

Community Issues Program List

November through December 2009

All times are Central Time Zone.

All programs are 30 min. except

*those times with an * after the time, which are 60 minutes, and*

*those times with an ** after the time, which are 15 minutes.*

Date	Time	Program	Talent	Description
10/1/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunex with Brittany Nunex and Jane Baker demonstrate exercise routines especially for Women.
10/1/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss making a grave for faults.
10/2/2009	03:30:00	Bible Rx	Dr. James Marcum * , Anuj Chandra	Dr. James Marcum and Anuj Chandra discuss the health importance of a good night's sleep.
10/2/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , 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
10/2/2009	10:00:00	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how 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 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 exercises designed strengh training for seniors.
10/4/2009	12:00:00	Bible Rx	Dr. James Marcum * , Anuj Chandra	Dr. James Marcum and Anuj Chandra discuss the health importance of a good night's sleep.
10/4/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss making a grave for faults.
10/4/2009	23:30:00	Wonderfully 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. David Wilkins , Jay	Shelly Quinn discuss facing the tough times.
10/5/2009	07:30:00	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects adult obesity and health.
10/5/2009	14:00:00	Body and Spirit	Alex Walker , Dick Nunez , Kalie O'Brien	Dick Nunez with Alex Walker and Katie O'Briend demonstrate aerobics exercises for youth.
10/6/2009	02:00:00	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects adult obesity and health.
10/6/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Moses Primo	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
10/6/2009	06:30:00	Bible Rx	Dr. James Marcum * , Dennis Thompson	Dr. James Marcum and Dennis Thompson discuss Men's Health
10/6/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez * , Jonathan Hopkins and Richard	Dick Nunez and helpers demonstrate exercises for the Vision Impared.
10/7/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez * , Jonathan Hopkins and Megan	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.
10/7/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of building a sure foundation.
10/7/2009	13:30:00	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins focus on Alzheimers Disease. Part 1.
10/7/2009	14:00:00	Body and Spirit	Dee Hilderbrand , Dick Nunez , Joe Carrell	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.

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Date	Time	Program	Talent	Description
10/7/2009	20:00:00	Bible Rx	Dr. James Marcum *, Dennis Thompson	Dr. James Marcum and Dennis Thompson discuss Men's Health
10/8/2009	06:00:00	Body and Spirit	Dick Nunez , Justin Walker , Kalie O'Brien	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
10/8/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Janet Nelson	Dick Nunez with Richard Nelson and Janet Nelson demonstrate exercises to help with heart disease.
10/8/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of building a sure foundation.
10/8/2009	17:30:00	Action 4 Life	Casio Jones *, Curtis Eakins	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
10/9/2009	03:30:00	Bible Rx	Dr. James Marcum *, Dennis Thompson	Dr. James Marcum and Dennis Thompson discuss Men's Health
10/9/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines to help with a woman's "weak link."
10/9/2009	10:00:00	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
10/9/2009	12:00:00 *	Up Close	Shelley Quinn *, Dr. David Wilkins , Jay	Shelly Quinn discuss facing the tough times.
10/9/2009	13:30:00	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins focus on Alzheimers Disease. Part 2.
10/11/2009	06:00:00	Body and Spirit	Dick Nunez , Mindy Kellum , Randi Brewer	Dick Nunez, with helpers, demonstrate beginning exercising.
10/11/2009	12:00:00	Bible Rx	Dr. James Marcum *, Dennis Thompson	Dr. James Marcum and Dennis Thompson discuss Men's Health
10/11/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of building a sure foundation.
10/11/2009	23:30:00	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how 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	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
10/12/2009	07:30:00	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
10/12/2009	14:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Michael Webb	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunex and Andrew Hard.
10/13/2009	02:00:00	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
10/13/2009	06:00:00	Body and Spirit	Dick Nunez , Miles Scruggs , Scott Tanner	Dick Nunez shows exercises geared as a workout 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 Aerobics	Dick Nunez *, Jonathan Babb and Jonathon	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
10/14/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
10/14/2009	13:30:00	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins demonstrate preparing a holiday dinner
10/14/2009	14:00:00	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	For those that may be lower-body "challenged," Dick Nunez demonstrates simple exercises with Fred Garber.
10/15/2009	06:00:00	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
10/15/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
10/16/2009	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.
10/16/2009	10:00:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on "Could I Have a Heart
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 Eakins	Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 2.
10/18/2009	06:00:00	Body and Spirit	Dick Nunez , John Dinzey , Tony Hall	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes.
10/18/2009	18:00:00	NEWSTART Now	Ron Giannoni *, Dr. Richard Lukens , Robert Ruscica	Ron Giannoni with Dr. Richard Lukens and Robert Ruscica discuss how people can feel "Better than ever" after a heart attack.
10/18/2009	23:30:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James 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 in Recovery	Cheri Peters *, Debbie Hall , Dwight Hall	Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse.
10/19/2009	06:00:00	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.
10/19/2009	07:30:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on "Could I Have a Heart
10/19/2009	13:30:00	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas on curbing the carbs. Part 3.
10/19/2009	14:00:00	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women.
10/20/2009	02:00:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on "Could I Have a Heart

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

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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 *, Jonathon Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss 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	Marriage in God's Hands	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 Honeywell 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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11/2/2009	04:00:00 *	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.
11/2/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson demonstrate exercises routines for strength training for women.
11/2/2009	07:30:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
11/2/2009	13:30:00	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 2.
11/2/2009	14:00:00	Body and Spirit	Dick Nunez , Martha Weber , Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
11/3/2009	02:00:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
11/3/2009	04:00:00	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.
11/3/2009	06:00:00	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.
11/3/2009	06:30:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism treadments.
11/3/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
11/4/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of effective communication.
11/4/2009	14:00:00	Body and Spirit	Dick Nunez , John Leaman , Randi Brewer	Dick Nunez and helpers demonstrate exercises to help with Diabetes.
11/4/2009	20:00:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism treadments.
11/5/2009	06:00:00	Body and Spirit	Dave Stevenson , Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with Joint pain.
11/5/2009	13:00:00	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.
11/5/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins	Dick Nunex with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
11/5/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of effective communication.
11/5/2009	23:00:00 *	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.

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11/6/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Cindy Hanson	Dick Nunex with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
11/6/2009	10:00:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on the question, "Where does cardio-vascular disease start?"
11/6/2009	12:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
11/6/2009	13:30:00	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the health advantages of getting to that winning weight.
11/8/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez and helpers demonstrate exercises to help with shoulder pain.
11/8/2009	12:00:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism treadments.
11/8/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of effective communication.
11/8/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
11/8/2009	23:30:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on the question, "Where does cardio-vascular disease start?"
11/9/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
11/9/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunex with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
11/9/2009	07:30:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on the question, "Where does cardio-vascular disease start?"
11/9/2009	14:00:00	Body and Spirit	Dick Nunez *, Theresa Wilson	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.Dick Nunez and helpers demonstrate more exercises for flexibility.
11/10/2009	02:00:00	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on the question, "Where does cardio-vascular disease start?"
11/10/2009	06:00:00	Body and Spirit	Dick Nunez , John Dinzey , Tony Hall	Dick Nunez and helpers demonstrate more exercises for flexibility.
11/10/2009	14:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez and helpers show aerobics exercises for health.
11/11/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
11/11/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss when each person says "Please Understand Me."
11/11/2009	14:00:00	Body and Spirit	Dick Nunez , Susan Santos , Tammy Larson	Dick Nunez and helpers demonstrate exercises for women.

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11/12/2009	06:00:00	Body and Spirit	Dick Nunez , Joe Carrell , Miles Scruggs	Dick Nunez and helpers demonstrate exercises for the Vision Impaired.
11/12/2009	14:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses "fitness level" and demonstrates exercises to help.
11/12/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss when each person says "Please Understand Me."
11/12/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
11/13/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
11/13/2009	10:00:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss the rhythms of the heart.
11/15/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Michael Webb	Dick Nunez with helpers shows specific exercises designed for the low back.
11/15/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss when each person says "Please Understand Me."
11/15/2009	18:00:00	NEWSTART Now	Ron Giannoni *, Dr. Richard Lukens , Robert Webber	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Diabetes and Quadruple Bypass.
11/15/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American "At-risk
11/15/2009	23:30:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss the rhythms of the heart.
11/16/2009	02:00:00 *	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
11/16/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American "At-risk Teens."
11/16/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
11/16/2009	07:30:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss the rhythms of the heart.
11/16/2009	14:00:00	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia.
11/17/2009	02:00:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss the rhythms of the heart.
11/17/2009	04:00:00	NEWSTART Now	Ron Giannoni *, Dr. Richard Lukens , Robert Webber	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Diabetes and Quadruple Bypass.
11/17/2009	06:00:00	Body and Spirit	David Weston , Dick Nunez , Scott Tanner	Dick Nunez with helpers shows specific exercises designed to help with osteoporosis.
11/17/2009	06:30:00	Bible Rx	Dr. James Marcum *, Carlton Vollberg	Dr. James Marcum and Carlton Vollberg discuss Preventive Medicine.
11/17/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.

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Date	Time	Program	Talent	Description
11/18/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
11/18/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss communication breakers in marriage.
11/18/2009	14:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Miles Scruggs	Dick Nunez with helpers shows more specific exercises designed for strength training.
11/18/2009	20:00:00	Bible Rx	Dr. James Marcum * , Carlton Vollberg	Dr. James Marcum and Carlton Vollberg discuss Preventive Medicine.
11/19/2009	06:00:00	Body and Spirit	Dick Nunez , John Leaman , Randi Brewer	Dick Nunez with helpers shows specific exercises designed to help with knee pain.
11/19/2009	13:00:00	NEWSTART Now	Ron Giannoni * , Dr. Richard Lukens , Robert Webber	Ron Giannoni with Dr. Richard Lukens and Robert Webber talk about Diabetes and Quadruple Bypass.
11/19/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
11/19/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss communication breakers in marriage.
11/19/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters * , Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American "At-risk Teens."
11/20/2009	03:30:00	Bible Rx	Dr. James Marcum * , Carlton Vollberg	Dr. James Marcum and Carlton Vollberg discuss Preventive Medicine.
11/20/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
11/20/2009	10:00:00	Wonderfully Made	Daniel Miller * , Jim Marcum	Daniel Miller and Jim Marcum discuss heart 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 loneliness.
11/20/2009	13:30:00	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on how to build up your immunity.
11/22/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Jr. , Moses Primo	Dick Nunez with helpers shows specific exercises designed to help with tennis elbow and carpal tunnel syndrom.
11/22/2009	12:00:00	Bible Rx	Dr. James Marcum * , Carlton Vollberg	Dr. James Marcum and Carlton Vollberg discuss Preventive Medicine.
11/22/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss communication breakers in marriage.
11/22/2009	18:00:00	NEWSTART Now	Ron Giannoni * , Dr. Richard Lukens , Joe Westbury	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
11/22/2009	23:30:00	Wonderfully Made	Daniel Miller * , Jim Marcum	Daniel Miller and Jim Marcum discuss heart 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.

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

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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 Soderling , Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.
12/6/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss the handling of money matters in marriage.
12/6/2009	18:00:00	NEWSTART Now	Ron Giannoni *, Megan Danaio , Viola Kaiser	Ron Giannoni with guests Megan Danaio and Viola Kaiser give tips on how to boost your mood and break free from depression.
12/6/2009	23:30:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss the need to 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 Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
12/7/2009	07:30:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss the need to get moving by exercise.
12/7/2009	14:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
12/8/2009	02:00:00	Wonderfully Made	Daniel Miller , Jim Marcum	Daniel Miller and Jim Marcum discuss the need to get moving by exercise.
12/8/2009	04:00:00	NEWSTART Now	Ron Giannoni *, Megan Danaio , Viola Kaiser	Ron Giannoni with guests Megan Danaio and 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 Soderling , Dick Nunez	Dick Nunez and helpers show simple home exercises that will help with "balance."
12/8/2009	06:30:00	Bible Rx	Dr James Marcum *, Maurice Saliba	Dr. James Marcum and Maurice Saliba talk about the prescription of exercise
12/8/2009	14:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
12/8/2009	17:30:00	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
12/9/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
12/9/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss joint managing of money in marriage.
12/9/2009	20:00:00	Bible Rx	Dr James Marcum *, Maurice Saliba	Dr. James Marcum and Maurice Saliba talk about the prescription of exercise
12/10/2009	06:00:00	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez and helpers demonstrate exercises for hip training.
12/10/2009	13:00:00	NEWSTART Now	Ron Giannoni *, Megan Danaio , Viola Kaiser	Ron Giannoni with guests Megan Danaio and 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 Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body "challenged," Dick Nunez demonstrates simple exercises with Fred Garber.
12/10/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss joint managing of money in marriage.
12/11/2009	03:30:00	Bible Rx	Dr James Marcum * , Maurice Saliba	Dr. James Marcum and Maurice Saliba talk about the prescription of exercise
12/11/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
12/11/2009	10:00:00	Wonderfully Made	Christine Salter , John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 1.
12/11/2009	12:00:00 *	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
12/13/2009	12:00:00	Bible Rx	Dr James Marcum * , Maurice Saliba	Dr. James Marcum and Maurice Saliba talk about the prescription of exercise
12/13/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss joint managing of money in marriage.
12/13/2009	18:00:00	NEWSTART Now	Ron Giannoni * , Alice Jackson , Dr. Richard Lukens	Ron Giannoni, with Dr. Richard Lukens and Alice Jackson discuss struggles with addition to confidence and courage
12/13/2009	23:30:00	Wonderfully Made	Christine Salter , John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 1.
12/14/2009	02:00:00 *	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
12/14/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
12/14/2009	07:30:00	Wonderfully Made	Christine Salter , John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 1.
12/14/2009	14:00:00	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to burn away the fat.
12/15/2009	02:00:00	Wonderfully Made	Christine Salter , John Dinsley	Dr. Christine Salter with John Dinzey discuss Charcoal medicinal agent. Part 1.
12/15/2009	04:00:00	NEWSTART Now	Ron Giannoni * , Alice Jackson , Dr. Richard Lukens	Ron Giannoni, with Dr. Richard Lukens and Alice Jackson discuss struggles with addition to confidence and courage.
12/15/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez and helpers demonstrate simple home exercises to help heal knee injuries
12/15/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunex with Brittany Nunex and Jane Baker demonstrate exercise routines especially for Women.
12/16/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , 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

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

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

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Date	Time	Program	Talent	Description
12/29/2009	04:00:00	NEWSTART Now	Ron Giannoni *, Dr. Richard Lukens , Sarah Klamman	Ron Giannoni, with Dr. Richard Lukens and Sarah Klamman talk about diet choices to escape depression.
12/29/2009	06:00:00	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1.
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 Nunez 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 Nunez 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 Klamman	Ron Giannoni, with Dr. Richard Lukens and Sarah Klamman 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.