

Community Issues Program List

October through December 2019

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

| Date and Time | Program | Talent | Description |
|----------------------|------------------------------|--|--|
| 2019-10-01 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses the cause of hypertension. |
| 2019-10-01 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Daniel Hopkins, Corrie Sample | Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein. |
| 2019-10-01 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses beetroot risotto & others. |
| 2019-10-01 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D. | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis. |
| 2019-10-01 17:00* | From Sickness to Health | Rico Hill (Host), Jim Said | Rico Hill and Jim Said discuss introducing my friend arthur. |
| 2019-10-02 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Chris Corzine | Cheri Peters and Chris Corzine discuss victory over Meth addiction. |
| 2019-10-02 06:00* | Body and Spirit | Dick Nunez (Host), Mary Cordes | Dick Nunez and Mary Cordes discuss osteoporosis. |
| 2019-10-02 13:00* | Issues and Answers | Shelley Quinn (Host), Bob, | Karen Thomas and Pr. Steve Caza discuss love drops. |
| 2019-10-02 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss seeking shut eye. |
| 2019-10-02 14:00* | Action 4 Life | Casio Jones (Host), Tom Mann | Casio Jones with Tom Mann discuss Nutrition |
| 2019-10-03 04:30* | Issues and Answers | Shelley Quinn (Host), Bob, | Karen Thomas and Pr. Steve Caza discuss love drops. |
| 2019-10-03 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Brittany Nunez | Dick Nunez and helpers show aerobics exercises for health. |
| 2019-10-03 10:00* | From Sickness to Health | Rico Hill (Host), Jim Said | Rico Hill and Jim Said discuss introducing my friend arthur. |
| 2019-10-03 12:00* | Ultimate Prescription | | discusses water. |
| 2019-10-03 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic exercises than can be done in the home. |
| 2019-10-04 03:00* | Action 4 Life | Casio Jones (Host), Kevin Tom | Casio Jones and Kevin Tom discuss exercise by cycling. |
| 2019-10-04 06:00* | Body and Spirit | Dick Nunez (Host), Kenny Rivera | Dick Nunez and Kenny Rivera discuss depression. |
| 2019-10-04 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses curried zucchini fritters et al. |
| 2019-10-04 10:00* | Health for a Lifetime | Don Mackintosh (Host), Christina Salter | Don Mackintosh and Christina Salter discuss gynecological. |
| 2019-10-06 03:30* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2019-10-06 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez with helpers shows simple exercises to control stress. |
| 2019-10-06 14:00* | Body and Spirit (New) | Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse | Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising. |
| 2019-10-07 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Apryl Cordry, Nicole Day | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. |
| 2019-10-07 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses revive super salad mingle. |

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| 2019-10-07 06:00* | Body and Spirit | Michael Webb, Dick Nunez, Miles Scruggs | Dick Nunez and helpers show aerobics exercises for health. |
| 2019-10-07 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss delicious, nutritious recipes. |
| 2019-10-07 14:00* | Action 4 Life | Casio Jones (Host), Galen Comstock | Casio Jones with Galen Comstock discuss the effects of sugar on the body. |
| 2019-10-08 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses hypertension & insulin resistance syndrome. |
| 2019-10-08 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Brittany Nunez | Dick Nunez with helpers discusses fitness level and demonstrates exercises to help. |
| 2019-10-08 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pho noodles and others. |
| 2019-10-08 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan | Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees. |
| 2019-10-08 17:00* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2019-10-09 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Apryl Cordry, Nicole Day | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. |
| 2019-10-09 06:00* | Body and Spirit | Dick Nunez, Patricia Juarez, Tammy Larson | Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman. |
| 2019-10-09 13:00* | Issues and Answers | Shelley Quinn (Host), Bob | Karen Thomas and Cheryl and David Jones discuss the wedding cake. |
| 2019-10-09 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss true mph. |
| 2019-10-09 14:00* | Action 4 Life | Casio Jones (Host), Sarah Behn | Casio Jones with Sarah Behn talk about Juice and health. |
| 2019-10-10 04:30* | Issues and Answers | Shelley Quinn (Host), Bob | Karen Thomas and Cheryl and David Jones discuss the wedding cake. |
| 2019-10-10 06:00* | Body and Spirit Aerobics | Fred Garber, Dick Nunez, Becky Garber | Dick Nunez with helpers shows simple exercises helpful for those with joint problems. |
| 2019-10-10 10:00* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2019-10-10 12:00* | Ultimate Prescription | | discusses nutrition for diabetes. |
| 2019-10-10 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan | Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back. |
| 2019-10-11 03:00* | Action 4 Life | Casio Jones (Host), Barry Bayles & Dora Bayles | Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises. |
| 2019-10-11 06:00* | 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. |
| 2019-10-11 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai. |
| 2019-10-11 10:00* | Health for a Lifetime | Don Mackintosh (Host), Phil Mills | Don Mackintosh and Phil Mills discuss neurologic disorder. |
| 2019-10-13 03:30* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up. |
| 2019-10-13 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez with helpers shows compression exercises to help with osteoporosis. |

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| 2019-10-13 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan | Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back. |
| 2019-10-13 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Megan Baez, Mylynda Ortiz | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2 |
| 2019-10-14 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Megan Baez, Mylynda Ortiz | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2 |
| 2019-10-14 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses healthy finger food. |
| 2019-10-14 06:00* | Body and Spirit | Dick Nunez, Elora Ford, Ethel Carlsson | Dick Nunez with helpers discusses fitness level and demonstrates exercises to help. |
| 2019-10-14 13:30* | Abundant Living | | discusses drugs dark side. |
| 2019-10-14 14:00* | Action 4 Life | Casio Jones (Host), Galen Comstock | Casio Jones and Galen Comstock discuss Florida hospital wellness center. |
| 2019-10-15 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1. |
| 2019-10-15 06:00* | Body and Spirit Aerobics | Mrs. Ford, Dick Nunez | Dick Nunez with helpers shows aerobics exercises designed for the elderly. |
| 2019-10-15 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses spinach, ginger, curry & others. |
| 2019-10-15 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark | Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders. |
| 2019-10-15 17:00* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up. |
| 2019-10-16 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Megan Baez, Mylynda Ortiz | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2 |
| 2019-10-16 06:00* | Body and Spirit | Dick Nunez (Host), Barbara Nolen, Michael Webb | Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines. |
| 2019-10-16 13:00* | Issues and Answers | Shelley Quinn (Host), Bob | Karen Thomas and Pr. Kymone Hinds discuss the source of healing. |
| 2019-10-16 13:30* | Abundant Living | | discusses h for herbal medicine. |
| 2019-10-16 14:00* | Action 4 Life | Casio Jones (Host), Monique Anderson | Casio Jones and Monique Anderson discuss Florida wellness center. |
| 2019-10-17 04:30* | Issues and Answers | Shelley Quinn (Host), Bob | Karen Thomas and Pr. Kymone Hinds discuss the source of healing. |
| 2019-10-17 06:00* | Body and Spirit Aerobics | Dick Nunez, Becky Garber, Fred Garber | Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers. |
| 2019-10-17 10:00* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up. |
| 2019-10-17 12:00* | Ultimate Prescription | | discusses nutrition for cardiovascular health. |
| 2019-10-17 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Pam Turner, Summer Boyd | Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily. |
| 2019-10-18 03:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones with Marcie English discuss running benefits. |
| 2019-10-18 06:00* | Body and Spirit | Susan Santos, Dick Nunez, Tammy Larson | Dick Nunez with helpers shows exercises for strength training for women. |
| 2019-10-18 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses goulash et al. |

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| 2019-10-18 10:00* | Health for a Lifetime | Don Mackintosh (Host), Phil Mills | Don Mackintosh and Phil Mills discuss stroke. |
| 2019-10-20 03:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Jim Said | Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?. |
| 2019-10-20 06:00* | Body and Spirit Aerobics | Dick Nunez, Elora Ford | Senior Citizen Fitness involves appropriate exercising. |
| 2019-10-20 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan | Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises. |
| 2019-10-20 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Melody Prettyman | Cheri Peters and Melody Prettyman discuss food vs. god - who wins? |
| 2019-10-21 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Melody Prettyman | Cheri Peters and Melody Prettyman discuss food vs. god - who wins? |
| 2019-10-21 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses zoodles. |
| 2019-10-21 06:00* | Body and Spirit | Dick Nunez, Greg Morikone, John Leaman | Dick Nunez with helpers shows aerobics exercises designed for the elderly. discusses e for eating. |
| 2019-10-21 13:30* | Abundant Living | | |
| 2019-10-21 14:00* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises.. |
| 2019-10-22 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2. |
| 2019-10-22 06:00* | Body and Spirit Aerobics | Dick Nunez, Mrs. Ford | Dick Nunez with Mrs. Ford shows and discusses Senior Exercise. |
| 2019-10-22 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea pizza & others. |
| 2019-10-22 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan | Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline. |
| 2019-10-22 17:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Jim Said | Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?. |
| 2019-10-23 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Melody Prettyman | Cheri Peters and Melody Prettyman discuss food vs. god - who wins? |
| 2019-10-23 06:00* | Body and Spirit | Ted Arview, Dick Nunez | Dick Nunez with Ted Arview demonstrate aerobics exercises designed strenght training for seniors. |
| 2019-10-23 13:00* | Issues and Answers | Shelley Quinn (Host), Bob | Shelley Quinn and Bob discuss alcoholics anonymous part 4. |
| 2019-10-23 13:30* | Abundant Living | | discusses a is for adoration. |
| 2019-10-23 14:00* | Action 4 Life | Casio Jones (Host), Idalia Dinzey | Casio Jones and Idalia Dinzey discuss the options of bicycles |
| 2019-10-24 04:30* | Issues and Answers | Shelley Quinn (Host), Bob | Shelley Quinn and Bob discuss alcoholics anonymous part 4. |
| 2019-10-24 06:00* | Body and Spirit Aerobics | Brittany Nunez, Dick Nunez, Rick Nunez | Dick Nunez with helpers show and talk about exercises for autoimmune disease. |
| 2019-10-24 10:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Jim Said | Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?. |
| 2019-10-24 12:00* | Ultimate Prescription | | discusses brain health (part 1). |
| 2019-10-24 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell | Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet. |

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| 2019-10-25 03:00* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss running benefits. |
| 2019-10-25 06:00* | Body and Spirit | Dick Nunez, Greg Morikone, Moses Primo Jr. | Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how. |
| 2019-10-25 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses greek potato cake et al. |
| 2019-10-25 10:00* | Health for a Lifetime | Don Mackintosh (Host), Phil Mills | Don Mackintosh and Phil Mills discuss back pain. |
| 2019-10-27 03:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Nwamiko Madden | Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun. |
| 2019-10-27 06:00* | Body and Spirit Aerobics | Dick Nunez, Andrew Hard, Rick Nunez | Dick Nunez with helpers show and talk about exercises for beginners. |
| 2019-10-27 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan | Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness. |
| 2019-10-28 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses minty split-pea soup. |
| 2019-10-28 06:00* | Body and Spirit | Joe Carrell, Dee Hilderbrand, Dick Nunez | Dick Nunez with Mrs. Ford shows and discusses Senior Exercise. |
| 2019-10-28 13:30* | Abundant Living | | discusses I for liquids. |
| 2019-10-28 14:00* | Action 4 Life | Casio Jones (Host), Dan "Curly" Summers | Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy. |
| 2019-10-29 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3. |
| 2019-10-29 06:00* | Body and Spirit Aerobics | Rick Nunez, Dick Nunez, Andrew Hard | Dick Nunez with helpers show and talk about exercises for toning your muscles.. |
| 2019-10-29 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses corn chowder & others. |
| 2019-10-29 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell | Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis. |
| 2019-10-29 17:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Nwamiko Madden | Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun. |
| 2019-10-30 06:00* | Body and Spirit | Dick Nunez, Justin Walker, Kalie O'Brien | Dick Nunez with helpers show and talk about exercises for strength training for youth. |
| 2019-10-30 13:30* | Abundant Living | | discusses healthy heart cooking. |
| 2019-10-30 14:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones with Marcie English discuss Kayaking . |
| 2019-10-31 06:00* | Body and Spirit Aerobics | Matthew Hard, Fred Garber, Dick Nunez | Dick Nunez with helpers show and talk about workout excercises for men. |
| 2019-10-31 10:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Nwamiko Madden | Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun. |
| 2019-10-31 12:00* | Ultimate Prescription | | discusses brain health (part 2). |
| 2019-10-31 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Donna Hall, Betsy Sajdak | Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises. |

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| 2019-11-01 03:00* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss exercise to improve balance. |
| 2019-11-01 06:00* | Body and Spirit | Randi Brewer, Dick Nunez, Mindy Kellum | Dick Nunez, with helpers, demonstrate beginning exercising. |
| 2019-11-01 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican feast. |
| 2019-11-01 10:00* | Health for a Lifetime | Don Mackintosh (Host), John Chung | Don Mackintosh and John Chung discuss skin disease for children. |
| 2019-11-03 03:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss when the heart attacks. |
| 2019-11-03 06:00* | Body and Spirit Aerobics | Dick Nunez, Fred Garber | For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. |
| 2019-11-03 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Garland & Donna Blanton | Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture. |
| 2019-11-03 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Annette Washington, Pam Talley | Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent. |
| 2019-11-04 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Annette Washington, Pam Talley | Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent. |
| 2019-11-04 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indian curries. |
| 2019-11-04 06:00* | Body and Spirit | Greg Morikone, Michael Webb, Dick Nunez | Dick Nunez shows how to tone your muscles. Helpers are Rick Nunez and Andrew Hard. |
| 2019-11-04 13:30* | Abundant Living | | discusses e for exercise. |
| 2019-11-04 14:00* | Action 4 Life | Casio Jones (Host), Frances Czeizinger | Casio Jones and Frances Czeizinger demonstrate exercise techniques. |
| 2019-11-05 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses fevers & immune system, pt. 1. |
| 2019-11-05 06:00* | Body and Spirit Aerobics | Dick Nunez, Brittany Nunez, Becky Garber | Dick Nunez and helpers demonstrate simple home exercises for women. |
| 2019-11-05 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses not butter chicken & others. |
| 2019-11-05 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Betsy Sajdak, Donna Hall | Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches. |
| 2019-11-05 17:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss when the heart attacks. |
| 2019-11-06 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Annette Washington, Pam Talley | Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent. |
| 2019-11-06 06:00* | Body and Spirit | Dick Nunez, Scott Tanner, Miles Scruggs | Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard. |
| 2019-11-06 13:30* | Abundant Living | | discusses r for rest. |
| 2019-11-06 14:00* | Action 4 Life | Casio Jones (Host), Dee Hilderbrand | Casio Jones and Dee Hilderbrand demonstrate exercise techniques. |
| 2019-11-07 06:00* | Body and Spirit Aerobics | Brittany Nunez, Becky Garber, Dick Nunez | Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets. |

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| 2019-11-07 10:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss when the heart attacks. |
| 2019-11-07 12:00* | Ultimate Prescription | | discusses physiology of worship. |
| 2019-11-07 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz | Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health. |
| 2019-11-08 03:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones and Marcie English discuss circuit / time in the gym. |
| 2019-11-08 06:00* | Body and Spirit | Ethel Carlsson, Elora Ford, Dick Nunez | For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. |
| 2019-11-08 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast 2. |
| 2019-11-08 10:00* | Health for a Lifetime | Don Mackintosh (Host), Jonh Chung | Don Mackintosh and Jonh Chung discuss skin disease for adults. |
| 2019-11-10 03:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss blood, the current of life. |
| 2019-11-10 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Andrew Hard | Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes. |
| 2019-11-10 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker | Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle. |
| 2019-11-10 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dave Casey | Cheri Peters and Dave Casey discuss the big dog. |
| 2019-11-11 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dave Casey | Cheri Peters and Dave Casey discuss the big dog. |
| 2019-11-11 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mini butternut frittatas. |
| 2019-11-11 06:00* | Body and Spirit | Dick Nunez (Host), Michael Webb, Miles Scruggs | Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets. |
| 2019-11-11 13:30* | Abundant Living | | discusses meals in minutes. |
| 2019-11-11 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss full body / abdominal workout. |
| 2019-11-12 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses fevers & immune system, pt. 2. |
| 2019-11-12 06:00* | Body and Spirit Aerobics | Fred Garber, Matthew Hard, Dick Nunez | Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home. |
| 2019-11-12 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast. |
| 2019-11-12 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse | Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght. |
| 2019-11-12 17:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss blood, the current of life. |
| 2019-11-13 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dave Casey | Cheri Peters and Dave Casey discuss the big dog. |
| 2019-11-13 06:00* | Body and Spirit | Tony Hall, John Dinzey, Dick Nunez | Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes. |
| 2019-11-13 13:30* | Abundant Living | | discusses s for sunlight. |

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| 2019-11-13 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss pure health gym. |
| 2019-11-14 06:00* | Body and Spirit Aerobics | Becky Garber, Brittany Nunez, Dick Nunez | Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease. |
| 2019-11-14 10:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss blood, the current of life. |
| 2019-11-14 12:00* | Ultimate Prescription | | discusses worship as treatment. |
| 2019-11-14 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse | Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises. |
| 2019-11-15 03:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss buddy workout. |
| 2019-11-15 06:00* | Body and Spirit | Tammy Larson, Dick Nunez, Patricia Juarez | Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women. |
| 2019-11-15 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses shepherdess pie et al. |
| 2019-11-15 10:00* | Health for a Lifetime | Don Mackintosh (Host), Jonh Chung | Don Mackintosh and Jonh Chung discuss skin cancers. |
| 2019-11-17 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss is red meat really red?. |
| 2019-11-17 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez and helpers demonstrate simple home exercises focused on Ab training. |
| 2019-11-17 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse | Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises. |
| 2019-11-18 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses one dish pasta & others. |
| 2019-11-18 06:00* | Body and Spirit | Michael Webb, Miles Scruggs, Dick Nunez | Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility. |
| 2019-11-18 13:30* | Abundant Living | | discusses tools for transformation. |
| 2019-11-18 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss a great workout!. |
| 2019-11-19 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lou Fernandez discuss reproductive years. |
| 2019-11-19 06:00* | Body and Spirit Aerobics | Andrew Hard, Dick Nunez, Rick Nunez | Dick Nunez and helpers discuss and demonstrate choosing the right workout. |
| 2019-11-19 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pumpkin & cranberry fillos et al. |
| 2019-11-19 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse | Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health. |
| 2019-11-19 17:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss is red meat really red?. |
| 2019-11-20 06:00* | Body and Spirit | Nicole Garcia, Dick Nunez | Dick Nunez and Nicole Garcia discuss eating disorders and demonstrate exercises for health. |

Community Issues Program List

October through December 2019

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

| Date and Time | Program | Talent | Description |
|----------------------|--------------------------|---|--|
| 2019-11-20 13:30* | Abundant Living | | discusses the one bowl meal. |
| 2019-11-20 14:00* | Action 4 Life | Casio Jones (Host), Mindy Issacs, Bradley Hite | Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit. |
| 2019-11-21 06:00* | Body and Spirit Aerobics | Dick Nunez, Fred Garber, Matthew Hard | Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain. |
| 2019-11-21 10:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss is red meat really red?. |
| 2019-11-21 12:00* | Ultimate Prescription | | discusses frequently asked questions. |
| 2019-11-21 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens | Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit. |
| 2019-11-22 03:00* | Action 4 Life | Casio Jones (Host), Zion Judea Hamilton | Casio Jones and Zion Judea Hamilton discuss workout for parents and children. |
| 2019-11-22 06:00* | Body and Spirit | Dick Nunez, Tony Hall, John Dinzey | Dick Nunez with John Dinzey and Tony Hall demonstrate exercises for Baby Boomers. |
| 2019-11-22 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mchealthy meal combo. |
| 2019-11-22 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | Dr. Neil Nedley and Don Mackintosh discuss cancer. (Part 1.) |
| 2019-11-24 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss how clean is unclean?. |
| 2019-11-24 06:00* | Body and Spirit Aerobics | Fred Garber, Dick Nunez | For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. |
| 2019-11-24 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz | Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength. |
| 2019-11-25 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai. |
| 2019-11-25 06:00* | Body and Spirit | Dick Nunez | Dick Nunez demonstrates exercises for the wheelchair bound. |
| 2019-11-25 13:30* | Abundant Living | | discusses drugs dark side. |
| 2019-11-25 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!. |
| 2019-11-26 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss p.m.s.. |
| 2019-11-26 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Andrew Hard | Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer. |
| 2019-11-26 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses nachos. |
| 2019-11-26 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness. |
| 2019-11-26 17:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss how clean is unclean?. |
| 2019-11-27 06:00* | Body and Spirit | Dick Nunez, Greg Morikone, Scott Tanner | Dick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training. |
| 2019-11-27 13:00* | Issues and Answers | Shelley Quinn (Host), Karen Nicola | Shelley Quinn and Karen Nicola discuss what is grief. |
| 2019-11-27 13:30* | Abundant Living | | discusses h for herbal medicine. |

Community Issues Program List

October through December 2019

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| Date and Time | Program | Talent | Description |
|----------------------|--------------------------|---|--|
| 2019-11-27 14:00* | Action 4 Life | Casio Jones (Host), Zion Judea Hamilton | Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball. |
| 2019-11-28 04:30* | Issues and Answers | Shelley Quinn (Host), Karen Nicola | Shelley Quinn and Karen Nicola discuss what is grief. |
| 2019-11-29 03:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss exciting workout with the medicine ball. |
| 2019-11-29 06:00* | Body and Spirit | Miles Scruggs, Dick Nunez | Dick Nunez and helpers demonstrate exercises to help counter-act stress. |
| 2019-11-29 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses soup medley. |
| 2019-11-29 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | Dr. Neil Nedley and Don Mackintosh discuss cancer. (Part 2.) |
| 2019-12-01 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss please pass the sugar. |
| 2019-12-01 06:00* | Body and Spirit Aerobics | Dick Nunez, Becky Garber, Brittany Nunez | Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women. |
| 2019-12-01 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life. |
| 2019-12-02 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican. |
| 2019-12-02 06:00* | Body and Spirit | Elora Ford, Dick Nunez | Dick Nunez and helpers demonstrate exercises to help with osteoporosis. discusses e for eating. |
| 2019-12-02 13:30* | Abundant Living | | |
| 2019-12-02 14:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell. |
| 2019-12-03 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss fertility & infertility. |
| 2019-12-03 06:00* | Body and Spirit Aerobics | Brittany Nunez, Becky Garber, Dick Nunez | Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins |
| 2019-12-03 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea satay et al. |
| 2019-12-03 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands. |
| 2019-12-03 17:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss please pass the sugar. |
| 2019-12-04 06:00* | Body and Spirit | Michael Webb, Dick Nunez, David Weston | Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness. |
| 2019-12-04 13:00* | Issues and Answers | Shelley Quinn (Host), Karen Nicola | Shelley Quinn and Karen Nicola discuss the starting line for healthy grieving. discusses a is for adoration. |
| 2019-12-04 13:30* | Abundant Living | | |
| 2019-12-04 14:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss make a challenge workout fun!. |

Community Issues Program List

October through December 2019

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| Date and Time | Program | Talent | Description |
|----------------------|--------------------------|--|--|
| 2019-12-05 06:00* | Body and Spirit Aerobics | Rick Nunez, Dick Nunez, Andrew Hard | Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol. |
| 2019-12-05 10:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss please pass the sugar. |
| 2019-12-05 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss common heart ailments. |
| 2019-12-05 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens | Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs. |
| 2019-12-06 03:00* | Action 4 Life | Casio Jones (Host), Monica Flowers | Casio Jones and Monica Flowers discuss who doesn't like to stretch?. |
| 2019-12-06 06:00* | Body and Spirit | Dick Nunez, Martha Weber, Susan Santos | Dick Nunez and helpers demonstrate exercises for fitness for women. |
| 2019-12-06 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai green curry lentils et al. |
| 2019-12-06 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | Don Mackintosh and Neil Nedley discuss making and staying. |
| 2019-12-08 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss never thirst again. |
| 2019-12-08 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Hopkins and Richard Nelson | Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired. |
| 2019-12-08 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence. |
| 2019-12-09 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses paella, vege chips and others. |
| 2019-12-09 06:00* | Body and Spirit | Dick Nunez, Ted Arview | Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back. |
| 2019-12-09 13:30* | Abundant Living | | discusses I for liquids. |
| 2019-12-09 14:00* | Action 4 Life | Casio Jones (Host), Tyler Flower | Casio Jones and Tyler Flower discuss working out with young folks. |
| 2019-12-10 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss preconception & prenatal care. |
| 2019-12-10 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Hopkins and Megan Frasier | Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness. |
| 2019-12-10 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses salad mix. |
| 2019-12-10 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens | Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter. |
| 2019-12-10 17:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss never thirst again. |
| 2019-12-11 06:00* | Body and Spirit | Randi Brewer, Dick Nunez, John Leaman | Dick Nunez and helpers demonstrate exercises to help with Diabetes. |
| 2019-12-11 13:00* | Issues and Answers | Shelley Quinn (Host), Karen Nicola | Shelley Quinn and Karen Nicola discuss grief work. |
| 2019-12-11 13:30* | Abundant Living | | discusses healthy heart cooking. |
| 2019-12-11 14:00* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Izhar Buendia discuss park exercises. |

Community Issues Program List

October through December 2019

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| Date and Time | Program | Talent | Description |
|----------------------|------------------------------|--|---|
| 2019-12-12 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Cindy Hanson and Megan Frasier | Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain. |
| 2019-12-12 10:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss never thirst again. |
| 2019-12-12 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss supplement and nutritional prescriptions. |
| 2019-12-12 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio. |
| 2019-12-13 03:00* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Curtis Eakins discuss nutrition, health, and exercise. |
| 2019-12-13 06:00* | Body and Spirit | Dave Stevenson, Dick Nunez | Dick Nunez and helpers demonstrate exercises to help with Joint pain. |
| 2019-12-13 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses tarka dahl et al. |
| 2019-12-13 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | Dr. Neil Nedley and Don Mackintosh discuss processing grief. |
| 2019-12-15 03:30* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul. |
| 2019-12-15 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Babb, Megan Frasier | Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain. |
| 2019-12-15 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D. | Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking. |
| 2019-12-15 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dannielle Synot | Cheri Peters and Dannielle Synot discuss every heart's cry. |
| 2019-12-16 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dannielle Synot | Cheri Peters and Dannielle Synot discuss every heart's cry. |
| 2019-12-16 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous. |
| 2019-12-16 06:00* | Body and Spirit | Greg Morikone, John Leaman, Dick Nunez | Dick Nunez and helpers demonstrate exercises to help with shoulder pain. discusses e for exercise. |
| 2019-12-16 13:30* | Abundant Living | | |
| 2019-12-16 14:00* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones with Trent Chance discuss and demonstrate exercises for body repair. |
| 2019-12-17 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss fibroids. |
| 2019-12-17 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins | Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity. |
| 2019-12-17 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses asian. |
| 2019-12-17 14:00* | Body and Spirit (New) | Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse | Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance. |
| 2019-12-17 17:00* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul. |
| 2019-12-18 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dannielle Synot | Cheri Peters and Dannielle Synot discuss every heart's cry. |

Community Issues Program List

October through December 2019

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| Date and Time | Program | Talent | Description |
|----------------------|------------------------------|--|--|
| 2019-12-18 06:00* | Body and Spirit | Dick Nunez (Host), Theresa Wilson | Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back. Dick Nunez and helpers demonstrate more exercises for flexibility. |
| 2019-12-18 13:00* | Issues and Answers | Shelley Quinn (Host), Karen Nicola | Shelley Quinn and Karen Nicola discuss becoming skillful comforters. |
| 2019-12-18 13:30* | Abundant Living | | discusses r for rest. |
| 2019-12-18 14:00* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones and Trent Chance discuss the benefits of massage. |
| 2019-12-19 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson | Dick Nunez and Janet Nelson show exercise routines for senior training. |
| 2019-12-19 10:00* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul. |
| 2019-12-19 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss improving our mental health. |
| 2019-12-19 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D. | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis. |
| 2019-12-20 03:00* | Action 4 Life | Casio Jones (Host), Ben Burkhamer | Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise. |
| 2019-12-20 06:00* | Body and Spirit | Tony Hall, John Dinzey, Dick Nunez | Dick Nunez and helpers demonstrate more exercises for flexibility. |
| 2019-12-20 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indian chickpea. |
| 2019-12-20 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | Dr. Neil Nedley and Don Mackintosh discuss heart health. (Part 1.) |
| 2019-12-22 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark | Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure. |
| 2019-12-22 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins | Dick Nunez with Jonathon Hopkins show exercise routines for team training. |
| 2019-12-22 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home. |
| 2019-12-22 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Joanie McCulloch | Cheri Peters and Joanie McCulloch discuss coming out of hiding. |
| 2019-12-23 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Joanie McCulloch | Cheri Peters and Joanie McCulloch discuss coming out of hiding. |
| 2019-12-23 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls. |
| 2019-12-23 06:00* | Body and Spirit | Dick Nunez, Susan Santos, Tammy Larson | Dick Nunez and helpers demonstrate exercises for women. |
| 2019-12-23 13:30* | Abundant Living | | discusses meals in minutes. |
| 2019-12-23 14:00* | Action 4 Life | Casio Jones (Host), Monique Anderson | Casio Jones and Monique Anderson discuss the exercise benefits of mall walking. |
| 2019-12-24 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss menopause. |
| 2019-12-24 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson and Cindy Hanson | Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia. |

Community Issues Program List

October through December 2019

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| Date and Time | Program | Talent | Description |
|----------------------|------------------------------|---|--|
| 2019-12-24 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses curried zucchini fritters et al. |
| 2019-12-24 14:00* | Body and Spirit (New) | Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse | Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising. |
| 2019-12-24 17:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark | Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure. |
| 2019-12-25 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Joanie McCulloch | Cheri Peters and Joanie McCulloch discuss coming out of hiding. |
| 2019-12-26 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins and Richard Nelson | Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems. |
| 2019-12-26 10:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark | Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure. |
| 2019-12-26 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss skin. |
| 2019-12-26 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan | Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees. |
| 2019-12-27 03:00* | Action 4 Life | Casio Jones (Host), Lynne Thompson Cundiff | Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises. |
| 2019-12-27 06:00* | Body and Spirit | Greg Morikone, Michael Webb, Dick Nunez | Dick Nunez with helpers shows specific exercises designed for the low back. |
| 2019-12-27 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses dahalatoullie et al. |
| 2019-12-27 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | Dr. Neil Nedley and Don Mackintosh discuss heart health. (Part 2.) |
| 2019-12-29 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food. |
| 2019-12-29 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins and Megan Frasier | Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training. |
| 2019-12-29 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan | Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back. |
| 2019-12-29 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Michael Carducci Jr. | Cheri Peters and Michael Carducci Jr. discuss choices. |
| 2019-12-30 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Michael Carducci Jr. | Cheri Peters and Michael Carducci Jr. discuss choices. |
| 2019-12-30 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses the ultimate breakfast and lunch preparation. |
| 2019-12-30 06:00* | Body and Spirit | Dick Nunez, Patricia Juarez, Tammy Larson | Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia. |
| 2019-12-30 13:30* | Abundant Living | | discusses tools for transformation. |

Community Issues Program List

October through December 2019

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| Date and Time | Program | Talent | Description |
|----------------------|--------------------------|---|---|
| 2019-12-30 14:00* | Action 4 Life | Casio Jones (Host), Lynne Thompson Cundiff | Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises. |
| 2019-12-31 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss cervical cancer. |
| 2019-12-31 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson and Richard Nelson | Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis. |
| 2019-12-31 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai. |
| 2019-12-31 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan | Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back. |
| 2019-12-31 17:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food. |



EWTN

Global
Catholic
Network

TELEVISION
RADIO
NEWS
ONLINE
PUBLISHING

January 9, 2020

Thomas Gunerman
Atlantic Broadband
70 E. Lancaster Avenue
Frzer, PA 19355

Via email tgunerman@atlanticbb.com

4th Quarter 2019 FCC Closed Captioning and Children's Television Compliance for EWTN Domestic Services: EWTN and EWTN español

Dear Thomas:

This letter serves to certify Eternal Word Television Network's ongoing compliance with the FCC Closed Captioning Rules and the commercial limitations set forth in the Children's Television Act of 1990 as explained below:

Closed Captioning of Video Programming - 47 C.F.R. § 79.1. Under sub-parts (11) (expense greater than 2% of gross revenue from that channel) and (12) (gross revenue from that channel less than three million) of subsection 79.1(d), EWTN remains exempt.

Children's Television Act of 1990 – 47 USC § 303a. EWTN remains compliant with the commercial limitations set forth in 47 USC § 303a(b) of less than 10.5 minutes per hour on weekends and less than 12 minutes per hour otherwise.

Please feel free to contact me with questions or concerns regarding this certification.

Best regards,
ETERNAL WORD TELEVISION NETWORK, INC.

John B. Manos, Esq.
Vice President and General Counsel

p.s. CALM Act and Caption Quality certifications are now available online at <http://ewtn.com/technical.asp>

STARZ[®]

January 6, 2020

**VIA EMAIL: LEGAL@ATLANTICBB.COM
AND US MAIL**

Suzanne Arundale Sampieri, Paralegal
ATLANTIC Broadband
2 Batterymarch Park, Suite 205
Quincy, MA 02169

Dear Ms. Sampieri:

Pursuant to your request for Starz Entertainment, LLC's ("STE") Children's Television Certification, I am enclosing the appropriate certificate of compliance in accordance with the cable operator's public record-keeping requirements for The Children's Television Act of 1990 (the "Act") and 47 CFR §§76.225 and 76.1703, thus satisfying such requirements for the fourth quarter of 2019.

STE does not air commercial matter on any of the channels it operates and provides, including Starz, Starz Cinema, Starz Comedy, Starz Edge, Starz InBlack, Starz Kids & Family, Starz On Demand, StarzEncore, StarzEncore Action, StarzEncore Black, StarzEncore Classic, StarzEncore Español, StarzEncore Family, StarzEncore Suspense, StarzEncore Westerns, StarzEncore On Demand, MoviePlex, MoviePlex On Demand, IndiePlex and RetroPlex. The accompanying certification attests to these channels' full and complete compliance with the Act and the FCC's corresponding regulations, as set forth at 47 CFR §§76.225.

Please contact me at 720-852-6266 if you have any questions regarding this matter.

Sincerely yours,

STARZ ENTERTAINMENT, LLC

By: 
Todd Hoy
Senior Vice President, Business & Legal Affairs – Distribution


Enclosure

**STARZ ENTERTAINMENT, LLC'S
CHILDREN'S PROGRAMMING CERTIFICATE**

Starz Entertainment, LLC is the owner and operator of the following programming channels distributed by cable television systems: Starz, Starz Cinema, Starz Comedy, Starz Edge, Starz InBlack, Starz Kids & Family, Starz On Demand, StarzEncore, StarzEncore Action, StarzEncore Black, StarzEncore Classic, StarzEncore Español, StarzEncore Family, StarzEncore Suspense, StarzEncore Westerns, StarzEncore On Demand, MoviePlex, MoviePlex On Demand, IndiePlex and RetroPlex. This is to certify that, for the period from October 1, 2019 through December 31, 2019, the foregoing channels, which are all commercial-free premium channels, did not contain any "commercial matter" during any children's programming that was aired on such channels. See 47 CFR §76.225.

I hereby declare that the foregoing is true and correct. Executed this 6th day of January, 2020.

STARZ ENTERTAINMENT, LLC

By: 

Todd Hoy
Senior Vice President
Business & Legal Affairs – Distribution