobics	Nelson and Janet Nelson	demonstrate exercises to help with heart disease.

November through December 2009

All times are Central Time Zone. All programs are 30 min. except

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Date	Time	Program	Talent	Description
12/23/2009	06:00:00	Body and Spirit	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Megan Frasier
		Aerobics	Hanson and Megan	demonstrate exercise routines to help with a
			Frasier	woman's "weak link."
12/23/2009	10:00:00		Alane Waters , Tom	Tom and Alane Walters discuss handling our
		Hands	Waters	emotions in marriage.
12/23/2009	14:00:00	Body and Spirit	Brittany Nunez , Chirsty	Dick Nunez with helpers shows compression
			Sodering , Dick Nunez	exercises to help with osteoporosis
12/23/2009	20:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and David A. King discuss
			David A King	concepts of when and when not to use the
12/24/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers	Dick Nunez and helpers demonstrate simple
			, Madison Turner	home exercises to keep arthritis sufferers limber.\
12/24/2009	13:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni with Dr. Clarence Ing and Jeff
		Now	Clarence Ing , Jeff	Faaeteete talk about weight loss and fitness.
12/24/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Babb and Megan
		Aerobics	Babb and Megan Frasier	Frasier demonstrate exercise routines to help with
				knee pain.
12/24/2009	14:30:00	_	Alane Waters , Tom	Tom and Alane Walters discuss handling our
		Hands	Waters	emotions in marriage.
12/25/2009	03:30:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and David A. King discuss
			David A King	concepts of when and when not to use the
12/25/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Jonathan Babb and Jonathon
		Aerobics	Babb and Jonathon	Hopkins show exercises with aerobic intensity.
12/27/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers	Dick Nunex with Kim Rogers and Madison Turner
			, Madison Turner	demonstrate exercise routines to combat
				hypertension.
12/27/2009	12:00:00	Bible Rx	Dr. James Marcum *,	Dr. James Marcum and David A. King discuss
			David A King	concepts of when and when not to use the
12/27/2009	12:30:00		Alane Waters , Tom	Tom and Alane Walters discuss handling our
		Hands	Waters	emotions in marriage.
12/27/2009	18:00:00	NEWSTART	Ron Giannoni *, Dr.	Ron Giannoni, with Dr. Richard Lukens and Sarah
		Now	Richard Lukens, Sarah	Klaman talk about diet choices to escape
			Klaman	depression.
12/27/2009	23:30:00	Wonderfully	Neil Nedley , Rise	Dr. Neil Nedly and Rise Rafferty discuss heart
10/00/0000	00 00 00 #	Made	Rafferty	disease. Part 1.
12/28/2009	02:00:00 *	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process
4.0/00/0000		D 1 10 11		of change in one's life.
12/28/2009	06:00:00	Body and Spirit	Dick Nunez *, Janet	Dick Nunez and Janet Nelson show exercise
10/00/0000	07.00.00	Aerobics	Nelson	routines for senior training.
12/28/2009	07:30:00	Wonderfully	Neil Nedley , Rise	Dr. Neil Nedly and Rise Rafferty discuss heart
10/00/0000	14.00.00	Made	Rafferty	disease. Part 1.
12/28/2009	14:00:00	Body and Spirit		
			, Madison Turner	demonstrate exercise routines for strength training
12/20/2002	02:00:00	Mondorfully	Noil Modley Dies	for girls.
12/29/2009	02:00:00	Wonderfully	Neil Nedley , Rise	Dr. Neil Nedly and Rise Rafferty discuss heart
	<u> </u>	Made	Rafferty	disease. Part 1.

All times are Central Time Zone. All programs are 30 min. except

Date	Time	Program	Talent	Description
12/29/2009	04:00:00	NEWSTART Now	Ron Giannoni *, Dr. Richard Lukens , Sarah Klaman	Ron Giannoni, with Dr. Richard Lukens and Sarah Klaman talk about diet choices to escape depression.
12/29/2009	06:00:00	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunex with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1.
12/29/2009	06:30:00	Bible Rx	Dr. James Marcum *, Anuj Chandra	Dr. James Marcum and Anuj Chandra discuss the health importance of a good night's sleep.
12/29/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
12/30/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Cindy	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
12/30/2009	14:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Madison Turner	Dick Nunex with Andrew Hard, Madison Turner, and Dick Nunez demonstrate exercise routines to help with shoulder problems.
12/30/2009	20:00:00	Bible Rx	Dr. James Marcum *, Anuj Chandra	Dr. James Marcum and Anuj Chandra discuss the health importance of a good night's sleep.
12/31/2009	06:00:00	Body and Spirit	Christy Soderling , Dick Nunez , Rick Nunez	Dick Nunex with Christy Soderling and Rick Nunez demonstrate exercise routines to help with ankle injuries.
12/31/2009	13:00:00	NEWSTART Now	Ron Giannoni *, Dr. Richard Lukens , Sarah Klaman	Ron Giannoni, with Dr. Richard Lukens and Sarah Klaman talk about diet choices to escape depression.
12/31/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.