

# Community Issues Program List

## May through July 2009

All times are Central Time Zone.

All programs are 30 min. except

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

Date	Time	Program	Talent	Description
4/1/2009	14:00:00	Body and Spirit	Barbara Nolen , Dick Nunez , Mollie Steenson	Dick Nunez and helpers demonstrate exercises for when there is not enough time.
4/2/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss our eyes and ears.
4/2/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in STDs, Secrets of Aging and other health topics.
4/2/2009	06:00:00	Body and Spirit	Dick Nunez , Miles Scruggs	Dick Nunez and helpers demonstrate exercises to help counter-act stress.
4/2/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
4/2/2009	13:30:00	Let's Cook Together	Angela Lomacang *, Jennifer White	Jill Morikone and Jennifer White talk about and show how to prepare a healthy lunch box.
4/2/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
4/3/2009	06:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses "fitness leve" and demonstrates exercises to help.
4/3/2009	10:00:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
4/5/2009	06:00:00	Body and Spirit	Dick Nunez , Elora Ford	Dick Nunez and helpers demonstrate exercises to help with osteoporosis.
4/5/2009	23:30:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
4/6/2009	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
4/6/2009	07:30:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
4/6/2009	14:00:00	Body and Spirit	David Weston , Dick Nunez , Michael Webb	Dick Nunez and helpers demonstrate exercises to help with heart disease.
4/6/2009	18:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh review the "NEW START" health program.
4/7/2009	02:00:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
4/7/2009	06:00:00	Body and Spirit	Dick Nunez , Martha Weber , Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
4/7/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller review a potpourri of home remedies.
4/7/2009	13:30:00	Let's Cook Together	Angela Lomacang *, Jennifer White	Angela Lomacang and Jennifer White show making food in a flash.

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Date	Time	Program	Talent	Description
4/7/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis
4/8/2009	01:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate preparing soups and stews.
4/8/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
4/8/2009	08:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate preparing soups and stews.
4/8/2009	14:00:00	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.
4/8/2009	15:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate preparing soups and stews.
4/8/2009	21:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate preparing soups and stews.
4/9/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller review a potpourri of home remedies.
4/9/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh review the "NEW START" health program.
4/9/2009	06:00:00	Body and Spirit	Dick Nunez , John Leaman , Randi Brewer	Dick Nunez and helpers demonstrate exercises to help with Diabetes.
4/9/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
4/9/2009	13:30:00	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better.
4/9/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows specific exercises designed for baby boomers.
4/10/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
4/10/2009	10:00:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of "obesity."
4/12/2009	01:00:00 *	3ABN Today	Danny Shelton *, Dolores Jacoby	Danny Shelton and Dolores Jacoby talk about cancer experiences.
4/12/2009	06:00:00	Body and Spirit	Dave Stevenson , Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with Joint pain.
4/12/2009	08:00:00 *	3ABN Today	Danny Shelton *, Dolores Jacoby	Danny Shelton and Dolores Jacoby talk about cancer experiences.
4/12/2009	21:00:00 *	3ABN Today	Danny Shelton *, Dolores Jacoby	Danny Shelton and Dolores Jacoby talk about cancer experiences.

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Date	Time	Program	Talent	Description
4/12/2009	23:30:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of "obesity."
4/13/2009	02:00:00 *	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
4/13/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
4/13/2009	07:30:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of "obesity."
4/13/2009	14:00:00	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez and helpers demonstrate exercises to help with shoulder pain.
4/13/2009	18:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Memory, Sleep and Retirement.
4/14/2009	02:00:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of "obesity."
4/14/2009	06:00:00	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.
4/14/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss the gastrointestinal tract and related symptoms.
4/14/2009	13:30:00	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show and discuss the basics of cooking in a slow cooker..
4/14/2009	14:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
4/15/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, with helpers, demonstrate beginning exercising.
4/15/2009	14:00:00	Body and Spirit	Dick Nunez , John Dinzey , Tony Hall	Dick Nunez and helpers demonstrate more exercises for flexibility.
4/16/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss the gastrointestinal tract and related symptoms.
4/16/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Memory, Sleep and Retirement.
4/16/2009	06:00:00	Body and Spirit	Dick Nunez , Susan Santos , Tammy Larson	Dick Nunez and helpers demonstrate exercises for women.
4/16/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
4/16/2009	13:30:00	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show how to do fast cooking in a slow cooker.

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4/16/2009	14:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunex and Andrew Hard.
4/17/2009	06:00:00	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.
4/17/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
4/17/2009	12:00:00 *	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
4/19/2009	06:00:00	Body and Spirit	Dick Nunez , Joe Carrell , Miles Scruggs	Dick Nunez and helpers demonstrate exercises for the Vision Impaired.
4/19/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters * , , Rich Kollenberg , Susan Kollenberg	Cheri Peters with Rich and Susan Kollenberg chat seriously about "Break through the Meth."
4/19/2009	23:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
4/20/2009	02:00:00 *	Up Close	Gerard McLane	Gerard McLane reviews obesity and diet.
4/20/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters * , , Rich Kollenberg , Susan Kollenberg	Cheri Peters with Rich and Susan Kollenberg chat seriously about "Break through the Meth."
4/20/2009	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.
4/20/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
4/20/2009	14:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Michael Webb	Dick Nunez with helpers shows specific exercises designed for the low back.
4/20/2009	18:00:00	Health for a Lifetime	Don Mackintosh * , Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Stress, Vitamin D, Lifestyle and other health topics.
4/21/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
4/21/2009	06:00:00	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia.
4/21/2009	10:00:00	Help Yourself to Health	Agatha Thrash * , Justina Thomas	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 1)

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Date	Time	Program	Talent	Description
4/21/2009	13:30:00	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain discuss confronting cholesterol.
4/21/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.
4/22/2009	01:00:00 *	3ABN Today	Jill Morikone *, Nick Rayner , Rob Beaton	Jill Morikone, Nick Rayner and Rob Beaton present an introduction to baking.
4/22/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
4/22/2009	08:00:00 *	3ABN Today	Jill Morikone *, Nick Rayner , Rob Beaton	Jill Morikone, Nick Rayner and Rob Beaton present an introduction to baking.
4/22/2009	10:00:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss ways of empowering couples to forgive.
4/22/2009	14:00:00	Body and Spirit	David Weston , Dick Nunez , Scott Tanner	Dick Nunez with helpers shows specific exercises designed to help with osteoporosis.
4/22/2009	15:00:00 *	3ABN Today	Jill Morikone *, Nick Rayner , Rob Beaton	Jill Morikone, Nick Rayner and Rob Beaton present an introduction to baking.
4/22/2009	21:00:00 *	3ABN Today	Jill Morikone *, Nick Rayner , Rob Beaton	Jill Morikone, Nick Rayner and Rob Beaton present an introduction to baking.
4/23/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Justina Thomas	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 1)
4/23/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Stress, Vitamin D, Lifestyle and other health topics.
4/23/2009	04:30:00	Issues and Answers	John Lomacang *, Carol Zarska	John Lomacang and Carol Zarska discuss recovery from depression.
4/23/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Miles Scruggs	Dick Nunez with helpers shows more specific exercises designed for strength training.
4/23/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
4/23/2009	13:30:00	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain show making the old standard macaroni and cheese.
4/23/2009	14:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.

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4/23/2009	14:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss ways of empowering couples to forgive.
4/23/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters * , Rich Kollenberg , Susan Kollenberg	Cheri Peters with Rich and Susan Kollenberg chat seriously about "Break through the Meth."
4/24/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate exercises that can be done in the comfort of your own home.
4/24/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2 Diabetes.
4/24/2009	12:00:00 *	Up Close	Gerard McLane	Gerard McLane reviews obesity and diet.
4/26/2009	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.
4/26/2009	12:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss ways of empowering couples to forgive.
4/26/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters * , David Parnell	Cheri Peters and David Parnell offer some "plain talk" about facing the facts and seeing the truth.
4/26/2009	20:00:00	Issues and Answers	John Lomacang * , Carol Zarska	John Lomacang and Carol Zarska discuss recovery from depression.
4/26/2009	23:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2 Diabetes.
4/27/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters * , David Parnell	Cheri Peters and David Parnell offer some "plain talk" about facing the facts and seeing the truth.
4/27/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate exercises that can be done in the comfort of your own home.
4/27/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2 Diabetes.
4/27/2009	14:00:00	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.
4/27/2009	18:00:00	Health for a Lifetime	Don Mackintosh * , Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss type of memory loss.
4/27/2009	23:30:00	Issues and Answers	John Lomacang * , Carol Zarska	John Lomacang and Carol Zarska discuss recovery from depression.

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Date	Time	Program	Talent	Description
4/28/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2 Diabetes.
4/28/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Wilson , Theresa Wilson	Dick Nunez and helpers demonstrate exercises that can help with ankle problems.
4/28/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 2)
4/28/2009	13:30:00	Let's Cook Together	Angela Lomacang *, Robin Swain	Angela Lomacang and Robin Swain show making salad dressings and salads.
4/28/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
4/29/2009	01:00:00 *	3ABN Today	Curtis Eakins & Paula Eakins	Curtis and Paula Eakins talk about cooking on a budget.
4/29/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
4/29/2009	08:00:00 *	3ABN Today	Curtis Eakins & Paula Eakins	Curtis and Paula Eakins talk about cooking on a budget.
4/29/2009	14:00:00	Body and Spirit	Dick Nunez , Jim Hillman , Miles Scruggs	Dick Nunez and helpers demonstrate exercises for the abdominal wall.
4/29/2009	15:00:00 *	3ABN Today	Curtis Eakins & Paula Eakins	Curtis and Paula Eakins talk about cooking on a budget.
4/29/2009	21:00:00 *	3ABN Today	Curtis Eakins & Paula Eakins	Curtis and Paula Eakins talk about cooking on a budget.
4/30/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 2)
4/30/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss type of memory loss.
4/30/2009	04:30:00	Issues and Answers	John Lomacang *, Carol Zarska	John Lomacang and Carol Zarska discuss male and female communication.
4/30/2009	06:00:00	Body and Spirit	Amiee Walker , Barbara Nolen , Dick Nunez	Dick Nunez and helpers demonstrate exercises that can help Fibromyalgia and Chronic Pain.
4/30/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
4/30/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making lunch.
4/30/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.

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4/30/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, David Parnell	Cheri Peters and David Parnell offer some "plain talk" about facing the facts and seeing the truth.
5/1/2009	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.
5/1/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
5/3/2009	06:00:00	Body and Spirit	Dick Nunez , Mike Wilson	Dick Nunez and helpers demonstrate exercises that can help control hypertension.
5/3/2009	20:00:00	Issues and Answers	John Lomacang *, Carol Zarska	John Lomacang and Carol Zarska discuss male and female communication.
5/3/2009	23:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
5/4/2009	02:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
5/4/2009	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.
5/4/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
5/4/2009	14:00:00	Body and Spirit	Dick Nunez , Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with hip pain.
5/4/2009	23:30:00	Issues and Answers	John Lomacang *, Carol Zarska	John Lomacang and Carol Zarska discuss male and female communication.
5/5/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
5/5/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez and helpers demonstrate exercises that can help with knee pain.
5/5/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 3)
5/5/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making appetizers and dinner.
5/5/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.



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5/6/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunex with Brittany Nunex and Jane Baker demonstrate exercise routines especially for Women.
5/6/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss the "Power of One" (Intimacy in Marriage).
5/6/2009	14:00:00	Body and Spirit	Andrew Hard , Dick Nunez , William Brauer	Dick Nunez and helpers demonstrate exercises for strength training.
5/7/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 3)
5/7/2009	04:30:00	Issues and Answers	John Lomacang *, Carol Zarska	John Lomacang and Carol Zarska discuss positive communication in a family.
5/7/2009	06:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunez and helpers demonstrate exercises that can help with lower back training.
5/7/2009	11:30:00 **	Health Headlines	Dr. Barnell Baldwin and Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
5/7/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and demonstrate preparing main entrees.
5/7/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Getting enough of the proper rest is as important as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
5/7/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss the "Power of One" (Intimacy in Marriage).
5/8/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
5/8/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
5/8/2009	12:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
5/10/2009	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."
5/10/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss the "Power of One" (Intimacy in Marriage).
5/10/2009	20:00:00	Issues and Answers	John Lomacang *, Carol Zarska	John Lomacang and Carol Zarska discuss positive communication in a family.

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Date	Time	Program	Talent	Description
5/10/2009	23:30:00	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
5/11/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Richard Nelson	Dick Nunez and helpers demonstrate exercises for the Vision Impaired.
5/11/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
5/11/2009	14:00:00	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.
5/11/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty discuss Time Management and Stress.
5/11/2009	23:30:00	Issues and Answers	John Lomacang *, Carol Zarska	John Lomacang and Carol Zarska discuss positive communication in a family.
5/12/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
5/12/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
5/12/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 4)
5/12/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate preparing a quick lunch.
5/12/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.
5/13/2009	06:00:00	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.
5/13/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss "Fight or Flight" (Managing Conflict).
5/13/2009	14:00:00	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers show simple home exercises that will help with "balance."
5/14/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 4)
5/14/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty discuss Time Management and Stress.
5/14/2009	04:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Communication Skills. (Part 1)

# Community Issues Program List

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Date	Time	Program	Talent	Description
5/14/2009	06:00:00	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez and helpers shows the joys of exercising.
5/14/2009	11:30:00 **	Health Headlines	Dr. Barnell Baldwin and Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
5/14/2009	13:30:00	Let's Cook Together	Jill Morikone *, Mary Bernt	Jill Morikone and Mary Bernt discuss and show how to "Roll it up with Tofu."
5/14/2009	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 to help with a woman's "weak link."
5/14/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss "Fight or Flight" (Managing Conflict).
5/15/2009	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.
5/15/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
5/17/2009	06:00:00	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez and helpers demonstrate exercises for hip training.
5/17/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss "Fight or Flight" (Managing Conflict).
5/17/2009	20:00:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Communication Skills. (Part 1)
5/17/2009	23:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
5/18/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Barb Wise , Rick Wise	Cheri Peters with Barb and Rick Wise discuss HIV with love behind it.
5/18/2009	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.
5/18/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
5/18/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty discuss Relationships and Stress.
5/18/2009	23:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Communication Skills. (Part 1)

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Date	Time	Program	Talent	Description
5/19/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
5/19/2009	06:00:00	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to burn away the fat.
5/19/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 5)
5/19/2009	13:30:00	Let's Cook Together	Jill Morikone *, Mary Bernt	Jill Morikone and Mary Bernt discuss and show making a basic breakfast.
5/19/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
5/20/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
5/20/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss "Nurturing Fun and Friendship" in marriage.
5/20/2009	14:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez and helpers demonstrate simple home exercises to help heal knee injuries
5/21/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash with Justina Thomas talk about some of the non-serious illnesses. (Part 5)
5/21/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty discuss Relationships and Stress.
5/21/2009	04:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Communication Skills. (Part 2)
5/21/2009	06:00:00	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.
5/21/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
5/21/2009	13:30:00	Let's Cook Together	Jill Morikone *, Mary Bernt	Jill Morikone and Mary Bernt discuss and show making "Super Salads."
5/21/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
5/21/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss "Nurturing Fun and Friendship" in marriage.
5/21/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Barb Wise , Rick Wise	Cheri Peters with Barb and Rick Wise discuss HIV with love behind it.

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Date	Time	Program	Talent	Description
5/22/2009	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.
5/22/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the cautions of sun exposure and how to protect yourself.
5/24/2009	06:00:00	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez and helpers demonstrate simple home exercises for senior citizens.
5/24/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss "Nurturing Fun and Friendship" in marriage.
5/24/2009	20:00:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Communication Skills. (Part 2)
5/24/2009	23:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the cautions of sun exposure and how to protect yourself.
5/25/2009	02:00:00 *	Up Close	Marti Jones	Marti Jones talks about dealing with death.
5/25/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
5/25/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the cautions of sun exposure and how to protect yourself.
5/25/2009	14:00:00	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez with Jonathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
5/25/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty discuss one's viewpoint and stress.
5/25/2009	23:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Communication Skills. (Part 2)
5/26/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott discuss the cautions of sun exposure and how to protect yourself.
5/26/2009	06:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers demonstrate simple home exercises for wheel chair bound people.
5/26/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss 14 Natural Laws of Health.
5/26/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making breakfast.

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Date	Time	Program	Talent	Description
5/26/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
5/27/2009	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 for help with depression.
5/27/2009	14:00:00	Body and Spirit	Brittany Nunez , Chirsty Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises especially for women.
5/28/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss 14 Natural Laws of Health.
5/28/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty discuss one's viewpoint and stress.
5/28/2009	04:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Communication Skills. (Part 3)
5/28/2009	06:00:00	Body and Spirit	Brittany Nunez , Chirsty Soderling , Dick Nunez	Dick Nunez with helpers shows compression exercises to help with osteoporosis
5/28/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
5/28/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making lunch.
5/28/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
5/29/2009	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.
5/29/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott introduce and discuss the subject of Homocystine.
6/1/2009	02:00:00 *	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
6/1/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
6/1/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott introduce and discuss the subject of Homocystine.
6/1/2009	14:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to combat hypertension.

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Date	Time	Program	Talent	Description
6/1/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty give ideas for Stress Absorbers. (Part I)
6/1/2009	23:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Communication Skills. (Part 3)
6/2/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Arnott introduce and discuss the subject of Homocystine.
6/2/2009	06:00:00	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.
6/2/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas review and demonstrate the importance of exercise.
6/2/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Cook prepare a healthy dinner.
6/2/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
6/3/2009	01:00:00 *	3ABN Today	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins demonstrate preparing "Dinner for Two."
6/3/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Bobby Jo Murphy	Dick Nunez with Janet Nelson and Bobby Jo Murphy discuss the subject of eating disorders and demonstrate exercise routines for health.
6/3/2009	08:00:00 *	3ABN Today	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins demonstrate preparing "Dinner for Two."
6/3/2009	14:00:00	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.
6/3/2009	15:00:00 *	3ABN Today	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins demonstrate preparing "Dinner for Two."
6/3/2009	21:00:00 *	3ABN Today	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins demonstrate preparing "Dinner for Two."
6/4/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas review and demonstrate the importance of exercise.
6/4/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty give ideas for Stress Absorbers. (Part I)
6/4/2009	04:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson talk about and demonstrate "Role Playing" in communication.

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Date	Time	Program	Talent	Description
6/4/2009	06:00:00	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.
6/4/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
6/4/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook prepare ethnic salads.
6/4/2009	14:00:00	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.
6/5/2009	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.
6/5/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.
6/5/2009	12:00:00 *	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
6/7/2009	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.
6/7/2009	20:00:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson talk about and demonstrate "Role Playing" in communication.
6/7/2009	23:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.
6/8/2009	02:00:00 *	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
6/8/2009	06:00:00	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.
6/8/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.
6/8/2009	14:00:00	Body and Spirit	Dick Nunez , Kim Rogers , William Brauer	Dick Nunex with Kim Rogers and William Brauer demonstrate exercise routines to combat neck pain.
6/8/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty talk about Nutrition and Stress.
6/8/2009	23:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson talk about and demonstrate "Role Playing" in communication.
6/9/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.



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Date	Time	Program	Talent	Description
6/9/2009	06:00:00	Body and Spirit	Brittany Nunez , Dick Nunez , Jason Maxwell	Dick Nunex with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 2.
6/9/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller explain aspects of sleep.
6/9/2009	13:30:00	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook discuss dairy replacements.
6/9/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunex with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
6/10/2009	01:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate handy meals for two.
6/10/2009	06:00:00	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.
6/10/2009	08:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate handy meals for two.
6/10/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Marriage with children.
6/10/2009	14:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunex with Rick Nunez and William Brauer demonstrate exercise routines to combat stress.
6/10/2009	15:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate handy meals for two.
6/10/2009	21:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate handy meals for two.
6/11/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller explain aspects of sleep.
6/11/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty talk about Nutrition and Stress
6/11/2009	04:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Marital Communication.
6/11/2009	06:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunex with William Brauer and Rick Nunez demonstrate exercise routines to help with joint injuries.
6/11/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
6/11/2009	13:30:00	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook demonstrate preparing raw desserts.
6/11/2009	14:00:00	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.

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Date	Time	Program	Talent	Description
6/11/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Marriage with children.
6/12/2009	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.
6/12/2009	10:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott discuss methods for avoiding Cancer
6/12/2009	12:00:00 *	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
6/14/2009	06:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunex with Rick Nunez and William Brauer demonstrate exercise routines for circuit training.
6/14/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Marriage with children.
6/14/2009	20:00:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Marital Communication.
6/14/2009	23:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott discuss methods for avoiding Cancer
6/15/2009	02:00:00 *	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
6/15/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Joe Bates , Melissa Bates	Cheri Peters with Joe and Melissa Bates discuss the need to "Take Care of Yourself" when in "recovery."
6/15/2009	06:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez and helpers show aerobics exercises for health.
6/15/2009	07:30:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott discuss methods for avoiding Cancer
6/15/2009	14:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunex with Andrew Hard and Jason Maxwell discuss the brain's frontal lobe.
6/15/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty talk about Exercise and Stress.
6/15/2009	23:30:00	Issues and Answers	Shelley Quinn *, Duane Anderson , Nancy Anderson	Shelly Quinn with Duane and Nancy Anderson discuss Marital Communication.
6/16/2009	02:00:00	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Armott discuss methods for avoiding Cancer
6/16/2009	06:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunez, with helpers, demonstrate beginning exercises.
6/16/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 1)
6/16/2009	13:30:00	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell demonstrate making breakfast with Tofu.

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Date	Time	Program	Talent	Description
6/16/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers discusses "fitness leve" and demonstrates exercises to help.
6/17/2009	06:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses "fitness leve" and demonstrates exercises to help.
6/17/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Married and Angry.
6/17/2009	14:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez, with helpers, demonstrate a workout for the office.
6/18/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 1)
6/18/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty talk about Exercise and Stress.
6/18/2009	04:30:00	Issues and Answers	Shelley Quinn *, Esther Castillo , Pedro J Acevedo Jr	Shelly Quinn, Ester Castillo and Pedro Acevedo, Jr. discuss Autism. (Part 1)
6/18/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunex with Andrew Hard and Jason Maxwell discusses Triglycerides as well as demonstrates exercise routines for health.
6/18/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
6/18/2009	13:30:00	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Campbell demonstrate preparing vegetable entrees.
6/18/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems
6/18/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Married and Angry.
6/18/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Joe Bates , Melissa Bates	Cheri Peters with Joe and Melissa Bates discuss the need to "Take Care of Yourself" when in "recovery."
6/19/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis
6/19/2009	12:00:00 *	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
6/21/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunex with Kim Rogers and Madison Turner demonstrates exercise routines for circuit training for women.
6/21/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss Married and Angry.

## Community Issues Program List

### May through July 2009

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Date	Time	Program	Talent	Description
6/21/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Dahlia Brown , Daphne Brown	Cheri Peters with Dahlia and Daphne Grown discuss "The Road Back" from addiction.
6/21/2009	20:00:00	Issues and Answers	Shelley Quinn *, Esther Castillo , Pedro J Acevedo Jr	Shelly Quinn, Ester Castillo and Pedro Acevedo, Jr. discuss Autism. (Part 1)
6/22/2009	02:00:00 *	Up Close	Kay Rizzo	Kay Rizzo offers a special disscussion for the distressed. Is suicide really a way out?
6/22/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Dahlia Brown , Daphne Brown	Cheri Peters with Dahlia and Daphne Grown discuss "The Road Back" from addiction.
6/22/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
6/22/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty talk about Life Management and Stress.
6/22/2009	23:30:00	Issues and Answers	Shelley Quinn *, Esther Castillo , Pedro J Acevedo Jr	Shelly Quinn, Ester Castillo and Pedro Acevedo, Jr. discuss Autism. (Part 1)
6/23/2009	06:00:00	Body and Spirit	Brittany Nunez , Christy Sodering , Dick Nunez	Dick Nunex with Brittany Nunex and Christy Soldering discusses Fat Metabolism as well as demonstrates exercise routines for health.
6/23/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 2)
6/23/2009	13:30:00	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell show how to put on a pizza party.
6/23/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows specific exercises designed for baby boomers.
6/24/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
6/24/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver talk about "Forgive or Forget" in marriage.
6/24/2009	14:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunex with Rick Nunex and William Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health.
6/25/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss gastrointestinal problems. (Part 2)

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Date	Time	Program	Talent	Description
6/25/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty talk about Life Management and Stress.
6/25/2009	04:30:00	Issues and Answers	Shelley Quinn *, Esther Castillo , Pedro J Acevedo Jr	Shelly Quinn, Ester Castillo and Pedro Acevedo, Jr. discuss Autism. (Part 2)
6/25/2009	06:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunex with Rick Nunex and William Brauer demonstrates exercise routines for spinal health.
6/25/2009	11:30:00 **	Health Headlines	Bernell Baldwin and Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
6/25/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing brunch.
6/25/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
6/25/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver talk about "Forgive or Forget" in marriage.
6/25/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Dahlia Brown , Daphne Brown	Cheri Peters with Dahlia and Daphne Grown discuss "The Road Back" from addiction.
6/26/2009	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.
6/26/2009	10:00:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.
6/26/2009	12:00:00 *	Up Close	Kay Rizzo	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
6/28/2009	06:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunex with Andrew Hard and Jason Maxwell demonstrate exercise routines for dealing with aggression
6/28/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver talk about "Forgive or Forget" in marriage.
6/28/2009	20:00:00	Issues and Answers	Shelley Quinn *, Esther Castillo , Pedro J Acevedo Jr	Shelly Quinn, Ester Castillo and Pedro Acevedo, Jr. discuss Autism. (Part 2)
6/28/2009	23:30:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.
6/29/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, with helpers, demonstrate beginning exercising.
6/29/2009	07:30:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.
6/29/2009	14:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunex with Andrew Hard and Jason Maxwell demonstrate exercise routines for super slow training.

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6/29/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty give ideas for Stress Absorbers. (Part 2)
6/29/2009	23:30:00	Issues and Answers	Shelley Quinn *, Esther Castillo , Pedro J Acevedo Jr	Shelly Quinn, Ester Castillo and Pedro Acevedo, Jr. discuss Autism. (Part 2)
6/30/2009	02:00:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.
6/30/2009	06:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunex with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with tennis elbow.