

# Community Issues Program List

## August through October 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
7/1/2009	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.
7/1/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer honest talk concerning truths about sex in marriage.
7/1/2009	14:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunex with Kim Rogers and Madison Turner demonstrate exercise routines to help with chronic pain.
7/2/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 1)
7/2/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty give ideas for Stress Absorbers. (Part 2)
7/2/2009	06:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunex with Kim Rogers and Madison Turner demonstrate exercise routines for slow training for women.
7/2/2009	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.
7/2/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 2)
7/2/2009	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.
7/2/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer honest talk concerning truths about sex in marriage.
7/3/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.
7/3/2009	10:00:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
7/3/2009	12:00:00 *	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
7/5/2009	06:00:00	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunex with Christy Soderling and Britney Nunez discuss and demonstrate exercise routines for overcoming addiction.
7/5/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer honest talk concerning truths about sex in marriage.
7/5/2009	23:30:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
7/6/2009	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.
7/6/2009	07:30:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
7/7/2009	02:00:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.

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Date	Time	Program	Talent	Description
7/7/2009	06:00:00	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunex with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women.
7/7/2009	06:30:00	Bible Rx	Dr. James Marcum *, Dennis Thompson	Dr. James Marcum and Dennis Thompson discuss Men's Health
7/7/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 2)
7/7/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton cook up some soup and fixin's.
7/7/2009	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.
7/8/2009	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.
7/8/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer communion information in marriage.
7/8/2009	14:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunex with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes.
7/8/2009	20:00:00	Bible Rx	Dr. James Marcum *, Dennis Thompson	Dr. James Marcum and Dennis Thompson discuss Men's Health
7/9/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss children and teen issues. (Part 2)
7/9/2009	06:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunex with Rick Nunex and William Brauer discuss does everyone need milk as well as demonstrates exercise routines for health.
7/9/2009	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.
7/9/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate some lunch alternatives.
7/9/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
7/9/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer communion information in marriage.
7/10/2009	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.
7/10/2009	10:00:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
7/12/2009	06:00:00	Body and Spirit	Dick Nunez , Rick Nunez , William Brauer	Dick Nunex with Rick Nunex and William Brauer discuss where less is more as well as demonstrates exercise routines for health.

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Date	Time	Program	Talent	Description
7/12/2009	12:00:00	Bible Rx	Dr. James Marcum *, Dennis Thompson	Dr. James Marcum and Dennis Thompson discuss Men's Health
7/12/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver offer communion information in marriage.
7/12/2009	23:30:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
7/13/2009	02:00:00 *	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
7/13/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
7/13/2009	07:30:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
7/13/2009	14:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunex with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with the immune system.
7/14/2009	02:00:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
7/14/2009	06:00:00	Body and Spirit	Andrew Hard , Dick Nunez , Jason Maxwell	Dick Nunex with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health.
7/14/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss "Syndrome X."
7/14/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing a quick dinner.
7/14/2009	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.
7/15/2009	04:30:00	Teen Pathways	Chuck Hess	Chuck Hess talks with teens about Responsibility and Accountability.
7/15/2009	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.
7/15/2009	14:00:00	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunex with Kim Rogers and Madison Turner discuss the willingness to change in lifestyle as well as demonstrates exercise routines for health.
7/16/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss "Syndrome X."
7/16/2009	06:00:00	Body and Spirit	Dick Nunez	Dick Nunex demonstrate exercise routines for circuit training.
7/16/2009	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.
7/16/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare a "Taste of Heaven" breakfast.
7/16/2009	14:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
7/17/2009	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.

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Date	Time	Program	Talent	Description
7/17/2009	10:00:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Prevention and Screening for medical conditions.
7/17/2009	12:00:00 *	Up Close	Shelley Quinn	Shelly Quinn discuss balancing work and family.
7/19/2009	06:00:00	Body and Spirit	Dick Nunez	Dick Nunex discusses the benefits of sunshine as well as demonstrates exercise routines for health.
7/19/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Debbie Hall , Dwight Hall	Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse.
7/19/2009	23:30:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Prevention and Screening for medical conditions.
7/20/2009	02:00:00 *	Up Close	Gerard McLane	Gerard McLane reviews obesity and diet.
7/20/2009	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.
7/20/2009	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.
7/20/2009	07:30:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Prevention and Screening for medical conditions.
7/20/2009	14:00:00	Body and Spirit	Dick Nunez	Dick Nunex discusses the digestion as well as demonstrates exercise routines for digestive health.
7/20/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss the physiology of menopause.
7/21/2009	02:00:00	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Prevention and Screening for medical conditions.
7/21/2009	06:00:00	Body and Spirit	Dick Nunez	Dick Nunex discusses the air you breathe as well as demonstrates exercise routines for health.
7/21/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about a prenatal program.
7/21/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some garden pasta soup and more.
7/21/2009	14:00:00	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
7/22/2009	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.
7/22/2009	10:00:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss leadership in marriage.

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Date	Time	Program	Talent	Description
7/22/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Moquera	Dick Nunex with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain.
7/23/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about a prenatal program.
7/23/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss the physiology of menopause.
7/23/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunex with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body.
7/23/2009	11:30:00 **	Health Headlines	Bernell Baldwin and Roby Ann Sherman	Drs. BernellBaldwin and Roby Ann Sherman bringa short Health News Headline of current importance.
7/23/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some "Taste of Heaven" tofu dishes.
7/23/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Richard Nelson	Dick Nunez and helpers demonstrate exercises for the Vision Impaired.
7/23/2009	14:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss leadership in marriage.
7/23/2009	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.
7/24/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.
7/24/2009	10:00:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
7/24/2009	12:00:00 *	Up Close	Gerard McLane	Gerard McLane reviews obesity and diet.
7/26/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunex with Alex Hinez and Jonathan Hopkins demonstrate exercise routines to help with diabetes.
7/26/2009	12:30:00	Marriage in God's Hands	Willie Oliver *, Elaine Oliver	Willie and Elaine Oliver discuss leadership in marriage.
7/26/2009	23:30:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
7/27/2009	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.
7/27/2009	07:30:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
7/27/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Mosquera	Dick Nunex with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migraine headaches.

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7/27/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss methods for preventing cardiovascular disease.
7/28/2009	02:00:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
7/28/2009	06:30:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism.
7/28/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Men's Health Issues.
7/28/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some "Taste of Heaven" Mexican dishes.
7/28/2009	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."
7/29/2009	04:30:00	Teen Pathways	Doris Morris	Doris Morris talks with teens about three types of friendships.
7/29/2009	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.
7/29/2009	14:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
7/29/2009	20:00:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism.
7/30/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Men's Health Issues.
7/30/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss methods for preventing cardiovascular disease.
7/30/2009	06:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression.
7/30/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
7/30/2009	10:00:00	Wonderfully Made	Allan Handysides , Mollie Steenson , Stoy Proctor	Allan Handysides and Stoy Proctor with Mollie Steenson discuss winning the battle with breast cancer.
7/30/2009	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.
7/30/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some "Taste of Heaven" stir-fry dishes.
7/30/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.

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Date	Time	Program	Talent	Description
8/2/2009	06:00:00	Body and Spirit	Dick Nunez *, Jane Baker	Dick Nunex with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
8/2/2009	12:00:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism.
8/2/2009	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.
8/2/2009	23:30:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
8/3/2009	02:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
8/3/2009	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.
8/3/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
8/3/2009	07:30:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
8/3/2009	14:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunex with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
8/3/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss methods Osteoporosis.
8/4/2009	02:00:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
8/4/2009	06:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunex with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
8/4/2009	06:30:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism treadments.
8/4/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about meal menu planning.
8/4/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some "Taste of Heaven" patties.
8/4/2009	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.
8/5/2009	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.
8/5/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage by learning to become one.

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8/5/2009	14:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunex with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
8/5/2009	20:00:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism treadments.
8/6/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about meal menu planning.
8/6/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss methods Osteoporosis.
8/6/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunex with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
8/6/2009	11:30:00 **	Health Headlines	Bernell Baldwin and Roby Ann Sherman	Drs. BernellBaldwin and Roby Ann Sherman bringa short Health News Headline of current importance.
8/6/2009	13:30:00	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald prepare some Filipino Recipes.
8/6/2009	14:00:00	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.
8/6/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage by learning to become one.
8/6/2009	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.
8/7/2009	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.
8/7/2009	10:00:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
8/7/2009	12:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
8/9/2009	06:00:00	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunex with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
8/9/2009	12:00:00	Bible Rx	Dr. James Marcum *, David Adams	Dr. James Marcum and David Adams discuss Autism treadments.
8/9/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage by learning to become one.
8/9/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
8/9/2009	23:30:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.



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8/10/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
8/10/2009	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.
8/10/2009	07:30:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
8/10/2009	14:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Omar Mosquera	Dick Nunex with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
8/10/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss an alternative to HRT.
8/11/2009	02:00:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
8/11/2009	06:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Dick Nunex with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
8/11/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about how to plan meals.
8/11/2009	13:30:00	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show how to prepare Phillipine Cuisine.
8/11/2009	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.
8/12/2009	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.
8/12/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage in their topic Two Me's or One Us.
8/12/2009	14:00:00	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunex with Jane Baker demonstrate exercise routines to help with knee pain.
8/13/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about how to plan meals.
8/13/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss an alternative to HRT.
8/13/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
8/13/2009	11:30:00 **	Health Headlines	Bernell Baldwin	Dr. Bernell Baldwin presents tips for better health.
8/13/2009	13:30:00	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show some quick and easy recipes.

# Community Issues Program List

## August through October 2009

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Date	Time	Program	Talent	Description
8/13/2009	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.
8/13/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage in their topic Two Me's or One Us.
8/13/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
8/14/2009	06:00:00	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.
8/14/2009	10:00:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled "When Good Wombs Go Bad."
8/16/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Brittany Nunez	Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training.
8/16/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage in their topic Two Me's or One Us.
8/16/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American "At-risk Teens."
8/16/2009	23:30:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled "When Good Wombs Go Bad."
8/17/2009	02:00:00 *	Up Close	Shelley Quinn	Shelley Quinn with guests discuss dealing with loneliness.
8/17/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American "At-risk Teens."
8/17/2009	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.
8/17/2009	07:30:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled "When Good Wombs Go Bad."
8/17/2009	14:00:00	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
8/17/2009	18:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss in an informative way, the "CHIPS" Program.

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Date	Time	Program	Talent	Description
8/18/2009	02:00:00	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled "When Good Wombs Go Bad."
8/18/2009	06:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins.
8/18/2009	06:30:00	Bible Rx	Dr. James Marcum *, Carlton Vollberg	Dr. James Marcum and Carlton Vollberg discuss Preventive Medicine.
8/18/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss "modern society" diseases. (Part 1)
8/18/2009	13:30:00	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and Ozella Head discuss and demonstrate preparing "Breakfast on the Go."
8/18/2009	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.
8/19/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Frasier and Cindy Hanson demonstrate exercises routines for strength training for women.
8/19/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss how to make an enduring commitment.
8/19/2009	14:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunex with Brittany Nunex and Jane Baker demonstrate exercise routines especially for Women.
8/19/2009	20:00:00	Bible Rx	Dr. James Marcum *, Carlton Vollberg	Dr. James Marcum and Carlton Vollberg discuss Preventive Medicine.
8/20/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss "modern society" diseases. (Part 1)
8/20/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Eric Shadle	Don Mackintosh and Eric Shadle discuss in an informative way, the "CHIPS" Program.
8/20/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jane Baker	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
8/20/2009	11:30:00 **	Health Headlines	Bernell Baldwin	Dr. Bernell Baldwin presents tips for better health.
8/20/2009	13:30:00	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple family dinner.
8/20/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Frasier and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
8/20/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss how to make an enduring commitment.

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Date	Time	Program	Talent	Description
8/20/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American "At-risk Teens."
8/21/2009	06:00:00	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.
8/21/2009	10:00:00	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
8/21/2009	12:00:00 *	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
8/23/2009	06:00:00	Body and Spirit	Dick Nunez *, Jane Baker , Jonathon Hopkins	Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking.
8/23/2009	12:00:00	Bible Rx	Dr. James Marcum *, Carlton Vollberg	Dr. James Marcum and Carlton Vollberg discuss Preventive Medicine.
8/23/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss how to make an enduring commitment.
8/23/2009	23:30:00	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
8/24/2009	02:00:00 *	Up Close	Marti Jones	Marti Jones talks about dealing with death.
8/24/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Craig DeMartino	Cheri Peters and Craig DeMartino discuss "After the Fall" in addiction.
8/24/2009	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.
8/24/2009	07:30:00	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
8/24/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins , Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
8/25/2009	02:00:00	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
8/25/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunex, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
8/25/2009	06:30:00	Bible Rx	Dr. James Marcum *, Eric Olson	Dr. James Marcum and Eric Olson discuss Back Problems and Pain Treatments.
8/25/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss "modern society" diseases. (Part 2)
8/25/2009	13:30:00	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple "Fish" dinner.

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Date	Time	Program	Talent	Description
8/25/2009	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.
8/26/2009	04:30:00	Teen Pathways	Reggie Dupard	Reggie Dupard talks about Hurricane Katrina and its affects on teens.
8/26/2009	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.
8/26/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
8/26/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	Dick Nunex, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work.
8/26/2009	20:00:00	Bible Rx	Dr. James Marcum *, Eric Olson	Dr. James Marcum and Eric Olson discuss Back Problems and Pain Treatments.
8/27/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss "modern society" diseases. (Part 2)
8/27/2009	06:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Brittany Nunez	Dick Nunex with Kyle Gabbert and Brittany Nunex demonstrate fitness exercises for young people.
8/27/2009	11:30:00 **	Health Headlines	Bernell Baldwin Ph. D	Dr. Bernell Baldwin presents tips for better health.
8/27/2009	13:30:00	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a "Barbecue-style" picnic lunch
8/27/2009	14:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez and helpers show aerobics exercises for health.
8/27/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
8/27/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Craig DeMartino	Cheri Peters and Craig DeMartino discuss "After the Fall" in addiction.
8/28/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
8/28/2009	10:00:00	Wonderfully Made	Don Morgan	Don Morgan discusses starting a physical activity exercise program leading to a physically active lifestyle.
8/28/2009	12:00:00 *	Up Close	Marti Jones	Marti Jones talks about dealing with death.
8/30/2009	06:00:00	Body and Spirit	Dick Nunez *, Johnathon Hopkins & Leif Sjoren	Dick Nunex with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
8/30/2009	12:00:00	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
8/30/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
8/30/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled "Feed the Baby."
8/30/2009	23:30:00	Wonderfully Made	Don Morgan	Don Morgan discusses starting a physical activity exercise program leading to a physically active lifestyle.
8/31/2009	02:00:00 *	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
8/31/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled "Feed the Baby."
8/31/2009	06:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses "fitness level" and demonstrates exercises to help.
8/31/2009	07:30:00	Wonderfully Made	Don Morgan	Don Morgan discusses starting a physical activity exercise program leading to a physically active lifestyle.
8/31/2009	14:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Jonathon Hopkins	Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready.
9/1/2009	02:00:00	Wonderfully Made	Don Morgan	Don Morgan discusses starting a physical activity exercise program leading to a physically active lifestyle.
9/1/2009	06:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez & Steven Lingenfelter	Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
9/1/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss urological diseases in children.
9/1/2009	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.
9/2/2009	04:30:00	Teen Pathways	LaChanda Dupard	LaChanda Dupard talks with teens about peer pressure and pressuring.
9/2/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
9/2/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
9/2/2009	14:00:00	Body and Spirit	Dick Nunez *, Amy Andersen & Jonathon Hopkins	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders

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Date	Time	Program	Talent	Description
9/3/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller discuss urological diseases in children.
9/3/2009	06:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
9/3/2009	11:30:00 **	Health Headlines	Bernell Baldwin	Dr. Bernell Baldwin presents tips for better health.
9/3/2009	13:30:00	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and OzellaHead make up some dairy-free deserts and cheeses.
9/3/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
9/3/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
9/3/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled "Feed the Baby."
9/4/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
9/4/2009	10:00:00	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
9/4/2009	12:00:00 *	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
9/6/2009	06:00:00	Body and Spirit	Dick Nunez *, Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.
9/6/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
9/6/2009	23:30:00	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
9/7/2009	02:00:00 *	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
9/7/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
9/7/2009	07:30:00	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
9/7/2009	14:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
9/8/2009	02:00:00	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.

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9/8/2009	06:00:00	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
9/8/2009	06:30:00	Bible Rx	Dr James Marcum *, Maurice Saliba	Dr. James Marcum and Maurice Saliba talk about the prescription of exercise
9/8/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas talk about Genitourinary Problems.
9/8/2009	13:30:00	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates some quick meal ideas.
9/8/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
9/9/2009	04:30:00	Teen Pathways	Reggie Duppard *	Reggie Dupard talks with teens about family matters
9/9/2009	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.
9/9/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
9/9/2009	14:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.
9/9/2009	20:00:00	Bible Rx	Dr James Marcum *, Maurice Saliba	Dr. James Marcum and Maurice Saliba talk about the prescription of exercise
9/10/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas talk about Genitourinary Problems.
9/10/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez.
9/10/2009	11:30:00 **	Health Headlines	Bernell Baldwin	Dr. Bernell Baldwin presents tips for better health.
9/10/2009	14:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, with helpers, demonstrate beginning exercising.
9/10/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
9/11/2009	03:30:00	Bible Rx	Dr James Marcum *, Maurice Saliba	Dr. James Marcum and Maurice Saliba talk about the prescription of exercise
9/11/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunex and Andrew Hard.
9/11/2009	10:00:00	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
9/11/2009	12:00:00 *	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
9/13/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Brittany Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.



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9/13/2009	12:00:00	Bible Rx	Dr James Marcum *, Maurice Saliba	Dr. James Marcum and Maurice Saliba talk about the prescription of exercise
9/13/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
9/13/2009	23:30:00	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
9/14/2009	02:00:00 *	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
9/14/2009	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."
9/14/2009	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.
9/14/2009	07:30:00	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
9/14/2009	14:00:00	Body and Spirit	Dick Nunez *, Amy Anderson and Leif Sjoren	Temdon injury can be helped with proper exercise. Dick Nunez with Amy Anderson and Leif Sjoren show how.
9/15/2009	02:00:00	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
9/15/2009	06:00:00	Body and Spirit	Dick Nunez *, Amy Anderson and Brittany Nunez	Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls
9/15/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas discuss Fibromyalgia.
9/15/2009	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.
9/16/2009	04:30:00	Teen Pathways	LaChanda Dupard *	LaChanda Dupard talks with teens about some of their fears.
9/16/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.
9/16/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
9/16/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Leif Sjoren	Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.
9/17/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller , Justina Thomas	Dr. Agatha Thrash, Don Miller and Justina Thomas discuss Fibromyalgia.
9/17/2009	06:00:00	Body and Spirit	Dick Nunez *, Kye Gabbert and Luther Whiting	Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis.

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9/17/2009	11:30:00 **	Health Headlines	Bernell Baldwin	Dr. Bernell Baldwin presents tips for better health.
9/17/2009	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.
9/17/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
9/17/2009	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."
9/18/2009	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.
9/18/2009	10:00:00	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.
9/18/2009	12:00:00 *	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
9/20/2009	06:00:00	Body and Spirit	Dick Nunez *, Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis
9/20/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
9/20/2009	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.
9/20/2009	23:30:00	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.
9/21/2009	02:00:00 *	Up Close	Kay Rizzo	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
9/21/2009	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.
9/21/2009	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.
9/21/2009	07:30:00	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.
9/21/2009	14:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
9/22/2009	02:00:00	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.

# Community Issues Program List

## August through October 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
9/22/2009	06:00:00	Body and Spirit	Dick Nunez *, Art Garner and Brittany Nunez	Dick Nunez and helpers show simple home exercises to promote fitness for everyone.
9/22/2009	10:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Stress.
9/22/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare some sweet treats with a twist.
9/22/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
9/23/2009	04:30:00	Teen Pathways	Reggie Dupard	Reggie Dupard talks with teens about relationships and dating.
9/23/2009	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.
9/23/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
9/23/2009	14:00:00	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
9/24/2009	02:00:00	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash and Don Miller talk about Stress.
9/24/2009	06:00:00	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
9/24/2009	11:30:00 **	Health Headlines	Bernell Baldwin	Dr. Bernell Baldwin presents tips for better health.
9/24/2009	13:30:00	Let's Cook Together	Jill Morikone *, Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald prepare some Filipino Recipes.
9/24/2009	14:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
9/24/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
9/24/2009	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.
9/25/2009	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.
9/27/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.
9/27/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
9/27/2009	23:30:00	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping toward stepping into health.
9/28/2009	02:00:00 *	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
9/28/2009	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.

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<b>Date</b>	<b>Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
9/28/2009	07:30:00	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping toward stepping into health.
9/28/2009	14:00:00	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	Dick Nunez with helpers discusses "fitness level" and demonstrates exercises to help.
9/29/2009	02:00:00	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping toward stepping into health.
9/29/2009	06:00:00	Body and Spirit	Barbara Nolen , Dick Nunez , Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
9/29/2009	10:00:00	Help Yourself to Health	Agatha Thrash * , Don Miller	Dr. Agatha Thrash and Don Miller talk about Neurological problems.
9/29/2009	13:30:00	Let's Cook Together	Jill Morikone * , Resa & Ozzie Oswald	Jill Morikone with Resa and Ozzie Oswald show how to prepare Phillipine Cuisine.
9/29/2009	14:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
9/30/2009	04:30:00	Teen Pathways	LaChanda Dupard *	LaChanda Dupard talks with teens about education.
9/30/2009	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.
9/30/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss making a grave for faults.
9/30/2009	14:00:00	Body and Spirit	Dick Nunez , Susan Santos , Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.