

Trinity Broadcasting Network

Quarterly Report

January, February, March 2009

KAAH –TV Channel 26 KAAH-DT Channel 27 Honolulu, Hawaii

Ascertainment list

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from TBN viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible.

Economy

Civic Affairs

Health

Crime

Youth

Family

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Thursday April 2, 2009

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Economy</i>							
	Joy in Our Town #120908B	30:00	15:00	L	PA/O	1/02/09 1/03/09 1/05/09 1/06/09 1/08/09	10:00am 12:30am 8:30am 12:30am 12:30am

Chuckie interviews Senator Gary Hooser on the economic state of Hawaii. He says the Governor is already making budget cuts and the biggest challenge is prioritizing. They are bringing in experts for advice and Gary is watching out for the elderly and our future through education. He says we have to look at ways to be self sustaining and not depend so much on tourism. We have to create more jobs and buy more local grown food.

	Joy in Our Town #011309A	30:00	15:00	L	PA/O	1/23/09 1/24/09 1/26/09 1/27/09 1/29/09	10:00am 12:30am 8:30am 12:30am 12:30am
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Chuckie interviews Senator Fred Hemmings of the 25th Senatorial District and Representative Kymberly Pine of the 43rd District. Rep Pine says for the first time in Hawaii we have a billion dollar short fall. Our government is top heavy. We haven't been spending wisely and we have to get back to the bare necessities. Senator Hemmings said this is an opportunity to make changes. Many initiatives can be done better and less costly by private sectors instead of government. Public/private partnerships are needed. Rep. Pine says there needs to be balance and transparency. We still depend on tourism to drive our economy and it is way down right now.

	Joy in Our Town #011309B	30:00	15:00	L	PA/O	1/30/09 1/31/09 2/19/09	10:00am 12:30am 1:00am
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Chuckie talks with Tom Berg, a Neighborhood Board Member for the 23rd District on the Ewa development plan. He tells of some of the projects in the plan and the costs. Some of the money was to come from Federal funds but neighbor islands are competing for the same funds. Private sectors were supposed to partner on some projects like the UH West Oahu project but it turns out that they can't afford to do all that they planned to do. Tom says we have to ask ourselves if we are willing to pay higher taxes so we can see these plans come to fruition.

	Joy in Our Town #012709A	30:00	15:00	L	PA/O	2/16/09 2/17/09 2/19/09	8:30am 12:30am 12:30am
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Chuckie talks with Lowell Kalapa of the Tax Foundation of Hawaii on the changes being worked on for 2009. Lowell says we can expect changes on all levels. Gas taxes will increase 10 cents or more a gallon to fund much needed highway repairs. The state is at a 2 billion dollar deficit so we are surely going to see all kinds of surcharges to make up for this. Hotel tax revenue is not coming in as expected since tourism is down and raising sin taxes will not get us the kind of revenue we need. We need to stimulate the economy but people have to consume within their means.

Joy in Our Town #012709A	30:00	15:00	L	PA/O	2/16/09	8:30am
					2/17/09	12:30am
					2/19/09	12:30am

Chuckie talks with Lowell Kalapa of the Tax Foundation of Hawaii on Act 221. It is not bringing in the revenue expected and the tax credit has too few checks and balances. Over 638 million has been claimed in tax credits under this bill since 2001 and only 1,400 jobs have been created which is not a good return. The credit is up in 2010 and they will be looking at extending it. The whole purpose of the bill was to increase our tech companies and jobs to make up for the loss of tourism but it is not working because businesses are finding it too costly to do business in Hawaii. These tax credits resulted in loss of money to the state which should have been spent on supersizing our universities. The credit is only benefiting the rich.

Joy in Our Town #012709B	30:00	15:00	L	PA/O	2/20/09	10:00am
					2/21/09	12:30am
					2/23/09	8:30am
					2/24/09	12:30am
					2/26/09	12:30am

Chuckie talks with City Council Member, Gary Okino on updates for our transit system. Gary says the state is facing a billion dollar deficit and they want to take the rail revenue collected through our ½% excise tax increase allotted for the rail transit, away from the City to make up for this. If they are successful this will cause all kinds of delays for our rail construction and budgets will have to be redone and we could even loose Federal money designated for rail. This would stop the creation of 11,700 jobs which are much needed in these bad economic times. He talks of costs related to changing the route of the rail but says it should pay for itself with 7000 more expected riders on the new route.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Civic Affairs</i>							
Joy in Our Town #120908B		30:00	15:00	L	PA/O	1/02/09	10:00am
						1/03/09	12:30am
						1/05/09	8:30am
						1/06/09	12:30am
						1/08/09	12:30am

Chuckie interviews Senator Gary Hooser on Hawaii's energy future. We have to deal with consumption and look at ways to cut back on usage. One bill that has been passed says that every new home built in 2010 and beyond is required to have a solar water heater. Gary also says we have to change the culture regarding our automobile size, change light bulbs to CFLs and look at having roof treatments that cool your house. He discusses means of renewable energy too.

Joy in Our Town #011309B	30:00	15:00	L	PA/O	1/30/09	10:00am
					1/31/09	12:30am
					2/19/09	1:00am

Chuckie talks with Rev. Danny deGracia II, Public Relations Assistant to Rep. Pine about a bill that is going to be introduced establishing Religious Freedom Day. He tells us Hawaii has a lot of spiritual heritage and we respect this. This is not intended to show preference to any religion. This has grown out of a bill for Peace Day introduced a while back. Here in Hawaii we respect all religions. We believe we have freedom of religion not freedom from religion. The bill will be heard in the Tourism Culture and International Affairs Committee.

Joy in Our Town #012709B	30:00	15:00	L	PA/O	2/20/09	10:00am
					2/21/09	12:30am
					2/23/09	8:30am
					2/24/09	12:30am
					2/26/09	12:30am

Chuckie talks with City Council Member, Gary Okino on the recent EPA rescinding of our waiver for waste treatment. Because they have unnecessarily revoked our waiver we will have to upgrade our treatment plants which will cost over a billion dollars not to mention annual operating costs. Gary says that scientist have actually been monitoring, on a monthly basis, our near shore water and even water a mile and a half out and there have been no findings of harmful bacteria. Hawaii is a unique situation but the EPA just wants everyone to comply with the same rules regardless. Our sewage fees on our water bill will continue to go up as the required improvements are being made.

Joy in Our Town #031009B	30:00	15:00	L	PA/O	03/20/09	10:00am
					03/21/09	12:30am
					03/23/09	8:30am
					03/26/09	12:30am

Chuckie interviews Frank Lavoie, Chair of the Downtown Neighborhood Board #13 and Lynne Matusow, Neighborhood Board Member #13 on some of the issues they are facing in their neighborhood. Frank explains there are a lot of drinking, prostitution and homeless problems. The homeless are sleeping and hanging out in the park and intimidating the people and children who want to use the park. At night, since the park is closed, the homeless sleep on the business doorways blocking them. There was also a problem of gambling and drug dealing so the board had the trellises on River St. removed so people couldn't hide under them. The board has worked with Safe Haven in the past to get homeless off the streets and has been successful. They started an event called First Fridays that is encouraging people to come downtown at night because the more presence the community has in the area the less crime and other problems there are especially at night.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Health</i>							

Joy in Our Town #112509D	30:00	15:00	L	PA/O	1/09/00	10:00am
					1/10/09	12:30am
					1/12/09	8:30am
					1/13/09	12:30am
					1/15/09	12:30am

Chuckie interviews Patti Bazin, health care branch administer for the Department of Human Services, who tells us that many of their clients, 65+ or disabled, have a hard time finding health care providers for special services such as long term care or doctors who are specialist. To help with this the state is implementing a new health care program called QUEST Expanded Access. People will be able to get managed care through an assigned service coordinator starting Feb. 1, 2009. Doctors will also be able to refer their patients as needed.

Joy in Our Town #112509D	30:00	15:00	L	PA/O	1/09/00	10:00am
					1/10/09	12:30am
					1/12/09	8:30am
					1/13/09	12:30am
					1/15/09	12:30am

Chuckie interviews Patti Bazin, health care branch administer for the Department of Human Services, Erhardt Preitauer Executive Director Ohana Health Plan and Debbie Hughes Director of Operations Evercare-Hawaii. Erhardt explains that through a service coordinator, they develop care plans that meet individual needs, following clinical guidelines and incorporating the client's family. Now the patient's information will follow them so all their care providers are informed of the drugs they are on and the care they need. Prior to this the system was fragmented. Debbie says they also have translators available.

Joy in Our Town #031009C	30:00	15:00	L	PA/O	03/27/09	10:00am
					03/28/09	12:30am

Chuckie interviews Amy O'Hora, CHADD Parent 2 Parent instructor (Children and Adults with Attention Deficit/Hyperactivity Disorder) on ADHD in children. Amy says it is a neurobiological disorder. She shares several of the myths associated with ADD. Positive reinforcement and clear expectations are central to behavior modification. Many children are misdiagnosed. Parents are obligated to give their child a path that will work for them.

Joy in Our Town #031009C	30:00	15:00	L	PA/O	03/27/09	10:00am
					03/28/09	12:30am

Chuckie interviews Amy O'Hora, CHADD Parent 2 Parent instructor (Children and Adults with Attention Deficit/Hyperactivity Disorder) on ADHD in adults. She herself has been diagnosed as having adult ADD. Amy says you can have symptoms of ADD and not be impaired but it's when the symptoms impair your life that there is a problem. ADD adults have a hard time in social situations. Hyperactivity is unusual in adults. Many don't believe there is such thing as adult ADD. Education is the key to diminish the shame.

Doctor #195	to	Doctor	28:30	28:30	REC	PA/O/E	01/13/2009	9:30 AM
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Dr. Pat Riley talks about how our bodies need vitamins for every task. It's important to eat a well balanced diet filled with colorful veggies and fruits. It may be also necessary to take a multivitamin. **Dr. Hale Akamine** talks about ways to be happy. It's important to have good friends, optimism, appreciation and purpose. **Dr. Robert Gear** talks about understanding tissue circulation. Nerves travel to all the areas of our body and how blood is able to flow throughout the whole body. When the spinal cord twists, it can hinder the circulation in the body.

Doctor #196	to	Doctor	28:30	28:30	REC	PA/O/E	01/20/2009	9:30 AM
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Dr. Jace Wolfe talks about hearing loss. It may be caused by genetics, exposure to high levels of noise or exposure to gunfire. A couple of ways to prevent it are staying away from loud noise and wearing hearing protection. **Dr. Leon Mellman and Dr. Zev Mellman** talk about chiropractic wellness. It's important to measure the nervous system to get a starting point on your health. It's important to eat right, exercise and get adjusted on a regular basis. **Dr. Thomas DiStefano** talks about hip problems. It can be inflamed or irritated or become a bursitis. There are usually ways to treat it without surgery. It's important to get a physical exam and x-rays to see what the problem is.

Doctor to Doctor 28:30 28:30 REC PA/O/E 01/27/2009 9:30 AM
#197

Dr. Eileen Silvia talks about cleansing, balancing and oxygenating the body. It's important that our colon and liver are being cleansed regularly. We can do this by drinking plenty of water, exercising, limiting stress, eating lots of fiber and getting lots of rest. **Dr. Malcolm Hill** talks about making healthier food choices. Healthier foods are found on the outer aisle of the grocery store. It's important to eat fruits, vegetables, nuts and whole grains. It is also important to drink plenty of water. **Dr. Chip Abbadessa** talks about the spine and nervous system. The spinal cord connects the brain to the rest of the body. The spine can lose its normal alignment and have subluxation. This can cause problems by getting in the way of the messages being sent to the brain. It's important to maintain proper posture and to get spin adjustments when necessary.

Doctor to Doctor 28:30 28:30 REC PA/O/E 03/10/2009 9:30 AM
#203

Dr. Scott Farhart talks about hot flashes that are associated with menopause. It is caused by the skin temperature rising 4-7 degrees and the cooling back down. It can happen both during the day and night. Sleep medications may be helpful in falling back to sleep after a hot flash. **Dr. Hale Akamine** talks about fear and anxiety. It is an anticipated perception that something negative will happen. Due to high stress or emotions, we may think a situation is worse than it is. It is important to get calm emotionally and refocus thoughts. Exercise and talking may be helpful in dealing with it. **Dr. Stefan Flink** talk about spinal health. The spine can interfere with the nerves and that can affect how other organs in the body function. This can then cause other problems in our body's system. It's important to have your spinal column checked on a regular basis.

Doctor to Doctor 28:30 28:30 REC PA/O/E 03/17/2009 9:30 AM
#204

Dr. Dale Peterson talks about strokes or also known as a cerebral vascular accident. It is due to a brain vessel being damage or having an accident. There is Ischemic stroke where the blood supply is cut off. There is also a Hemorrhagic Stroke where a weak spot causes bleeding in the brain. It is important to seek medical attention if signs of a stroke are present. **Dr. Margaret Nagib** talk about eating disorders. Anorexia involves the person refusing to maintain an appropriate body weight. Bulimia involves a cycle of bingeing and purging. Binge eating disorder involves compulsive eating and the person feeling a lack of self control. Treatment needs to involve a team of specialist to help with the different areas it affects. **Dr. Kent Bartell** talks about food. It is important to avoid processed or canned foods because they can contain toxins that are harmful to the body. It is important to eat fresh fruits and vegetables. Drink lots of water and get plenty of rest each night.

Doctor to Doctor 28:30 28:30 REC PA/O/E 03/24/2009 9:30 AM
#205

Dr. Melissa Walker talks about Prostate Cancer. Cancerous cells found in the prostate gland can be either fast or slow growing. You can be at risk if you are male, have a family history of it, 50 years or older and have a high fat diet. There is a digital rectum exam and Prostate Specific Antigen that can test for it. **Dr. Samuel Dagogo-Jack** talks about doctor's human understanding. It's important that a doctor have technical skills, scientific knowledge and human understanding. Patients often want to be diagnosed, enlighten, prognosis, treatment and hope. **Dr. Jace Wolfe** talks about hearing loss. It is the most common disability for children at birth. Lack of speech and language from 0-4 can cause irreversible consequences to the areas of the brain that process speech and language. It's important that infants are screened at birth and receive either hearing aid or therapy.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Crime

Joy in Our Town #120908A	30:00	15:00	L	PA/O	1/17/09	12:30am
					1/19/09	8:30am
					1/20/09	12:30am
					1/22/09	12:30am
					1/29/09	1:00am

Chuckie interviews Leilani Tan, Deputy Prosecuting attorney City & County of Honolulu and Cyndi Keller, Victim/Witness Advocate Honolulu Prosecuting Attorney's Office. Leilani says they have 600-900 cases reported a year, 2-3 cases a day of child sexual abuse in Hawaii. In many cases the perpetrator is a family member. Children fear they will not be believed and the perpetrator preys on that fear and makes threats. Cyndi tries to make the court process less scary for the child and the family. Victims who go through therapeutic programs are more likely to live a better life and stop the cycle of abuse that can follow a victim. Leilani says it is important to listen, believe and support your keiki.

Joy in Our Town #011309A	30:00	15:00	L	PA/O	1/23/09	10:00am
					1/24/09	12:30am
					1/26/09	8:30am
					1/27/09	12:30am
					1/29/09	12:30am

Chuckie interviews Senator Fred Hemmings of the 25th Senatorial District and Representative Kymberly Pine of the 43rd District on a bill that would make killing an unborn baby in the womb through assault of the mother a crime. Senator Hemmings introduced this bill last year and since it didn't go through he will do so again this year. He says this is a right that is taken away through a criminal act and should be considered murder. Rep. Pine says the baby should have the same rights as the mother. Senator says we have a high rate of spouse abuse here in the state and this bill could protect the unborn in such situations. This does not affect abortions done by doctors.

Joy in Our Town #031009A	30:00	15:00	L	PA/O	3/13/09	10:00am
					3/14/09	12:30am
					3/16/09	8:30am
					3/17/09	12:30am
					3/19/09	12:30am
					3/26/09	1:00am

Chuckie interviews Executive Director Leah Marx of MADD on the crime of drinking and driving. Hawaii has the most alcohol related traffic fatalities in the nation. 50% of our traffic deaths are alcohol related. This leaves many families devastated. MADD is trying to pass legislation requiring all offenders to be required to have Ignition Interlock installed in their cars. Leah explains how this would work. The offender would have to pay for the device monthly. If the bill passes this would be instituted in 2010. DUI crashes are 100% preventable.

Joy in Our Town #031009B	30:00	15:00	L	PA/O	03/20/09	10:00am
					03/21/09	12:30am
					03/23/09	8:30am
					03/26/09	12:30am

Chuckie interviews Frank Lavoie, Chair of the Downtown Neighborhood Board #13 and Dolores Mollring, Neighborhood Board Member #13 on crime in the downtown area. Dolores explains that there is a big drug dealing, prostitution and graffiti problem in this Weed & Seed area and anyone caught is banned from the area and goes to federal prison. They have formed citizen patrols which are the eyes and ears for the police. The police have done drug and john stings which gets rid of the problem for a little while because others come in and start the same thing up again. The graffiti is costing businesses money for repainting etc. The patrol walks the streets on certain nights and reports to the HPD anything they feel is relevant.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Joy in Our Town #120908A	30:00	15:00	L	PA/O	1/17/09	12:30am
					1/19/09	8:30am
					1/20/09	12:30am
					1/22/09	12:30am
					1/29/09	1:00am

Chuckie interviews Alfred Herrera, President and Caroline Thomas, Clinical Director of The Children's Alliance of Hawaii who provides care and support for victims of sexual child abuse. Alfred tells us there are about 700 victims on Oahu and Kauai ages infant to 21. Caroline says their goal is to teach kids to use their bodies as a metaphor for what they've gone through; try to give them back the innocence they've lost. She describes the intake process, the support system and how each case needs to be looked at individually. They tend to get more female victims but they attribute that to the fact that males are more reluctant to report such a crime.

Joy in Our Town #021709B	30:00	15:00	L	PA/O	2/27/09	10:00am
					2/28/08	12:30am
					3/02/09	8:30am
					3/03/09	12:30am
					3/05/09	12:30am

Chuckie interviews Executive Director for Positive Connections, Allan Silva, who says youth these days don't believe in themselves and they don't know who they're suppose to be this is why we have such a problem with school attendance, tardiness, high dropout rate, drugs and gangs. Allan explains his ALOHA curriculum and how it is based on a state law which he uses in the youth programs he teaches even in the DOE. He uses basketball clinics to reach kids too. He says kids just want to be liked and feel good about themselves.

Joy in Our Town #021709C	30:00	15:00	L	PA/O	3/06/09	10:00am
					3/07/08	12:30am
					3/09/09	8:30am
					3/10/09	12:30am
					3/12/09	12:30am

Chuckie interviews Director for 808 Urban, John Hina, who agrees graffiti is a big problem and he was part of the problem in the 80s. John believes people do it for fame or for self expression. It is considered property damage and the minimum penalty is 80 hours community service and paying for the damage done. It can be gang related. John says that he noticed everything was anti graffiti but the truth is graffiti is not going away so he set up some walls at his house and encouraged kids to do their graffiti on that. This gave him a chance to work with the youth and develop and channel their energy and talents to do positive legal things in the community like murals. He works with the kids as well as professional adults and offers either group to do murals on businesses, offices, etc. with the owner's approval of course.

Joy in Our Town #031009A	30:00	15:00	L	PA/O	3/13/09	10:00am
					3/14/09	12:30am
					3/16/09	8:30am
					3/17/09	12:30am
					3/19/09	12:30am
					3/26/09	1:00am

Chuckie interviews Executive Director Leah Marx of MADD on the underage drinking problem in Hawaii. Locally the age at which kids start drinking is lower than the national average. Hawaii law is 21 and over can drink alcohol. Prior to 21, our brain is still developing and alcohol can negatively affect this process. There is a 0 tolerance law for anyone under 21 having alcohol. There is a Use & Lose law that anyone under 21 having alcohol, even if it's not consumed, can lose their license. We also have a Social Host law that says if you let anyone under 21 drink alcohol at your house or event and they get into an accident you can be sued. MADD encourages alcohol free events for kids to keep them busy and they also educate the kids starting in elementary school about the effects of alcohol.

<i>Issue/Problem Family</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
Joy in Our Town #021709B		30:00	15:00	L	PA/O	2/27/09	10:00am
						2/28/08	12:30am
						3/02/09	8:30am
						3/03/09	12:30am
						3/05/09	12:30am

Chuckie interviews Executive Director for Positive Connections, Allan Silva, who says the family is the number one component for a child's success. When he counsels parents he reminds them of why they became a parent which usually breaks them. His biggest advice to parents is to stay involved in every aspect of their child's life. Keep kids involved in clubs, sports, etc. He also lets us know that parents don't have to do it alone. There are community resources out there such as YMCAs, Parks & Rec, etc. but they have to call and get their child enrolled and stay involved. Most important is to continue to love your child.

Joy in Our Town #021709C	30:00	15:00	L	PA/O	3/06/09	10:00am
					3/07/08	12:30am
					3/09/09	8:30am
					3/10/09	12:30am
					3/12/09	12:30am

Chuckie interviews Director for 808 Urban, John Hina who has found a way to work with families especially in low income areas, through art, to help them feel more connected to their young people. He has the youth interview parents and grandparents on the family history and then translate the information they have acquired into art. He teaches the kids how to convey messages through art. John tells us a success story of how he helped connect a young man to his family. There are requirements that have to be met to stay in his program such as keeping up your grades and behavior checks. He gets many calls from parents and meets with them before taking on their child, giving the parents periodic updates on the progress of their child and advice on how they can continue the reinforcement at home.

Trinity Broadcasting Network

Quarterly Report

April, May, June 2009

KAAH –TV Channel 27 Honolulu, Hawaii

Ascertainment list

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from TBN viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible.

Economy

Health

Housing

Homeless

Civic Affairs

Youth

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Economy

Joy in Our Town #030408C	30:00	15:00	L	PA/O	4/06/09	8:30am
					4/07/09	12:30am

Chuckie interviews Melissa Pavlicek, Hawaii State Director National Federation of Independent Business, who tells us small business is a business independently owned and not publicly traded. Hawaii has a large amount of small businesses, many owned by women. Small business owners face many challenges in Hawaii and they don't have time to lobby so they depend on people like her to fight for them. Melissa explains two bills that are in the legislature right now. While they sound good, they would hurt the employer in the long run. If these bills should pass some small businesses may be forced to close because they cannot afford it.

Joy in Our Town #030408C	30:00	15:00	L	PA/O	4/06/09	8:30am
					4/07/09	12:30am

Chuckie interviews Melissa Pavlicek, Hawaii State Director National Federation of Independent Business, who tells us that because Hawaii has an aging population many will be leaving the work force and already businesses have had to close because they can't find workers here. They have been looking into hiring older employees, retirees and handicap. The funds to train these employees have to come from state grants and other sources because the small businesses can't afford to pay for training. Education is important and we need to support the UH and community colleges through internships. Creative ways to address employees needs are being looked at, retention and incentives, that don't cost the employer. 80% of small businesses in Hawaii have 7 or less employees. Hawaii's employee pool is very limited.

Joy in Our Town #093008B	30:00	15:00	L	PA/O	5/29/09	10:00am
					5/30/09	12:30am
					6/01/09	8:30am
					6/02/09	12:30am
					6/04/09	12:30am

Chuckie talks with Marsha Wienert Tourism Liaison for the State of Hawaii who says Hawaii tourism has had phenomenal growth in 2004, 05 & 06 but has seen a decline starting in 2007. World events have affected our tourism market and we have not seen the usual heavy amount of revenue in the July/ Aug. months that carry the tourist businesses through to the end of the year. They are doing everything they can, like ad campaigns, partnerships, package deals, to encourage travel to Hawaii from US North and Canada especially. The value of a Hawaii vacation is the best it's ever been right now.

Joy in Our Town #093008B	30:00	15:00	L	PA/O	5/29/09	10:00am
					5/30/09	12:30am
					6/01/09	8:30am
					6/02/09	12:30am
					6/04/09	12:30am

Chuckie talks with Marsha Wienert Tourism Liaison for the State of Hawaii who tells us of the international markets they are working on to bring tourists to Hawaii. South Korea & China have opened to us and they've been working on making them visa waiver countries. They are believing for the tourism number from these countries to double and triple to Hawaii in the next year or so. Cultural heritage is what Hawaii is promoting. One of the Community Colleges is providing training for employees in the travel industry on cultural nuances so they can make the foreign travelers feel more comfortable during their stay here. Destination weddings and the shopping experience seem to draw the people from China and South Korea.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Economy

Joy in Our Town	#060909B	30:00	15:00	L	PA/O	6/12/09	10:00am
						6/13/09	12:30am
						6/15/09	8:30am
						6/16/09	12:30am
						6/18/09	12:30am

Chuckie interviews Honolulu Councilmember Duke Bainum who says because we did not plan properly in prior years we now have a budget problem. He says some tough decisions need to be made and every department has to be policed for waste. The people are being hit with all kinds of tax increases. He gives examples of how the increases are affecting people and tells of some places he found money that could be used more efficiently.

700 Club CBN NewsWatch		1:00:00	5:00	REC	PA/O/E	4/27/2009	12:00 PM
#042709							

Carolyn Castleberry , CBN News reporter, says besides being out of work, many Americans are now upside down in their homes. Their houses aren't worth what they paid for them. But there are options to simply not paying your mortgage. It begins with a phone call and that's the hardest part, admitting there's a problem. And timing is everything. Option one: a short sale. This is where the lender agrees to take less for the property, releasing their lien and allowing you to sell it. But like every financial transaction, you have to read the fine print. This type of sale releases the lien against the property, but doesn't necessarily release the individuals from the obligation to pay the debt. For example, if someone owes \$300,000 and the bank says we'll take \$200,000 to release the lien, so that your buyers can buy the property, you still may owe the lender the \$100,000 difference. And lenders may not tell you that which is why you need to negotiate a "release" from the remaining debt. The company may not let you out of all of it, but you can negotiate it down. Option two: deeding the home back to the lender. This is called a deed in lieu of foreclosure. This still goes on your credit, but you can make the argument that you were willing to work with your lender on this problem. Option three: a loan modification. A loan modification begins with a call to the lender, which is something you can do yourself to reduce the rate you're paying or to extend you time to pay it back. Bankruptcy and foreclosure should be your last options. Bankruptcy may keep you in your home, but it will stay on your credit for 7 years. Foreclosure sends another damaging message that you weren't cooperating with the lender and they had to go through the judicial process to take the property back.

700 Club CBN NewsWatch		1:00:00	5:00	REC	PA/O/E	6/01/2009	12:00 PM
#060109							

It starts with something called your FICO score which can impact everything from how much you pay for a loan - the lower your score the higher your interest rate - to how fast you can get out of debt - the higher your interest rate, the higher your monthly bills. It can even impact whether or not you get your next job. This equation starts with something simple, paying your bills on time. Payment history accounts for 35 percent of this score. The next part of the puzzle hurts people the most. It's the amount you owe on revolving debt, like credit cards, which adds up to 30 percent of your score. Go above that 30 percent limit and your score will go down. It's a sign that you may start maxing out your cards, so here's a new strategy for tackling your debt. This is different; something you've probably never heard before. Bring all of your balances down, then tackle them one-by-one. If not, your score will stay low and your interest rates will stay high, costing you money. Bureaus also look at your credit mix which is 10 percent of your score, because not all credit is the same. It's important to understand the type of credit you have and having a good manageable mix. For example, that car payment is considered installment debt, because there is an end in sight, as opposed to credit cards. These are known as revolving debt because, if you're not careful, they may never go away. Rounding out your score is "pursuit of new credit," which adds up to 10 percent of your score. In other words, think twice before opening new department store accounts, no matter what kind of discount these stores are offering. Finally, your length of credit history accounts for 15 percent of your FICO score. It is an indication of how long you have had that creditor and how well you have paid them.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Health

Joy in Our Town #061008D		30:00	15:00	L	PA/O	4/13/09	8:30am
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Chuckie interviews Cathy Yamamoto Tanaka, Departmental School Health Coordinator, who tells us that the DOE has put wellness guidelines in place, using national standards, to help schools promote wellness. This governs vending machines, fundraisers, snacks teachers bring to school for the class, etc. Over 70% of our kids do not eat the RDA and many are obese. Type 2 diabetes is now being seen in younger children when it was formerly seen mostly in adults. Healthy kids are better able to learn. Cathy gives examples of school breakfasts and lunches following these guidelines.

Joy in Our Town #061008D		30:00	15:00	L	PA/O	4/13/09	8:30am
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Chuckie interviews Cathy Yamamoto Tanaka, Departmental School Health Coordinator, on physical activity in the schools. 70% of High schools are not meeting physical activities requirements. In an effort to meet the requirements, schools are incorporating technology in physical education through the use of programs such as Dance Revolution and tools like heart monitors and pedometers. Rock climbing walls are being installed. School staff is included in this too as well as the afterschool programs. By 2011 all wellness components have to be in place and will be monitored by the state.

Joy in Our Town #041409C		30:00	15:00	L	PA/O	5/01/09	10:00am
						5/02/09	12:30am
						5/04/09	8:30am
						5/05/09	12:30am
						5/07/09	12:30am

Chuckie interviews Executive Director Jean Evans of the American Lung Association of Hawaii who tells us that over 154,000 people have lung disease in Hawaii. We have the 2nd highest asthma rate for children in the nation and native Hawaiians have the highest rate. Hawaii has many irritants such as pollen, dust mites, 2nd hand smoke. Since the no smoking in buildings law, the rate of affects of 2nd hand smoke are on a downward trend and Maui has passed a no smoking ordinance for their beaches and public parks. Jean tells us of some things we can do to build our lungs such as exercise and staying away from 2nd hand smoke which may include staying away from barbeque smoke.

Joy in Our Town #050509B		30:00	15:00	L	PA/O	5/15/09	10:00am
						5/16/09	12:30am
						5/18/09	8:30am
						5/19/09	12:30am
						5/21/09	12:30am

Chuckie interviews Marya Grambs, Executive Director for Mental Health America of Hawaii who tells us that mental illness is treatable and people can recover from. 1 out of every 5 people has a mental illness. 24,000 people in Hawaii have a severe mental illness. Marya explains the different venues available for treatments including 10 highly successful clubhouses in Hawaii for day treatment. She tells us that budget cuts have greatly affected treatment for the severely ill which could be dangerous and compromises the quality of life for all of us. One plus is that the police force is recognizing the need for psychologists as there is a rise in mentally ill incidences and they have added 3 psychologists to the force on call at all times.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
Health	700 Club CBN NewsWatch	1:00:00	6:00	REC	PA/O/E	4/08/2009	12:00 PM
	#040809						

Lori Johnson, CBN News Reporter, says fad diets are popular because you do lose weight at first, but they're nearly impossible to stick to, so you gain back the weight. Nutritionist Joy Bauer says the diet that you can and should stick to for the rest of your life is one that promotes overall good health. "So the quality of what you eat, lean proteins, lots of fresh fruits, vegetables, high fiber, whole grains -- those are the right foods that you want to be eating throughout the day that will leave you feeling energetic, empowered, while the weight comes off." Aim for nine servings of fruits and vegetables a day, which sounds like a lot, but really, it's just a cup and a half of veggies at lunch and again at dinner and two fruit snacks. The best cancer-fighting foods are colorful. The brighter the better: Red bell pepper, blueberries, strawberries, broccoli. Get a gorgeous complexion with beta carotene, like spinach, kale, carrots, sweet potatoes, and pumpkin. And for your heart, the best foods are omega-3 fats. "Fatty fish like wild salmon, sardines are loaded and they're also nice and inexpensive when you buy them in the can in the grocery store. Ground flaxseeds contain omega 3s and walnuts can make a terrific omega 3 snack," she said. Omega 3s also boost your memory as does some produce. In fact, foods that have been shown to slow down memory loss, sometimes even reverse it are cruciferous vegetables like cabbage, foods like berries that contain anthocyanin, and quercetin in foods like onions. Coffee's good, too. "Thankfully, the research on coffee is two thumbs up. We find that coffee increases your alertness, your focus, and your memory -- it even reduces the risk for certain cancers. But you want to avoid it if you're pregnant, thinking about becoming pregnant or have insomnia," Bauer said. Millions of people think foods containing sugar, but nothing could be further from the truth. Sugar actually zaps your strength. It's deceiving, because sugar gives an energy boost moments after eating it, but minutes later, energy levels plummet lower than they were before eating sugar. The amount of water you need to drink varies on your size, the climate, how much you perspire and the foods you eat. For instance produce contains a lot of water so you don't need to drink as much. But generally you should drink 64 ounces each day.

Doctor to Doctor #212	28:30	28:30	REC	PA/O/E	05/26/2009	9:30 AM
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Dr. Stefan Flink talked about chiropractic adjustment and how a thrust is put upon the spinal cord or spinal column. Activator methods are used in an instrument and this is a hand held instrument its either manual operated or they come in an electrical which is more a sensor that allows doing a quicker adjustment. **Dr. Dale Peterson** talked about multiple sclerosis. Symptoms are brief episode of blurred or double vision, vague numbness or tingling on one side of the body and unexplained muscle weakness. OPC allows nutrients to get the nervous system more effectively. **Dr. Hale Akamine** talked about road rage and how it puts people at risky behaviors. Talking to one self eventually unleashes angry and often dangerous responses. Talk to love ones if they have road rage it should be brought up to their attention but never during a road rage situation

Doctor to Doctor #213	28:30	28:30	REC	PA/O/E	06/02/2009	9:30 AM
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Dr. Tonya Lyons Anderson talked about illnesses that show signs in the month. Diabetes, high blood pressure and HIV are the types of illnesses that have oral manifestation. See dentist at least twice a year get a complete exam so that they can catch any bacteria or decay in time. **Dr. Armando Pineda-Velez** talked about high blood pressure and how it's not a disease it only means that you have your blood pressure higher than normal, which puts you at risk of a heart attack or stroke. High blood pressure can be treated with medication. **Dr. Carl Schmidt** talked about junk food. You make a product more acidic when it has fructose corn syrup. Natural ingredients sound good but it could have MSG or other preservatives that have chemicals that can harm us. Train yourself to eat healthy and make better choices.

Doctor to Doctor #214	28:30	28:30	REC	PA/O/E	06/09/2009	9:30 AM
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Dr. Ace Anglin talked about plantar warts and how they are caused by a virus that may affect the foot. It affects the bottom or the plantar surface of the foot. It's not dangerous but is extremely painful. To prevent warts keep foot moist and dry. If you have warts and they do not go away see your physician. **Dr. Caroline Leaf** talked about how our mind can affect the way we function. Attitude is a state of mind that will influence the brain. There are three places in the brain we can control our attitude, the outer part, the middle which is a very strong physical reaction and in the front where we have a free will. **Dr. Randy Burden** talked about diabetes and how it is characterized by an increase in your blood glucose or blood sugar levels that can be above normal. It can also cause a heart attack or stroke. Diabetes can be prevented or delay by incorporating a lifestyle change and increasing your activity and losing 5% to 10% of your body weight.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Health

Doctor #215	to Doctor	28:30	28:30	REC	PA/O/E	06/16/2009	9:30 AM
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Dr. Chauncey Crandall talked about Diet. Most people start a diet when they are diagnosed with diabetes or hypertension. We should be eating 3 to 4 small meals a day. Focus on the number of calories. You should be taking 1200-1400 calories a day for weight reduction. **Dr. C. Mack Sewell** talked about the pandemic influenza. Influenza becomes pandemic when there is a novel influenza strain without natural immunity it can be transmitted person to person. To avoid influenza avoid exposure, get vaccinated, get anti-viral treatment, wash your hands and cover your mouth when you cough or sneeze. **Dr. Monica Allison** talked about orthokeratology (Ortho-K). The cornea is the front surface of the eye it's the clear part of the eye were we see through. Ortho-K is a process where they reshape the front surface of the eyes using special contact lenses that you can sleep in at night. People that are nearsighted can get this treatment. It is a safe process and can see an immediate improvement in your vision.

Doctor #216	to Doctor	28:30	28:30	REC	PA/O/E	06/23/2009	9:30 AM
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Dr. Zev Mellman talked about posture. Structure determines function. If someone's head is tilted that is compressing their nerve system and how those cells and cellular posture your heart and lungs. Exercise and seek advice from your physician. **Dr. Glen Steele** talked about Infant see. If a baby don't look, don't follow, and are not aware of their parents the baby may have a vision problem. Glasses can take care of the problem, but other times you want to monitor and prescribe guidance activities like putting babies on their stomach. **Dr. Margaret Nagib** talked about dual diagnosis and co occurrences. These can cause eating disorder, substance abuse or alcohol problems. Treatment for eating disorder and OCD involves medication and behavioral management. Effective treatments also involves thorough assessment.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Housing

Joy in Our Town #041409B		30:00	15:00	L	PA/O	4/17/09 4/20/09	10:00am 8:30am
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Chuckie interviews Representative Rida Cabanilla who chairs the housing committee. She says there is never enough public housing or affordable housing. She is trying to move the Public Housing Authority to come under the Dept. of Human Services which would cut costs to run and be more regulated. Representative talks of property in Kalaeloa and their discussion of using it for public housing or more shelters. She also mentions a 5 year plan and eviction policy she is hoping the legislature will pass governing the people who would occupy public housing.

Joy in Our Town #041409D		30:00	15:00	L	PA/O	4/24/09 4/27/09 4/28/09 4/30/09	10:00am 8:30am 12:30am 12:30am
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Chuckie interviews Executive Director for the State of Hawaii Office of Consumer Protection, Stephen Levins who tells us to beware of mortgage fraud. Because of the many foreclosures happening right now there are many scams out there promising to help you not lose your house. He tells of how some of the scams operate and advises to call your mortgage company and see if they will work with you first. Stephen also mentions how to get free help from HUD. He advises people to have a healthy dose of skepticism.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Housing</i>							

Joy in Our Town #050509C	30:00	15:00	L	PA/O	5/22/09	10:00am
					5/23/09	12:30am
					5/25/09	8:30am
					5/26/09	12:30am
					5/28/09	12:30am

Chuckie interviews Michelle Kauhane, Executive Director for Hawaiian Community Assets who tells us that in the past 3-5 years home ownership was viable but today it seems out of reach. Families need to have stellar credit, money in the bank and credit scores in the 700's. There is no clear definition of affordable homes in Hawaii. Right now an affordable home is in the \$400,000 range. Our families are working 2 and 3 jobs to afford a house. Michelle explains the pre-purchase steps one should take if they want to own a home. There are opportunities with the declining home prices.

Joy in Our Town #050509C	30:00	15:00	L	PA/O	5/22/09	10:00am
					5/23/09	12:30am
					5/25/09	8:30am
					5/26/09	12:30am
					5/28/09	12:30am

Chuckie interviews Michelle Kauhane, Executive Director for Hawaiian Community Assets, who tells us that from the end of 2008 until now the foreclosure rate has increased 340%. By the end of 2009, 5600 families will be in foreclosure. Close to 27,000 families are 2 months behind on their mortgage payments. Because of the widespread foreclosure problem, lenders are willing to work with families. Michelle says people have to get over the feeling of shame and ask for help right away in order to save their homes. The longer they wait the more impossible it will be to help them.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Homeless</i>							

Joy in Our Town #041409B	30:00	15:00	L	PA/O	4/17/09	10:00am
					4/20/09	8:30am

Chuckie interviews Representative Rida Cabanilla who says the homeless will always be with us and their reasons for being homeless are so diverse. The state doesn't have the funds to handle this huge problem so they are glad the faith based organizations are stepping up to the plate. Many homeless don't want to follow rules so they don't go to the shelters. She mentions one of her ideas of having foster homes for the homeless which would cost less per person than running a shelter.

Joy in Our Town #041409A	30:00	15:00	L	PA/O	5/08/09	10:00am
					5/09/08	12:30am
					5/11/09	8:30am
					5/12/09	12:30am
					5/14/09	12:30am

Chuckie interviews Alika Campbell, Program Coordinator for Youth Servies and Monica Senin, Case Manager of Hale Kipa along with Kiana Rivera Community Health Educator for the Waikiki Health Center, on the homeless youth problem. Alika tells us that there are a wide range of reasons for homeless youth including runaways, throwaways, abused youth and homeless families with youth. There are about 200 open runaway cases a day in Hawaii. Monica says they provide a drop in center where youth can eat, take a shower etc. and get counseling. Kiana does street outreach to try to get the kids to use the center. Alika says many discover the rules on the street are harder to follow than at home and return home. They serve youth 13-22 with the majority being in the 13-19 range. Kiana says a success story is one where the youth comes into the center and makes use of their program.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Homeless

Joy in Our Town #062309A	30:00	15:00	L	PA/O	6/26/09	10:00am
					6/27/09	12:30am
					6/29/09	8:30am

Chuckie interviews Housing Programs Director, Betty Lou Larson of Catholic Charities Hawaii who tells us that the tough economic times, people losing their jobs and not having adequate jobs to support a home all contribute to the homeless problem in Hawaii. She tells us of a Rental Housing Trust Fund set up by the legislature to build affordable housing and TANIF funds that help people get into housing and enable them to stay there. The band aid solution is transition shelters but we really need to have housing ready for people to move into.

Joy in Our Town #062309A	30:00	15:00	L	PA/O	6/26/09	10:00am
					6/27/09	12:30am
					6/29/09	8:30am

Chuckie interviews Housing Programs Director, Betty Lou Larson of Catholic Charities Hawaii and Kent Anderson, the Executive Director of Family Promise of Hawaii. Kent says homelessness is a huge problem in Hawaii. 1500 people will experience this. 25% of homeless are children under the age of 6 and 40% are families with children. Substance abuse and mental illness also contribute to homelessness but we are seeing more and more working families in this situation. Betty tells of the Ready to Rent program which teaches families skills to be good renters, life choices, budgeting, etc. They both help to get families permanent housing.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Civic affairs

Joy in Our Town #041409D	30:00	15:00	L	PA/O	4/24/09	10:00am
					4/27/09	8:30am
					4/28/09	12:30am
					4/30/09	12:30am

Chuckie interviews Executive Director for the State of Hawaii Office of Consumer Protection, Stephen Levins who tells us that ID theft happens every day. Stealing mail is a common way of ID theft and technology provides a whole new venue for ID theft. He explains phishing. Stephen advises not to give out personal information through email or over the phone especially. He tells us there are laws now that require companies to keep your info secure. He also explains how you can put a freeze on your credit report.

Joy in Our Town #041409C	30:00	15:00	L	PA/O	5/01/09	10:00am
					5/02/09	12:30am
					5/04/09	8:30am
					5/05/09	12:30am
					5/07/09	12:30am

Chuckie interviews Executive Director Jean Evans of the American Lung Association of Hawaii about legislation being looked at regarding the tobacco settlement monies given to our state. Because of programs they were able to implement using this money, smoking in youth has decreased from 24.7% to 9.7% and in adults to 15%. The legislature wants to reduce their funding dramatically and use more of this money to balance the state budget. Jean says if this happens the smoking rate will go up again. Right now 12.5% of the money goes to their programs but the state wants to cut it to 2%. She also tells us of some banning of fireworks bills that have died and is hopeful that raising the user fees on this will discourage people from doing fireworks.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Civic affairs</i>							

Joy in Our Town #060509	30:00	15:00	L	PA/O	6/05/09	10:00am
					6/06/09	12:30am
					6/08/09	8:30am
					6/09/09	12:30am
					6/11/09	12:30am

Chuckie interviews Dennis Arakaki, Executive Director for Hawaii Family Forum who tells us that domestic violence is a big problem in Hawaii and the legislature tried to pass a bill to strengthen the TRO but it died. TROs give people a false sense of security. The budget cuts have affected domestic violence programs in a negative way. Karen's Law, another domestic violence bill, did not pass either but may be brought up again next year.

Joy in Our Town #060909B	30:00	15:00	L	PA/O	6/12/09	10:00am
					6/13/09	12:30am
					6/15/09	8:30am
					6/16/09	12:30am
					6/18/09	12:30am

Chuckie interviews Honolulu Councilmember Duke Bainum regarding the progress of Rail Transit. Duke says it is almost 3 years into the process and we are now at the point where we have to address EPA concerns. He feels we are rushing the project and is worried it will end up like the Superferry and have to be abandoned for lack of proper follow through and permits. He says if we do a partial elevated system verses a totally elevated system, we could save about half the cost. He hopes to convince at least 2 more council members to pause and relook at this project.

Joy in Our Town #061909	30:00	15:00	L	PA/O	6/19/09	10:00am
Video clip					6/20/09	12:30am
					6/22/09	8:30am
					6/23/09	12:30am
					6/25/09	12:30am

Chuckie introduces Governor Linda Lingle's video clip. The Governor gives her speech on the budget deficit and her plans to recover. She says we have a government we cannot afford. She mentions what has been done and what she will be doing, such as instituting furloughs for State workers over the next 3 years, making delayed payments on some bills, to balance the budget.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Youth</i>							

Joy in Our Town #041409A	30:00	15:00	L	PA/O	5/08/09	10:00am
					5/09/08	12:30am
					5/11/09	8:30am
					5/12/09	12:30am
					5/14/09	12:30am

Chuckie interviews Brandi Tamasa, Outreach Worker & Case Manager at Hale Kipa and Jeff Kaplan, Director of Youth Servies Waikiki Health Center. Jeff says the reality is that the vast majority of kids they work with are on some kind of drug. Some are self medicating with street drugs for their mental illness, some are using it to deal with everyday life. They see kids 11-22 with the majority in the 13-19 age range. Brandi says Waikiki has the biggest number of youth hanging out because of the night life. Jeff says most are local kids but there are some transients who have come here to pursue "the dream" and found it doesn't exist. Brandi says they do groups and she has personally taken girls to AA meetings. Jeff tells a success story.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Youth

Joy in Our Town #050509B	30:00	15:00	L	PA/O	5/15/09	10:00am
					5/16/09	12:30am
					5/18/09	8:30am
					5/19/09	12:30am
					5/21/09	12:30am

Chuckie interviews Marya Grambs, Executive Director for Mental Health America of Hawaii who explains that invisible children are those children who grow up in a home with a mentally ill parent. These children can suffer abuse and neglect because of this as she did. Our system of care is not set up to ask mentally ill patients if they have children. 70% of mentally ill adults have children. Best case scenario is for the adult to get treatment and the children to get help. The goal is to get our systems working together to provide services to families.

Joy in Our Town #060509	30:00	15:00	L	PA/O	6/05/09	10:00am
					6/06/09	12:30am
					6/08/09	8:30am
					6/09/09	12:30am
					6/11/09	12:30am

Chuckie interviews Alfred Herrera, President and Caroline Thomas, Clinical Director of the Children's Alliance of Hawaii who provides care and support for victims of sexual child abuse. Alfred tells us there are about 700 victims on Oahu and Kauai ages infant to 21. Caroline says their goal is to teach kids to use their bodies as a metaphor for what they've gone through; try to give them back the innocence they've lost. She describes the intake process, the support system and how each case needs to be looked at individually. They tend to get more female victims but they attribute that to the fact that males are more reluctant to report such a crime.

Joy in Our Town #061909	30:00	15:00	L	PA/O	6/19/09	10:00am
					6/20/09	12:30am
					6/22/09	8:30am
					6/23/09	12:30am
					6/25/09	12:30am

Chuckie interviews Jane Tampon, Student Transition Convention Coordinator and McKay Schwenke, Vice President of Adult Friends for Youth. Jane tells us that many kids have problems transitioning from grade school to middle school. They have fear, emotional and physical problems, bullying issues etc. Through the convention they communicate the message that it is important to choose the right friends and make good choices. A panel of their peers are made available so they can ask questions that they may have about transitioning. They use local entertainers to do skits about transitional and this eases the kids' fears.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Youth

700 Club CBN NewsWatch		1:00:00	6:00	REC	PA/O/E	4/14/2009	12:00 PM
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#041409

Heather Sells, CBN News Reporter, says today's media specialists are not just the librarian-turned-Internet-surfer at your child's school. It's parents. The job requirement? Monitor and mentor your child through often heavy use of cell phone, Internet, and other technological gadgetry. Cell phones. They're just the tip of the new media iceberg you may fear is headed your way. One Harris poll says more than half of all teens say their cell phone is key to their social life. And, they're good. Forty-two percent say they could text blind-folded! Besides cell phones, parents must oversee Internet use, video games, music and TV. Bottomline: For most, it's an overwhelming amount of content to help children navigate. When they go on-line, kids are always just a click away from danger. A recent Kaiser study found seven out of 10 kids accidentally view porn on the Internet. Ironically, much of the help to protect against dangerous new media can be found on the new media. For instance, Focus on the Family and Web-wise kids both have reliable, inexpensive filters you can download in minutes onto your computer. Other options -- you and your child can click onto [Cyberbully](#) for tips on online harassment. When it comes to TV, [ControlYourTV.org](#) shows you how to block entire channels or just specific programs using your TV and cable equipment. And when it comes to cell phones, there's [WebWiseKids](#) - a new interactive cell phone game teaches safety to a prime target: middle school age kids.

Trinity Broadcasting Network

Quarterly Report

July, August, September 2009

KAAH –TV Channel 27 Honolulu, Hawaii

Ascertainment list

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from TBN viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible.

Education

Civic Affairs

Substance Abuse

Health

Environment

Homelessness

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Thursday Oct. 1, 2009

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Education

Joy in Our Town #060909A	30:00	15:00	L	PA/O	7/02/09	12:30am
					7/06/09	8:30am
					7/07/09	12:30am
					7/09/09	12:30am

Chuckie interviews Pat Hamamoto, Superintendent Hawaii State Dept. of Education, regarding the budget cuts and their effects on the department as well as on learning. Pat says the budget was cut by 127 million dollars and will mean reduced classroom and teacher supports. They are working out reduction in salaries and 300 jobs have already been cut. She says majority of the budget is payroll. The closing of smaller schools has already started and they are looking to close more. They are also looking at all contracts to see if any cuts can be done there. Because summer programs are funded with Federal dollars there won't be any changes there.

Joy in Our Town #060909C	30:00	15:00	L	PA/O	7/10/09	10:00am
					7/11/09	12:30am
					7/13/09	8:30am
					7/14/09	12:30am
					7/16/09	12:30am

Chuckie interviews Andrea Barnes, Science teacher at Iolani school, and Jennifer Kuwahara, Science teacher at Farrington high school, on the growing popularity of the subject of science in Hawaii. Andrea says there is a need to better educate our kids in the area of science. Younger children learn the scientific method while older ones are taught more specific sciences and how to apply critical thinking. Jennifer says teachers play a huge role in helping kids see beyond the text book. Andrea tells us it is a broadening field with the internet and other technology. Teachers and students are attending science events in droves such as robotics and toothbrush robotics. Andrea explains the Olympiad, a science competition for ages K-high school.

Joy in Our Town #060909C	30:00	15:00	L	PA/O	7/10/09	10:00am
					7/11/09	12:30am
					7/13/09	8:30am
					7/14/09	12:30am
					7/16/09	12:30am

Chuckie interviews Jennifer Kuwahara, Science teacher at Farrington high school, and Jim Redmond, retired science teacher of Kalaheo high school on what is being done to train the science teachers to keep them up to par in their field. Jim tells us about the workshops held and explains the specific training given. He says they have been affected by the budget cuts in that they can only concentrate on Oahu teachers right now and not the outer islands. As a result of the better preparation of teachers, they are seeing those coming out of high school better prepared for college.

Joy in Our Town #062309B	30:00	15:00	L	PA/O	7/17/09	10:00am
					7/18/09	12:30am
					7/20/09	8:30am
					7/21/09	12:30am
					7/23/09	12:30am
					7/30/09	1:00am

Chuckie talks with State Representative Lynn Finnegan who explains Charter Schools to us. She tells us there is a cap on how many Charter Schools we can have in Hawaii and we should pass a law to undo this but the legislature is unwilling to do it right now because they believe it will cause more funding issues. Charter Schools have less layers of bureaucracy so parents have an easier time getting answers to their questions. Charters grow strong leaders and are accountable to the public school criteria.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
	<i>Education</i>						
Joy in Our Town #062309B		30:00	15:00	L	PA/O	7/17/09	10:00am
						7/18/09	12:30am
						7/20/09	8:30am
						7/21/09	12:30am
						7/23/09	12:30am
						7/30/09	1:00am

Chuckie talks with State Representative Lynn Finnegan who tells us this is a difficult time for the state as well as the private sector. DOE is looking at labor cuts through less jobs or furloughs. Programs in schools may have to be cut. Lynn believes 70% of the funding needs to go down to the school level if we want better results. Charter schools seem to find a way to make their budgets work which means it shouldn't be impossible for the regular public school system to do the same.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
	<i>Civic Affairs</i>						
Joy in Our Town #060909A		30:00	15:00	L	PA/O	7/02/09	12:30am
						7/06/09	8:30am
						7/07/09	12:30am
						7/09/09	12:30am

Chuckie interviews Pat Hamamoto, Superintendent Hawaii State Dept. of Education, on other changes to our school system. Pat says even though the drug sniffing dogs did not get approved, security in our schools has not been reduced and many eyes ensure a safe campus. Students can report crimes anonymously through the Crimestoppers Hotline.

Pat also points out that school breakfast/lunch prices are going up. They are looking at raising the price of what lunch actually costs. Those who qualify for the free meals program will still get their meals free. This program is available in all public schools and supports the theory that kids function better if they have a good breakfast and good nutrition.

Joy in Our Town #080409A		30:00	10:00	L	PA/O	8/28/09	10:00am
						8/29/09	12:30am
						8/31/09	8:30am
						9/01/09	12:30am
						9/03/09	12:30am

Chuckie introduces the current update from the Governor's office. Linda Smith, Senior Policy Advisor, discusses the recent Environmental Protection Acts Governor Linda Lingle signed into effects this year. Linda Smith discusses the list of bills Governor Linda recently vetoed.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Substance Abuse

Joy in Our Town #062309C	30:00	15:00	L	PA/O	7/24/09	10:00am
					7/25/09	12:30am
					7/27/09	8:30am
					7/28/09	12:30am
					7/30/07	12:30am

Chuckie interviews Executive Director for Hawaii Meth Project, Cindy Adams, who tells us that meth is a highly addictive drug and that it changes the dopamine levels in our brain causing people to want to continue that feeling. Hawaii is #3 for meth related treatment and #4 nationally for meth related crimes. We have a number of organizations focused on this problem but the key is education and prevention. We have to catch people before they even try it and help them to fill the void they are trying to fill with positive things.

Joy in Our Town #062309C	30:00	15:00	L	PA/O	7/24/09	10:00am
					7/25/09	12:30am
					7/27/09	8:30am
					7/28/09	12:30am
					7/30/07	12:30am

Chuckie interviews Executive Director for Hawaii Meth Project, Cindy Adams who tells us that there is a significant meth problem with teens 12-17 years old. A survey showed an 87% increase in 10th graders using meth. Less than half of teens ever have a conversation with their parents about meth. Such conversations have shown to be effective. Teens get meth at school from friends, on street corners, family members, etc. Educators are being educated on the signs to look for. Teens feel they are invincible and that addiction is not going to happen to them. There are confidential resources for them in school.

Joy in Our Town #081809B	30:00	15:00	L	PA/O	9/12/09	12:30am
					9/14/09	8:30am
					9/15/09	12:30am
					9/16/09	3:00am
					9/17/07	12:30am

Chuckie interviews Alan Johnson, CEO, and Bill Mousser, Director of Adult Programs for Hina Mauka. Alan tells us that a survey done by UH showed 110,000 adults in Hawaii are in need of treatment for substance abuse. That is almost 10% of the population. Only 8-10,000 go through treatment a year. The number 1 substance people seek help for is meth use. The highest addicted age range is 21-32. Bill tells of their residential, out patient, and even incarcerated treatment programs. They work with other organizations in the community for a 65% success rate which is much better than the mainland odds.

Joy in Our Town #081809B	30:00	15:00	L	PA/O	9/12/09	12:30am
					9/14/09	8:30am
					9/15/09	12:30am
					9/16/09	3:00am
					9/17/07	12:30am

Chuckie interviews Alan Johnson, CEO, and Laura Shepard, Supervising Counselor Teen CARE for Hina Mauka. Alan tells us there are 14,000 students in need of some kind of substance abuse treatment. Laura says there are many factors that lead to teen substance abuse. They are in 20 middle and high schools on the island. Alan says they teach them to shift their attitudes which helps them to see hope; to be solution focused instead of problem focused. Laura says treating the kids in a school based environment has been very successful.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Health

Joy in Our Town #062309D		30:00	15:00	L	PA/O	7/31/09	10:00am
						8/1/09	12:30am
						8/3/09	8:30am

Chuckie speaks with Susan Walker, Communications & Development Consultant, Kathy Ferguson, Board member, and Margaret Higa, program manager for the Hawaii branch of the International Dyslexia Association on dyslexia in young children. Kathy says dyslexia is a learning difference, a problem with language not a disease. 195,000 people in Hawaii have it and of that 27,000 are native Hawaiians. Margaret tells us to look for those children having a hard time with nursery rhymes and keeping up with other children in preschool. Susan says many are never diagnosed. Margaret tells how you can have your child tested. Kathy tells us to read to such child and expand the child's language environment.

Joy in Our Town #062309D		30:00	15:00	L	PA/O	7/31/09	10:00am
						8/1/09	12:30am
						8/3/09	8:30am

Chuckie speaks with Susan Walker, Communications & Development Consultant, Kathy Ferguson, Board member from the Hawaii branch of the International Dyslexia Association and Wayne Sunahara, Disability Specialist Student ACCESS at Honolulu Community College on adults with dyslexia. Wayne says dyslexia is their greatest disability at the college. Kathy says many adults find they have dyslexia while getting their kids tested. Usually people who are attracted to computers, politics, artists are dyslexic. Many grew up being told they are lazy or stupid. Adults learn to adapt. Susan names some famous adults who are dyslexic and tells us there is a lot of technology out there to help those with dyslexia.

Joy in Our Town #081809A		30:00	15:00	L	PA/O	9/4/09	10:00am
						9/5/09	12:30am
						9/7/09	8:30am
						9/8/09	12:30am
						9/10/09	12:30am
						9/12/09	1:00am

Chuckie introduces Michael Sinclair from the Center of Balance clinic who explains to us the symptoms of the flu and its natural remedies. He also explains the swine flu or the H1N1 virus. Michael says most of the people who have died with the swine flu already had compromised immune systems from other health problems. He says pregnant women and children are more susceptible to it. He gives 2 natural remedies for flu that you can mix at home.

Joy in Our Town #081809A		30:00	15:00	L	PA/O	9/4/09	10:00am
						9/5/09	12:30am
						9/7/09	8:30am
						9/8/09	12:30am
						9/10/09	12:30am
						9/12/09	1:00am

Chuckie introduces Michael Sinclair from the Center of Balance clinic who explains acupuncture; the health problems it can help and how it is done. Acupuncture opens up energy pathways by stimulating certain points in the body. It is very good in treating stress related problems. He also tells us what to look for in finding a good acupuncturist.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Health

Joy in Our Town #112508A	30:00	15:00	L	PA/O	9/25/09	10:00am
					9/26/09	12:30am
					9/28/09	8:30am
					9/29/09	12:30am

Chuckie interviews Dr. David Derauf from Kokua Kalihi Valley who says they had surveyed the people in their community and found that they needed medical and dental services. Because they work with many different ethnic groups, and their clients speak many different languages they have had to use nontraditional ways of servicing them. There is a wide range of health problems and increasing rate of chronic diseases. They have found that doing group therapy has helped in these cases because the people in the group support each other and encourage each other to accomplish the health changes they need to make. He tells of successes working with the elderly, caregivers and a group of Micronesian women.

Joy in Our Town #112508A	30:00	15:00	L	PA/O	9/25/09	10:00am
					9/26/09	12:30am
					9/28/09	8:30am
					9/29/09	12:30am

Chuckie interviews Dr. David Derauf from Kokua Kalihi Valley who tells us that prevention is the key to diabetes which is prevalent in all communities. People have a fear of diabetes and live in denial. The diet of people living at poverty level is a factor as well as the western diet not being good for anybody. We need to move away from processed foods. Exercise is very important as well as what we put in our mouths and how much of it. Dr. explains the two types of diabetes.

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	7/29/2009	12:00 PM
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#072909

Lori Johnson, CBN News Reporter, says vaccines can be a touchy subject. But most doctors are solidly behind them. And in most places, it's the law: in order to attend school, children must be vaccinated. But there are exceptions. All states allow medical exemptions, many offer religious exemptions, and an increasing number offer philosophical exemptions. In some school districts, as many as 20 percent of students are opting-out of vaccines, which has led to disease outbreaks. But many parents are wary of vaccines because they believe they cause autism. However in February, the U.S. Court of Federal Claims ruled that vaccines do not cause autism, examining several studies brought forth by the Institute of Medicine that failed to prove any connection. The Department of Health and Human Services, the Centers for Disease Control and Prevention, The Food and Drug Administration, and The American Academy of Pediatrics all agree that vaccines do not cause autism. In addition to childhood vaccines, there's also debate about adult vaccines, particularly for the seasonal flu. Most physicians recommend the flu shot for seniors and women of childbearing age. A Columbia University study showed getting the flu in the first half of pregnancy results in three times the risk of schizophrenia in the baby. If she gets the flu in the first 13 weeks, that risk jumps seven-fold. In fact, 14 percent of all schizophrenia cases are linked to the flu virus in the womb. Having the flu while pregnant is also linked to other developmental disorders like low I.Q. But flu shot critics say it doesn't work, citing an American Medical Association study that found that three percent of unvaccinated adults got the flu, but two percent of those who were vaccinated also got it. Right now, vaccine makers are planning for this fall, when the flu season begins. This year they have a new challenge: a swine flu vaccine. They're developing a vaccines, but they have to decide which will be needed most: a swine flu or seasonal flu vaccine. Making one takes away from making the other. Only a finite number can be manufactured, and it takes months to do it. The seasonal flu kills 36,000 Americans a year. So far, the swine flu has killed 300. But it's unknown whether the swine flu will become widespread. So when it comes to vaccines, whether for kids or adults, doctors overwhelmingly agree, they're not perfect, but we need them.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Health

Doctor #218 to Doctor 28:30 28:30 REC PA/O/E 07/07/2009 9:30 AM

Dr. Scott Hanan talked about Potential of Hydrogen (PH). PH can be too acidic it can cause chronic infections, or you wake up throughout the day with no energy, chronic pain syndromes, and headaches or stiff and tight. There are certain foods and nutrients you can put in your body to help balance PH. **Dr. David Sklar** talked about Emergency medical services system. Emergency physicians produced a report card broken up into 5 main areas. If you're getting seen in a timely manner, safety and quality, injury prevention, liability and state providing support for disasters. **Dr Ace Anglin** talked about leg cramps. This can occur if your experiencing heavy exercising, heavy lifting, dehydration and in many cases experience leg cramps when taking certain medications. It's very important you stretch before and after exercising, massage the affected area, take a warm shower and if necessary contact your physician.

Doctor #219 to Doctor 28:30 28:30 REC PA/O/E 07/14/2009 9:30 AM

Dr. Dino Prato talked about Men's health. Men suffer from prostate issues, overweight, cardiovascular disease and diabetes. Estrogens are an epidemic for men because they have too much. The harmful estrogen's can cause mutations and changes the DNA in the prostate gland and can lead to cancer. By losing weight and eating healthy it can prevent diseases. **Dr. Robert Hromas** talked about four phases for new cancer drugs. First they need to test drug to see if it's effective or not. Two if it's effective against cancer being tested against. Three is how does it compare against alternative. Four how large of a dose should be given to patient. **Dr. Caroline Leaf** talked about how stress is a body's reaction to what's going on in deep in the limbic system which is in the middle of the brain. When we think negative we have a toxic memory. It is important to choose to create positive memories.

Doctor #220 to Doctor 28:30 28:30 REC PA/O/E 07/21/2009 9:30 AM

Dr. Glen Steele talked about vision therapy. Therapy is usually done if there is difficulty using both eyes together, sustained focusing ability, and eye movement control. You have to have a full comprehensive examination where all of these areas are evaluated to determine if they are sufficient to meet the task. It's best to identify the condition on time so that it can be treated faster. **Dr. Dale Peterson** talked about first aid. Treatment for burns that work effective is spray burn immediately with catalyst treated water then wrap it with gauze and keep moisturized. For cuts and scrapes apply pressure, cleanse wound thoroughly, avoid anti bacterial soaps and hydrogen peroxide on open wounds. Always have a first aid kit handy. **Dr Armando Pineda-Velez** talked about cholesterol and how we need it because it's a molecule that helps build our hormones. The bad cholesterol produces high blood pressure, hardening of arteries, or heart attacks, which is caused by saturated fat and stress management. Keep your cholesterol in balance by eating healthy, exercising and losing weight.

Doctor #221 to Doctor 28:30 28:30 REC PA/O/E 07/28/2009 9:30 AM

Dr. Asa Andrew talked about the males and females hormonal issues. 80% of our health challenges are lack of diet and lifestyle. Males should get blood test or PSA tested by physician, take 100milgrams of zinc a day and 2 milgrams of copper to help testosterone levels increase. Females should get blood work done by physician and take organic iodine everyday and about 150 micrograms for ovaries and thyroid gland and overall health. **Dr Ace Anglin** talked about the three types of arthritis which are osteoarthritis, rheumatoid and gouty arthritis. The symptoms for arthritis are pain, swelling, maybe even redness in the particular joint and as well as limitation of movement. There are medication, treatments, and physical therapy. **Dr Barbara McAnney** talked about the Medicare system. Medicare is a way to help senior citizens with healthcare. Medicare part"A" is the hospital insurance trust fund. Part "B" is added on outpatient services. Medicare payments are not covering the cost of senior citizens so therefore it's affecting our economy and patients because doctors are only taking a number of people on Medicare.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Health

Doctor #222	to	Doctor	28:30	28:30	REC	PA/O/E	08/04/2009	9:30 AM
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Dr. Caroline Leaf talked about stress in children and how it affects a child even more than an adult. Most time what may seem like a mild stress to adults may be a major catastrophe for a child. Stress activates by some kind of trigger. In order to control stress start to change your brain pattern by controlling stress levels, academic situations, and give your child lots of love. You may also seek consultation from physician. **Dr. Scott Hannen** talked about weight loss. Blood sugars are what dictate those cravings therefore you start to gain weight. If we eat the right food in the proper balance we don't get disruption in the blood sugar and we don't have canines and gain weight. To keep the weight off the Keto Diet is recommended as well as eating 4 to 6 meals a day with small meals that have protein, complex carbs and fruit or vegetables. **Dr. Melissa Walker** talked about colon cancer. Cancer makes cells form clumps also known as tumors. There are two types of tumors benign tumor which is non-cancerous and malignant tumor which is cancerous. In colon cancer the cells invade the colon which is large intestine in the body. If you experience diarrhea or constipation of any length of time you should go to the doctors to be examined. Early testing offers 92% cure rate.

Doctor #223	to	Doctor	28:30	28:30	REC	PA/O/E	08/11/2009	9:30 AM
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Dr. Craig Thomas talked about attitude in health. How you think is the impact you have on your health through chemistry and gene expression. Subsequently it gets translated into things in our body and promotes health or will help to have an illness. Three ways to boost up your confidence is count your blessings, have an attitude of gratitude and train your brain to be positive. **Dr. Chauncey Crandall** talked about hypertension also known as the silent killer. Some people are born with hereditary defects and others are not living a good lifestyle, so they develop diseases. By lowering you blood pressure, eating better and losing weight it can help you live a healthier live. **Dr. Monica Allison** talked about dry eyes. Having a lack of tears can cause dry eyes. Tears wash away debris, prevent infections and provide a clear comfortable smooth surface as well as lubrication. You can get over the counter medication as long as there not for red eyes and preservative free.

Doctor #224	to	Doctor	28:30	28:30	REC	PA/O/E	08/18/2009	9:30 AM
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Dr. Eric Braverman talked about the brain being the most important part of the body. As we get older there are herbs that will keep the brain chemical dopamine high so that you can have energy and not go into menopausal madness. Get as much nutrients as possible and change your lifestyle because it can reverse diseases. **Dr. Carolina Ceron-Canas** talked about walking pneumonia. Typical or walking pneumonia comes more slowly feeling achy, cold, or scratch throat. Symptoms for pneumonia are high fevers and difficulty breathing. Take antibiotics, drink plenty of water, get rest and eat healthy fresh foods. Check with physician if symptoms get worst. **Dr. Armando Pineda-Velez** talked about the three different kinds of arthritis osteo arthritis which is seen in the elderly, juvenile arthritis is seen in young people and rheumatic fever is the arthritis people get called rheumatism. See a doctor to determine what kind of arthritis you have. There is over the counter treatment but try to exercise, take hot showers, take vitamin C and fish oils to help prevent pain and other affects.

Doctor #225	to	Doctor	28:30	28:30	REC	PA/O/E	08/25/2009	9:30 AM
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Dr. Fred Potts talked about obesity and how it can lead to high blood pressure, diabetes, high cholesterol and heart disease. 95% of people who lose weight gain it back within 5 years. There are treatments for losing weight like surgical for people who need to lose 100 pound or over and medical weight loss therapy. Fast diets don't work. Seek consultation from physician if you want to know more options to help lose weight. **Dr. Monica Allison** talked about computer vision syndrome. There is no perminate damage by using a computer. Symptoms are eye strain, headaches, blurred vision, neck and back strain depending on your computer. A way to eliminate CVS is by taking frequent rest brakes throughout the day and switching to different tasks. **Dr. Barbara McAnneny** talked about getting the most out of your doctor's visit. To help the doctor bring your medications and the dose of how much your taking, explain the medical treatments you had in the past, write down and prioritize your questions so you don't forget to ask doctor and bring someone you trust to be there with you just in case you forget some of the thing the doctor tells you. These procedure help save you and the doctor time since there are storages in doctors.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
Doctor #226	to Doctor	28:30	28:30	REC	PA/O/E	09/01/2009	9:30AM

Dr. Donna Novak talked about how to prevent backpack injuries. The type of backpack injuries are pinched nerves in the neck, tingling, numbness, shoulder, back and low back pain. Backpacks should be no more than 2/3 of the distance between shoulders and waist. The width of their backpacks should be no wider than their backs. It's important that straps are worn on both shoulders to help balance and prevent injuries. **Dr. Dale Peterson** talked about attention deficit disorder (ADD or ADHD). Children shown to have ADD/ADHD have low PST enzymes and have lower levels of minerals, including magnesium, copper, zinc, calcium and iron. Vitamins, omega 3 fatty acid are and a good diet is recommended with ADD/ADHD. **Dr. Carl Schmidt** talked about pain. Pain occurs in our body by signaling different sequences and trying to tell us what were dealing with. Many foods can cause inflammation. Sugars or carbohydrates that are processed with high fructose, corn syrup or artificial sweeteners can cause the body to be more acidic and the more acidic the more pain. By drinking more water it and eating right it helps the pain not to be as strong.

Doctor #227	to Doctor	28:30	28:30	REC	PA/O/E	09/15/2009	9:30 AM
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Dr. Jeremy Martin talked about chiropractic care. The body's physical stress, poor posture, mental stress and chemical stress can cause serious conditions in our bodies called subluxation, it's when there's a breakdown in your brain and body due to stress on the spinal nerves or spinal cord. It's important to get checkups by chiropractor just in case you need to have therapy. **Dr. Thomas Destephano** talked ankle replacement surgery. People develop bad changes in their ankles often from post trauma, previous fracture or having had previous surgery. Patient may need to go get MRI to get diagnosis. **Dr. Steve Johnson** talked about special needs children. Special needs can mean children with learning disorders, ADD, cerebral palsy, down syndrome and autistic. To identify if your child has down special needs they have to get an M-CHAT scan. This procedure is a survey for parents that pediatricians use to see if the child fits in the category. It's important to identify early if the child have any special needs so that they can be put in therapy or given treatment.

Doctor #228	to Doctor	28:30	28:30	REC	PA/O/E	09/22/2009	9:30 AM
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Dr. Chauncey Crandall talked about stress. Being overweight can cause stress. By improving your habits you at home you can live to have a predictable day. Sleep is important so get 8 to 10 hours every night. Stay away from negative things and focus on the positive, also having quiet time brings out stress levels so by reading a book can help you relax. **Dr. Dale Peterson** talked about prostate cancer. The prostate gland is approximately the size and shape of a walnut that is located near the outlet of the bladder. If the prostate enlarges it blocks the urine flow. Prostate cancer does not show any signs or symptoms until it is advanced. Prostate trauma can cause inflammation. To prevent prostate cancer start checking prostate at age's 30's or 40's, take omega 3 oils and resveratrol which are grape skin. **Dr. Barbara McAnney** talked about family history with cancer. Cancer develops because a mutation occurs and an error happens in the DNA. Sporadic cancers not related from generation to generation but you still need to do early screening because if early cancer is detected there is a much greater chance of healing.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Joy in Our Town #072109A		30:00	15:00	L	PA/O	8/7/09	10:00am
						8/10/09	8:30am
						8/11/09	12:30am
						8/13/09	12:30am

Chuckie speaks with Tim Steinberger who is the Director of the Department of Environmental Services for the City & County of Honolulu. Tim tells us that people can put out bigger trash items, usually over 2ft. for bulky items pick up. It is an eye sore and a health hazard so there are rules that Tim explains for when and how to put them out. He also tells us there are 3 transfer stations or dumps where people can drop off the items themselves. This is a residential program only and not for commercial use.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Environment</i>	Joy in Our Town #072109A	30:00	15:00	L	PA/O	8/7/09	10:00am
						8/10/09	8:30am
						8/11/09	12:30am
						8/13/09	12:30am

Chuckie speaks with Tim Steinberger who is the Director of the Department of Environmental Services for the City & County of Honolulu. Tim tells us about recycling waste water to be used to water City parks and golf courses. He says even the sediment or sludge is used for composting. He explains the 3 bins most households have for trash now and what kind of trash/recyclables go in which bin. He tells us that glass is recycled into back fill for paving etc. and general trash is burned at the H-power plant for energy.

Joy in Our Town #072109C	30:00	15:00	L	PA/O	8/21/09	10:00am
					8/22/09	12:30am
					8/24/09	8:30am
					8/25/09	12:30am
					8/27/09	12:30am

Chuckie speaks with Iwalani Sato, Community Relations Specialist II for Storm Water Quality Branch in the City & County of Honolulu. Iwalani tells us that storm water is rain that falls to the ground and runs off, picks up pollutants, goes into our storm drains and goes into the ocean. They are looking at the possibilities of reusing storm water such as hydrodynamic swirls or ditches with vegetation that can absorb the rain water. Also rain gardens.

Joy in Our Town #072109C	30:00	15:00	L	PA/O	8/21/09	10:00am
					8/22/09	12:30am
					8/24/09	8:30am
					8/25/09	12:30am
					8/27/09	12:30am

Chuckie speaks with Iwalani Sato, Community Relations Specialist II for Storm Water Quality Branch in the City & County of Honolulu. Iwalani explains what a pollutant is, gives examples and says people can make a difference in minimizing pollutants in the storm water. She discusses some ways they educate children and adults on this and some projects that are going on right now in watershed areas. She gives 5 things people can do to help.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Homelessness</i>							

Joy in Our Town #072109B	30:00	15:00	L	PA/O	8/14/09	10:00am
					8/15/09	12:30am
					8/17/09	8:30am
					8/18/09	12:30am
					8/20/09	12:30am

Chuckie speaks with Doran Porter, the Executive Director for Affordable Housing and Homeless Alliance. Doran gives us one of the definitions of homelessness. Hawaii has the highest number of homeless per capita in the nation probably due to our economy and the fact that we have one of the highest costs of living. We have between 6000-20,000 homeless of which half are children. Hawaii lacks affordable housing. They work with the homeless and get them into shelters, low income housing or affordable housing as they are able. Singles are the hardest group to place because of the fact they only have one income. They believe everyone has a right to decent affordable housing.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Homelessness</i>	Joy in Our Town #072109B	30:00	15:00	L	PA/O	8/14/09	10:00am
						8/15/09	12:30am
						8/17/09	8:30am
						8/18/09	12:30am
						8/20/09	12:30am

Chuckie speaks with Doran Porter, the Executive Director, Catherine Datuin Site Coordinator and Paul Ruddell Site Coordinator, from Affordable Housing and Homeless Alliance. Catherine says many homeless have mental illness and have problems filing for social security. They partner with Legal Aid to help them get this and all the services they are due and provide mail boxes for them to use as an address. Paul says substances abuse can be an issue and when they are ready to get help they refer them. Employment is also an issue and there is a lot of competition out there right now. He helps them discover their strengths so they can find the appropriate job or program. They give some success stories. Paul says most of them are looking for hope.

Joy in Our Town #080409A	30:00	15:00	L	PA/O	8/28/09	10:00am
					8/29/09	12:30am
					8/31/09	8:30am
					9/01/09	12:30am
					9/03/09	12:30am

Chuckie speaks with Executive Director Kent Anderson of Family Promise who tells us the government needs to provide 23,000 affordable rental units which would cost about 5 billion dollars just to catch up with the number of homeless we have. There is a lot of resistance and barriers to this happening. The homeless, or people in survival mode, need to feel safe and those working with them need to provide support not to try to change them. One on one interaction is best. He describes how, through the faith based community, they help the homeless with their needs.

Joy in Our Town #081809C	30:00	15:00	L	PA/O	9/18/09	10:00am
					9/19/09	12:30am
					9/21/09	8:30am
					9/22/09	12:30am
					9/24/09	12:30am

Chuckie speaks with Shannon Hayes, Site Director, and Marty Coleman, Program Manager for US Vets. Shannon tells us 10-20% of the homeless in Hawaii are veterans. Majority are males. They provide shelter and an array of services to help the veterans be self sufficient. They help them address substance abuse, mental health issues, employment & housing. Shannon tells us the qualifications.

Joy in Our Town #081809C	30:00	15:00	L	PA/O	9/18/09	10:00am
					9/19/09	12:30am
					9/21/09	8:30am
					9/22/09	12:30am
					9/24/09	12:30am

Chuckie speaks with Shannon Hayes, Site Director for US Vets. Shannon tells us that they have a homeless shelter for families in Waianae opened by proclamation of the Governor. Most of the families come from living on the beach and there are generations. She explains that the chronic homeless can't adjust to living in a shelter because there are rules that have to be followed like curfews, zero substance abuse tolerance and classes to attend. She explains the 3 phases the people go through in the shelter that lead them to be self sufficient and able to leave the shelter and have a successful life.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Economy</i>							

Joy in Our Town #101509C	30:00	15:00	L	PA/O	11/13/09	10:00am
					11/16/09	08:30am
					11/17/09	12:30am
					11/19/09	12:30am
					11/24/09	1:00am

Chuckie interviews Sam Moku, Home Ownership Assistance Program Director for the Dept. of Hawaiian Homelands. Sam tells us that there are 20,000 native Hawaiians on the wait list for getting homes through Hawaiian Homelands. These families have to be prepared when a house becomes available so they have mandatory homebuyer education classes. The potential homeowners must follow the individual plans that are set up for them in order to qualify for a home. Families have been preparing for 2 ½ years for the next available subdivision.

Joy in Our Town #101509C	30:00	15:00	L	PA/O	11/13/09	10:00am
					11/16/09	08:30am
					11/17/09	12:30am
					11/19/09	12:30am
					11/24/09	1:00am

Chuckie interviews Sam Moku, Home Ownership Assistance Program Director for the Dept. of Hawaiian Homelands. Sam says the DHHHL is looking for ways to help families save money so they are using solar in their new subdivisions. A new thing they are looking at is aquaponics which provides sustainability for food. He explains the set up for this system and how easy it is for anyone to do it in their backyard. They hope to implement this aquaponic system in the new zero energy subdivision they are opening soon in Waianae Valley.

Joy in Our Town #111009C	30:00	15:00	L	PA/O	12/04/09	10:00am
					12/05/09	12:30am
					12/07/09	8:30am
					12/08/09	12:30am
					12/10/09	12:30am

Chuckie interviews Jim Tollefson who is President & CEO of Hawaii Chamber of Commerce. Jim says the unemployment insurance increase is slated to take affect after the first of the year and will have a detrimental impact on small business in Hawaii. The increase will be 10 fold plus so they have been meeting with elected officials to see if there is any way to alleviate the amount of this increase. They are hopeful that legislation can be proposed in Jan. to aid in this matter before March when the first bills would go out.

Joy in Our Town #111009C	30:00	15:00	L	PA/O	12/04/09	10:00am
					12/05/09	12:30am
					12/07/09	8:30am
					12/08/09	12:30am
					12/10/09	12:30am

Chuckie interviews Jim Tollefson who is President & CEO of Hawaii Chamber of Commerce. Jim tells us of the Senior project program where business people can be mentors, advisors or judges to seniors in public High School doing their required senior project. The focus is Oahu right now but they hope to go statewide soon. This program offers seniors help and encouragement in the business field.

<i>Issue/Problem Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Joy in Our Town #120809A		30:00	15:00	L	PA/O	12/11/09	10:00am
						12/12/09	12:30am
						12/14/09	10:00am
						12/15/09	12:30am
						12/17/09	12:30am

Chuckie interviews Dr. Anita Johnston, Director & Founder of the 'Ai Pono Eating Disorder Clinics. Dr. Johnston explains anorexia and bulimia which one in 4 female college students suffer from. Both are caused by underlying issues and are perpetuated by the culture dictating how a woman should look. The typical woman who struggles with this is "thin skinned", has high sensitivity and intuition. She tells of the signs to look for and advises parents not to focus on physical appearance.

Joy in Our Town #120809A		30:00	15:00	L	PA/O	12/11/09	10:00am
						12/12/09	12:30am
						12/14/09	10:00am
						12/15/09	12:30am
						12/17/09	12:30am

Chuckie interviews Dr. Anita Johnston, Director & Founder of the 'Ai Pono Eating Disorder Clinics. Dr. Johnston says compulsive overeating is another eating disorder resulting from people stuffing their feelings because they don't know what else to do with them. She says we need to discern the physical sensations that signal hunger and fullness so we can clearly determine our needs instead of going overboard. If we eat whole foods instead of processed, and have physical movement your body will find its way.

Joy in Our Town #071008A		30:00	15:00	L	PA/O	12/28/09	8:30am
						12/29/09	12:30am
						12/31/09	12:30am

Chuckie interviews Ivalee Sinclair , President of Hawaii Families As Allies, about special needs kids and the challenges they and their parents face. Ivalee defines special needs with a broad definition and says you have to be labeled to get into the system and receive services. Resources can be limited due to budget cuts and unqualified providers. The state is looking at getting grants for training and greater collaboration is being pursued with the Universities so they produce better trained teachers/providers.

Joy in Our Town #071008A		30:00	15:00	L	PA/O	12/28/09	8:30am
						12/29/09	12:30am
						12/31/09	12:30am

Chuckie interviews Ivalee Sinclair , President of Hawaii Families As Allies, who says transitioning from childhood to adulthood in the mental health system is very hard. She stresses the importance of having mentors to help them transition but mentors are hard to find. There are also stigmas attached to these adults which can impact them negatively. She tells of some successful programs that take the time to listen to the patients tell them what works and what doesn't. Listening helps take care of the issues before they get into much bigger problems.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Health/Mental Health

700 Club CBN NewsWatch #111809		1:00:00	7:00	REC	PA/O/E	11/18/2009	12:00 PM
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Since the April outbreak of swine flu, U.S. officials have declared national health emergencies and bought 200 million vaccines. Most experts are saying the H1N1 virus deserves this reaction. Other interpretations cast doubt on the severity. The national emergency approach started with an April 26 announcement from Janet Napolitano, head of Homeland Security. "The Department of Health and Human Services will declare, today, a public health emergency in the United States," Napolitano said. The international emergency was announced on June 11 by Margaret Chan, head of the World Health Organization. "The world is now at the start of the 2009 influenza pandemic," Chan said. On Oct. 23, President Barack Obama signed a proclamation declaring swine flu a national emergency. One White House official stated that the proclamation allowed hospitals to apply for waivers of federal rules that restrict treatment measure. Critics wondered why the effort was made prior to any need for hospitals to have flexibility. So far, hospitals in the U.S. are coping well despite the presidential proclamation to ease bureaucratic restrictions on hospitals. They can now put up treatment tents for an onslaught of swine flu victims that may never happen. One group of high concern for H1N1 is infants. Experts say this fact highlights the variety of viruses capable of producing serious complications. In fact, medical authorities use a category called ILI, "influenza-like illness" to describe everything that is flu or similar to flu. Overall, only about 20 percent of all ILI is actually influenza. Since Sept. 1, confirmed H1N1 flu deaths in the U.S. are over 1,000, including well over 100 children. However, flu deaths in young kids have been increasing since 2003 when they began receiving seasonal flu shots. A few experts suspect the shots have harmed the immune systems of some children. U.S. health officials have now re-calculated flu deaths on an estimate basis. The Centers for Disease Control now says more than 4,000 have died since April. Critics say it's not right to blame all those deaths on H1N1 when the predominant killer really is pneumonia. If the swine flu vaccine is effective and the virus doesn't change, then the U.S. could face a flu season even less serious than what the Southern Hemisphere faced. Most epidemiologists doubt this virus will mutate into the kind of killer seen in the 1918 Spanish Flu.

Doctor #230	to	Doctor	28:30	28:30	REC	PA/O/E	10/06/2009	9:30 AM
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Dr. Zev Mellman talked about taking vitamins and supplements. It's very important to take ones that are specific for your system by asking your doctor. It's important to read labels and monitor how the supplements make you feel. Protein, Amino Acids and B vitamins are all important in building up skeletal tissue. **Dr. Thomas Distefano** talked about Knee replacement surgery. 80% of people will need some type of orthopedic surgery in their lifetime. There are a lot of factors to consider before surgery such as age, surgeon's skill level and length of recovery. **Dr. Jace Wolfe** talked about how 31 million Americans have some type of hearing loss. It is the third most common disability in the United States. It is also the most common disability at birth. Newborns are now having their hearing checked. It's important to take steps to protect hearing from high levels of noise.

Doctor #231	to	Doctor	28:30	28:30	REC	PA/O/E	10/13/2009	9:30 AM
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Dr. Dale Peterson talked about Breast Cancer awareness. Detection is very important to catch it early. 5% of cancer doesn't include lumps. There is Inflammatory Breast Cancer. Symptoms are skin looks bruised, burning, increase in breast size and tenderness. There is also Paget's Disease. Symptoms are irritation, flaky skin, redness, burning and itchy skin. It's important to see a doctor immediately to get symptoms checked out. **Dr. Doreen Lewis-Overton** talked about bone density. It is very important to get our bones checked. Factors such as broken bones, birth control and kidney stones can affect bone density. **Dr. Thomas Distefano** talked about hand ailments. The most common are cysts and Trigger Finger or Trigger Thumb. Treatments could include ice, Cortizone injection or draining of fluids. Surgery is recommended if pain or discomfort continues.

Doctor #232	to	Doctor	28:30	28:30	REC	PA/O/E	10/20/2009	9:30 AM
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Dr. Shellie Faris talked about breast cancer. Fear, anger, sadness, denial and uncertainty of the future are common feelings after being diagnosed. It is the second leading cause of cancer deaths. Risk factors include being female, over the age of 40, family history and obesity. It's important to be educated and see a doctor if there are problems. **Dr. Randy Brison** talked about Celiac Disease. It is when the immune system attacks the small intestine and doesn't allow it to properly absorb nutrients. Symptoms can be poor growth, failure to thrive, chronic abdominal pain, poor weight and irritability. It is usually cause by being sensitive to wheat. A person should see their doctor to be tested. **Dr. Monica Allison** talked about eye exams. It's important for infants and young children to have eye exams. Adults should be checked for Diabetic Retinopathy, glaucoma, and Muscular Degeneration. The earlier problems are detected in the eye the better.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #233	28:30	28:30	REC	PA/O/E	10/27/2009	9:30 AM

Dr. Dale Peterson talked about Breast Cancer Prevention. Women with high levels of estrogen are at more risk of developing breast cancer. Women that ate mushrooms, soy, vegetables and drank green tea reduced their risk. Omega3 Fatty acids and weight reduction also helped in preventing breast cancer. **Dr. Scott Hannen** talked about hormones being out of balance, particularly estrogen and progesterone. It's important that there is balance in the Adrenal System. It can be achieved by not eating refined sugar, taking a B Complex Supplement, moderate exercise and natural phytoestrogens. **Dr. Doreen Lewis-Overton** talked about Cholesterol. Cholesterol is important for creating Vitamin D, helping with digestion and making brain/skin cells. If your Cholesterol is high, it is important to find the cause. Food allergies, medications and infections can lead to high Cholesterol.

Doctor to Doctor #234	28:30	28:30	REC	PA/O/E	11/17/2009	9:30 AM
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Dr. Dino Prato talked about women's health. It's important to know your family history and find a prevention plan to reverse the disease process. Synthetic hormones and Estrogen Dominance can lead to increased risk of cancers, Alzheimer's, heart disease and strokes. It's important to see a doctor and have your hormone levels checked. **Dr. Gene Jams** talked about dehydration since our body is 75% water. Symptoms can be thirst, nausea, dry skin/mouth, dizzy, muscle cramps and headaches. We should drink 8 glasses of pure, clean water a day. It should be sipped slowly throughout the day. We may need to drink more if it is hot or we have been exercising. **Dr. Margaret Nagib** talked about self injury. It is when a person deliberately inflicts a self injury without the suicidal intent. It is usually connected to some other mental issue and used as a coping mechanism. It's important that a person gets treatment and learns different patterns of behavior.

Doctor to Doctor #235	28:30	28:30	REC	PA/O/E	11/24/2009	9:30 AM
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Dr. Gerry Curatola talked about food for a beautiful smile. 80% of adult American have gum disease. This is the principal source of low grade inflammation which increases the chance of having a heart attack. It's important to alkalize your body by eating green leafy vegetables. Eat antioxidant rich foods and avoid anti-inflammatory triggers. **Dr. Martin Finkelstein** talked about reversing degenerative diseases such as arthritis, diabetes, cancer and periodontal disease. 40% is hereditary and 60% is based on information we receive. It's important to eat healthy, exercise daily, deep breathing and positive thinking. **Dr. Joan Baumbach** talked about influenza also known as the flu. It is a respiratory illness that is contagious and can result in high fever, sore throat, stuffy nose, cough and vomiting. It's important to get a flu shot and to wash your hands.

Doctor to Doctor #236	28:30	28:30	REC	PA/O/E	12/01/2009	9:30 AM
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Dr. Asa Andrew talked about healthy holiday eating. It's important to eat sprouted grains and lean meats such as turkey and chicken. It's important to drink plenty of water and cook with butter or coconut oil. It's important to make good choices for healthier lifestyle. **Dr. Caroline Leaf** talked about 7 types of thinking. The brain is neuroplastic which means it's always changing. Each person processes things differently and uniquely. It's important to know how your thinking process works. **Dr. Rhonda LeBlanc** talked about common eye conditions. There is a sty, pterygium, pink eye, myopia, hyperopia, astigmatism, presbyopia and computer vision syndrome. With any persistent eye problems, it is important to see an eye doctor.

Doctor to Doctor #237	28:30	28:30	REC	PA/O/E	12/08/2009	9:30 AM
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Dr. Bettye Alston talked about diabetic holiday eating. It's important to inform people that you are diabetic, watch the extra portions, choose when you want to indulge, step up exercise and bring your own goodies to parties. It's also important to focus on the fun not just the food. **Dr. Craig Travis** talked about avoiding holiday stress. It can be a stressful time due to economic difficulty, the death of a loved one, or pressure to create the perfect holiday. It's important to acknowledge the stress, develop a strategy, get plenty of rest, water and exercise. **Dr. Malcom Hill** talked about eating healthy during the holiday season. People generally gain between 5 to 10 lbs because of unhealthy choices. It's important to eat healthy, exercise, drink lots of water, get sunlight, fresh air and plenty of sleep.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Health/Mental Health</i>						
Doctor to Doctor #238	28:30	28:30	REC	PA/O/E	12/29/2009	9:30AM

Dr. Dino Prato talked about health and nutrition. The quality of diet and lifestyle makes a difference. It's important to eat a healthy diet, exercise, take supplements such as multivitamin and fish oil, and eat more fruits and vegetables. It is also important to be smarter about your health. **Dr. Jeremy Martin** talked about stress management. There can be physical, mental and chemical stress. It is important to identify the stressors in our lives and eliminate them. It's also important to exercise, have proper nutrition, drink plenty of water and get enough sleep at night. **Dr. Doreen Lewis-Overton** talked about lowering blood pressure. It's important to look at what is causing the high blood pressure. It could be genetics, need a chiropractic adjustment, colon backed up, need more fiber, food allergies, lung or heart problem. It's important to check with your doctor and find out the cause.