

# **Trinity Broadcasting Network**

## *Quarterly Report*

January, February, March 2011

**KAAH –TV 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.*

Seniors

Public Safety

Housing/Homelessness

Economy

Education

Civic Affairs

Health

<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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*Seniors*

Joy in Our Town #113010B		30:00	15:00	L	PA/O	1/03/11	08:30am
						1/04/11	12:30am
						1/06/11	12:30am

Chuckie introduces Cullen Hayashida, Director of the Kapuna Education Center. Cullen tells us that this Center was thrust upon the Community College because people were looking for someplace they could get training to care for their kapuna (elders) since the number of kapuna is growing greatly. He tells of the different classes & certificate programs available and how they screen the attendees to ensure the safety of the clients for their hands on learning classes.

Joy in Our Town #113010B		30:00	15:00	L	PA/O	1/03/11	08:30am
						1/04/11	12:30am
						1/06/11	12:30am

Chuckie introduces Cullen Hayashida, Director of the Kapuna Education Center. Cullen tells us that there are about 75 million people across the nation in the baby boomer category and they are starting to retire. Many still have 20-30 productive years left in them and are panic stricken about retirement. They help them to reset their compass and make a more comprehensive plan for their futures by finding out their passion, their needs and access the opportunities out there for them. Some may need retraining. This course is 4 sessions. Retirement is not the end.

Joy in Our Town #052510A		30:00	15:00	L	PA/O	1/04/11	1:30am
						1/14/11	10:00am
						1/15/11	12:30am
						1/17/11	8:30am
						1/18/11	12:30am
						1/20/11	12:30am

Chuckie interviews Lei Shimizu, coordinator information & assistance services and Rebecca Drake, senior service specialist both from the elderly affairs division, dept. of community service City & County of Honolulu. Lei tells us that the fastest growing population segment is the baby boomers, those born between 1946-1964 and those in their 80's. They work with those ages 60+ and know that seniors want to live and die at home. Rebecca says that people should discuss their wishes with their families ahead of time but most seniors don't want to have that conversation which then leaves their families/caregivers in a bind when it comes to that point. Lei says that sometimes an outsider can help facilitate this tough discussion and they can assist with this.

Joy in Our Town #011811B		30:00	15:00	L	PA/O	3/07/11	08:30am
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Laureen Tanaka introduces Larry Geller, president of Kokua Council, the oldest advocacy group in the islands. Larry tells us that costs of caring for our kapuna is an issue and the new Governor said he would release funds for the Kapuna Care program from our rainy day fund. He tells us to stay informed because there is a big battle going on over social security right now and in Hawaii it is very hard to live on social security because of the high cost of living. Many senior issues do not come out in the newspapers, you have to do your research and be informed. Larry tells us about a recent local documentary that revealed our seniors were being discharged from a local hospital and sent to Ohio without their families knowledge or theirs. This issue has been taken care of since.

Joy in Our Town #011811B      30:00      15:00      L      PA/O      3/07/11      08:30am

Laureen Tanaka introduces Larry Geller, president of Kokua Council who tells us that employment for seniors is a growing problem in Hawaii because many seniors have lost their retirement, totally or in part, due to the economy and because our culture is one of volunteerism for seniors, those who are still able to work are having a hard time securing a job. There is an employment discrimination for those starting at age 50 and even sometimes in their 40s. There are 75-80% of seniors that are eager to work but have a disability which drastically cuts their chances in an employer's eyes. Larry also tells us that they are working on the issues of the regulating care homes and prepaid funeral plans.

<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>Public Safety</i>							
	Joy in Our Town #120710	30:00	15:00	L	PA/O	1/04/11	1:00am
						1/07/11	10:00am
						1/08/11	12:30am
						1/10/11	8:30am
						1/11/11	12:30am

Lynn Finnegan interviews U.S. Attorney Flo Nakakuni who explains her jurisdiction. Her #1 priority is public safety and threats to our national security. #2 is protecting our economy from such things as fraud, mortgage crime, ponzi schemes, drug trafficking, etc. She explains and gives some examples.

Joy in Our Town #120710	30:00	15:00	L	PA/O	1/04/11	1:00am
					1/07/11	10:00am
					1/08/11	12:30am
					1/10/11	8:30am
					1/11/11	12:30am

Finnegan interviews U.S. Attorney Flo Nakakuni and Director of Weed and Seed Maile Kanemaru about the community service arm or the Attorney's office. Maile tells us that Weed and Seed has been in existence in Hawaii since 1998 and has 3 areas now, Kalihi, Waipahu and Ewa. This is a collaboration of law enforcement agencies, the community and businesses/agencies to bring a comprehensive approach to healing distressed communities. They have been successful in decreasing misdemeanor crimes and truancy.

Joy in Our Town #121610C	30:00	15:00	L	PA/O	2/04/11	10:00am
					2/05/11	12:30am
					2/07/11	8:30am
					2/08/11	12:30am
					2/10/11	12:30am

Chuckie introduces Keith Kaneshiro, Honolulu Prosecuting Attorney. Keith speaks about the problem of drugs. Crystal Meth is still our most problem drug. The ingredients to make meth come from China and India and is shipped to Mexico to be made into Crystal Meth. Hawaii has strict laws about smuggling but we need to better enforce them. We have to curb the export of materials at the country it's coming from before they get to Hawaii. Another problem area is prescription drugs. They are easily accessible and are often taken by children to use. Better laws to enforce abuse and ease of access. Keith says he takes a 4 prong approach, 1)Enforcement, 2)Education, 3)Prevention and 4) Treatment. He says he supports more treatment programs and expanding drug court. For lesser drug offenses place offenders in rehab to complete a program or the alternative is prison. He said Native Hawaiians were singled out as having the highest drug problems. He has worked with OHA (office of Hawaiian Affairs) to create a drug treatment program for Hawaiians and that they could be referred to OHA. The Meth Project has helped curb teen usage of meth by educating them with graphic photos of what could happen. Results have been positive.

Joy in Our Town #121610C	30:00	15:00	L	PA/O	2/04/11	10:00am
					2/05/11	12:30am
					2/07/11	8:30am
					2/08/11	12:30am
					2/10/11	12:30am

Chuckie introduces Kaneshiro, Honolulu Prosecuting Attorney. Keith speaks about domestic violence. He says that his office is going to introduce legislation on TRO's. TROs don't prevent crime. Domestic Violence is highly emotional and hard to control. They are trying to create stiffer penalties. The problem is getting victims to report crimes or victims often recant their stories due to dependency or fear of the abuser. They have victim/witness counselors that address the victims' concerns. We need long term shelters for victims not the 30 day ones we have. We also need to teach them life skills and help them change their psyche to a positive, self-sufficient one. Another problem that is occurring due to bad economy is elderly abuse. They are finding that adults are falling on hard times and are leaning on their elderly parents for assistance. Children often fight over their parents money or estate and drain parents' bank accounts. They have a strong outreach to educate elders on this abuse as well as investigate possible wrongdoing. Keith wants to protect those who can't protect themselves which includes children, elderly and animals.

<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 #052510A	30:00	15:00	L	PA/O	1/04/11	1:30am
					1/14/11	10:00am
					1/15/11	12:30am
					1/17/11	8:30am
					1/18/11	12:30am
					1/20/11	12:30am

Chuckie interviews Lei Shimizu, coordinator information & assistance services and Rebecca Drake, senior service specialist both from the elderly affairs division, dept. of community service City & County of Honolulu. Lei tells us that a 2005 grant given to their dept. expanded their population to include people 18 and over with disabilities making them a one stop shop for the aging and the disabled. Rebecca tells us that their top issues for the disabled are long term housing and how to access the system. They assist people in finding retirement homes, respite care, daycare, etc.

Joy in Our Town #121610A	30:00	15:00	L	PA/O	1/21/11	10:00am
					1/22/11	12:30am
					1/24/11	8:30am
					1/25/11	12:30am
					1/27/11	12:30am
					2/01/11	1:00am

Laureen Tanaka introduces Peter Mattoon, Program Supervisor for the Housing Placement Program and Homelessness Prevention and Re-Housing Program and Efren Polycarp, Housing and Intake Specialist for Homelessness and Re-Housing Program of the Catholic Charities of Hawaii. Peter talks about how in Hawaii, even in a strong economy, cost of living is high, many people work 2 or 3 jobs. Now in this low economy, people are losing jobs and have to decide whether to eat, pay mortgage or a little of both. Many are choosing the latter resulting in the accrual of overages and face eviction or have been evicted. Because of this trend, Hawaii has a growing population of working homeless. To assist, Catholic Charities has programs which include Housing Placement, Rapid Re-housing and housing assistance. Housing Placement is for people who have children. They try to locate a place to stay and provide them with a deposit and first month's rent. Rapid Re-housing comes from stimulus funds and helps to prevent or find places for recently displaced peoples. Efren talks about the screening process which includes an over the phone interview, approval, applications and the attendance of mandatory financial classes.

Joy in Our Town #121610A	30:00	15:00	L	PA/O	1/21/11	10:00am
					1/22/11	12:30am
					1/24/11	8:30am
					1/25/11	12:30am
					1/27/11	12:30am
					2/01/11	1:00am

Laureen Tanaka introduces Peter Mattoon, Program Supervisor for the HPP and HPRP and Efren Polycarp, Housing and Intake Specialist for HPRP of the Catholic Charities of Hawaii. Peter reiterates that the Rapid Re-Housing program is for anybody including veterans, families, homeless prevention and multiple adults. Peter speaks on the introduction of a jobs program which has just begun. This includes Green jobs like organic farming, photovoltaic installation and solar. Efren and Peter give some examples of success stories. Having a job will help them to maintain housing.

Joy in Our Town #031511B	30:00	15:00	L	PA/O	3/25/11	10:00am
					3/26/11	12:30am
					3/28/11	8:30am
					3/29/11	12:30am
					3/31/11	12:30am

Laureen Tanaka introduces Darryl Vincent from Partners in Care. Darryl defines homelessness as a person living or sleeping in a place not meant for human habitation. The number one reason for homelessness is poverty, substance abuse and mental health issues exacerbate the problem. There are 6000 homeless in Hawaii. More transitional and affordable housing is necessary. Outreach workers are actively engaging people who appear to be homeless to instill hope and opportunity in them until they are ready to get help.

Joy in Our Town #031511B	30:00	15:00	L	PA/O	3/25/11	10:00am
					3/26/11	12:30am
					3/28/11	8:30am
					3/29/11	12:30am
					3/31/11	12:30am

Laureen Tanaka introduces Darryl Vincent from Partners in Care. Darryl also works with the homeless veterans where he sees more mental health and PTSD issues. They do outreach looking for these vets and try to hook them up with veteran benefits and housing in a clean and sober environment. There are about 800-1000 homeless vets on Oahu. Homelessness is a shared responsibility. The private sector should be educated on the problem. It is hard work to be homeless.

<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 #121610B	30:00	15:00	L	PA/O	1/28/11	10:00am
					1/29/11	12:30am
					1/31/11	8:30am
					2/01/11	12:30am
					2/03/11	12:30am

Chuckie introduces Lowell Kalapa, President of the Tax Foundation of Hawaii. Lowell explains that 2010 could be the last of the Bush era tax cuts unless voted on again by senate. 2010 has a number of good things to take advantage of. He explained that State tax returns were delayed this year and could be next year due to state budget shortfalls. He said that people need to look at their withholding for state on paycheck, and multiply the number of pay periods for the year. Withhold only as much as you had to pay last year. Fiscal year is from July 1- June 30 and all general excise taxes are controlled by the state except for rail.

Joy in Our Town #121610B	30:00	15:00	L	PA/O	1/28/11	10:00am
					1/29/11	12:30am
					1/31/11	8:30am
					2/01/11	12:30am
					2/03/11	12:30am

Chuckie introduces Lowell Kalapa, President of the Tax Foundation of Hawaii. He explains that if Congress passes Bush tax cuts everything will stay the same but everyone is hoping that the economy will turn around soon. By lowering Social Security you increase money in the pockets of consumers but you lower the SS fund. Lowering deductions by 2% for 1 year is a way for the president to say he's taking care of the middle class. No major changes to taxes for the next 2 years but the elimination of certain deductions is possible like mortgage interest and deducting state income taxes. Social Security may phase in an age eligibility change to 70. Start planning now. State has raided the hurricane fund which will increase insurance premiums. Other short falls still need to be addressed like employee retirement benefits.

Joy in Our Town #011811A	30:00	15:00	L	PA/O	2/18/11	10:00am
					2/19/11	12:30am
					2/21/11	8:30am
					2/22/11	12:30am
					2/24/11	12:30am

Lauren Tanaka introduces Senator Mike Gabbard who tells us Hawaii's economy is crawling towards recovery. Hawaii should be the model of a green economy but 90% of our energy comes from foreign oil for which we are paying 4.6 million a year. That money could be pumped back into our economy by using more of our resources. The good news is that the Dept. of Labor is predicting a 26% increase in green jobs and we need to train local work force for these jobs so we don't bring in workers from out of state. The State budget is projected to have a 3% increase in revenue. Our new Governor has said he won't raise the general excise tax, there will be no expansion of furloughs and the state won't be taking hotel room taxes.

Joy in Our Town #021711B	30:00	15:00	L	PA/O	2/25/11	10:00am
					2/26/11	12:30am

Lauren Tanaka introduces Wayne Tanna of the Hawaii Alliance for Community Based Economic Development. Wayne tells us they help to facilitate community development and capacity building for families. Right now they are providing free tax assistance through a federal program. There are requirements to qualify. He explains the Earned Income Tax Credit and how it benefits those who qualify.

Joy in Our Town #021711B	30:00	15:00	L	PA/O	2/25/11	10:00am
					2/26/11	12:30am

Laureen Tanaka introduces Wayne Tanna of the Hawaii Alliance for Community Based Economic Development. Wayne explains asset building and how they help communities and families with this. He tells us there are several bills in the legislature this session such as one asking for a State earned income credit, one to establish a State charter bank and one to advance individual development accounts, which would help in our economic situation.

<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 #121610D	30:00	15:00	L	PA/O	2/11/11	10:00am
					2/12/11	12:30am
					2/14/11	8:30am
					2/15/11	12:30am
					2/17/11	12:30am

Chuckie introduces Kanoe Naone, CEO of INPEACE, Liz Chun, Executive Director and David Tom, Public Policy Director of the Good Beginnings Alliance. Kanoe explains INPEACE is a Native Hawaiian Cultural Program that services 2,500 children annually. Liz explains that Good Beginnings Alliance is a policy and advocacy organization focusing on kids 0-8, specifically 0-5 years of age to build a comprehensive program for families. Kanoe says that most people think that a 0-5 year old is the responsibility of the parent and that education doesn't begin until kindergarten. Learning begins before the age of 4. Liz says that Hawaii was one of the first states to develop early learning. A recent test of children in kindergarten shows they are entering without the basic knowledge they need. David says that he has been speaking with legislature, businesses and communities about the importance of quality early education. It is important that a child learn in a loving setting and have classes that include development of fine motor skills, routines, directives, critical thinking, communication as well as exploring the environment. Children's brains develop at a rapid pace between 0-5. Even just talking to your baby helps the child develop including facial gestures and touch.

Joy in Our Town #121610D	30:00	15:00	L	PA/O	2/11/11	10:00am
					2/12/11	12:30am
					2/14/11	8:30am
					2/15/11	12:30am
					2/17/11	12:30am

Chuckie introduces Liz Chun, Executive Director and David Tom, Public Policy Director of the Good Beginnings Alliance. Liz says current government supports early learning and Hawaii started addressing the needs of early learning in 1943. She identifies some key components including 1) addressing high risk families with children (drugs, alcohol, abuse, etc.) 2) touching basis with the child at age 2 or 3 and setting developmental milestones 3) identifying children with more needs as they enter school. David says more children attend kindergarten without attending preschool. He hopes the state will spend more money on early education like China. We must engage families during development.

Joy in Our Town #021711A	30:00	15:00	L	PA/O	3/18/11	10:00am
					3/21/11	8:30am
					3/22/11	12:30am
					3/24/11	12:30am

Laureen Tanaka introduces Alisa Bender, the Sophomore Academy Vice Principal and Tumoana Kenessey, Vice Principal, RTI Director of James Campbell High School. Tumoana tells us special education is a federal law to address children with special needs and give them what they need. Alisa tells us that they decided something needed to be done on their campus because they weren't seeing any academic gains. They discussed the term "inclusion" and formulated a vision to work with the special needs students in an atmosphere of inclusion. Tumoana says it took a lot of training, collaboration and changing of mindsets to address the performance gaps between their special needs kids and mainstream kids. Their primary goal and focus is the student.

Joy in Our Town #021711A	30:00	15:00	L	PA/O	3/18/11	10:00am
					3/21/11	8:30am
					3/22/11	12:30am
					3/24/11	12:30am

Laureen Tanaka introduces Alisa Bender, the Sophomore Academy Vice Principal and Tumoana Kenessey, Vice Principal, RTI Director of James Campbell High School. Tumoana explains that identifying the areas a student is in lack in and responding to it is Response Intervention. Alisa tells us they used this method to address reading and math in particular. All students can learn and will learn. Tuamoana says this helps those students who are struggling but don't want to ask for 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>Civic Affairs</i>							

Joy in Our Town #011811A	30:00	15:00	L	PA/O	2/18/11	10:00am
					2/19/11	12:30am
					2/21/11	8:30am
					2/22/11	12:30am
					2/24/11	12:30am

Laureen Tanaka introduces Senator Mike Gabbard who is on the energy and environment committee. He tells us how they are looking at putting a 200 mega watt wind farm on Lanai & Molokai, running undersea cables to Oahu and selling the electricity to HECO. The residents of Lanai & Molokai are opposed to this and they are in the process of listening and weighing the concerns and benefits. Senator Gabbard also tells us he supports expansion of geothermal energy which is being used on the Big Island.

Joy in Our Town #011811C	30:00	15:00	L	PA/O	3/11/11	10:00am
					3/14/11	8:30am

Laureen Tanaka introduces Pamela Cunningham from the State's Executive Office on Aging SAGE Plus program. Pamela explains that this program is a state Medicare counseling program that helps people navigate through the Medicare maze by looking at their available options. She explains some qualifications and coverages of Medicare.

Joy in Our Town #011811C	30:00	15:00	L	PA/O	3/11/11	10:00am
					3/14/11	8:30am

Laureen Tanaka introduces Pamela Cunningham from the State's Executive Office on Aging SAGE Plus program. Pamela explains some changes to Medicare due to health care reform such as 0 co-pay for preventative services. There is a new prescription drug plan coverage which took effect Jan. 1<sup>st</sup> and this is designed to help those who fall into a coverage gap. She also explains the difference between Medicare & Medicaid.

<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>
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*Health/Mental Health*

700 Club CBN NewsWatch #010611	1:00:00	6:00	REC	PA/O/E	01/06/2011	12:00 PM
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Lori Johnson, CBN News Reporter, says resolving to live healthier in the new year is a great decision! If that's your goal, you should know studies show that the more specific you can be, the more likely you will reach your goal. Here are the top ten healthy habits for the new year: 1. Exercise. Exercising has both short-term and long-term benefits. Right away, it can improve your mood, reduce stress, and even make your brain work better. Over time, exercise can prevent health problems ranging from obesity and diabetes to heart disease and even cancer. Even with all these benefits, some 60 percent of Americans stay on the couch. If you'd like to be in the 40 percent of regular exercisers, psychologists say to focus on the first three weeks. Be encouraged that it will get easier! Studies have shown that any activity repeated daily becomes a habit after three weeks. 2. Eat a healthy breakfast. Preferably with protein, within 90 minutes of waking-up. This starts your metabolism for the day and also prevents you from getting too hungry and overeating later in the day. 3. Eat five servings of fruits and vegetables a day. One serving equals a 1/2 cup of cooked vegetables or a full cup of raw or leafy vegetables or one small whole fruit. 4. Avoid trans fats. Trans fats are found mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated," stay away. 5. Eat good fats. Omega-3s are found in foods like fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds, and flaxseed. These have been shown to reduce the risk of heart disease, improve your immunity, and reduce inflammation. 6. Avoid sugar. This is one of the toughest. Its negative laundry list runs from obesity to diabetes to heart disease and cancer. The average American consumes 135 pounds of sugar a year, compared with 109 pounds 20 years ago and only five pounds in the late 1800s! 7. Cleanse your hands often. Eating right and exercising aren't the only habits that keep you healthy. Did you know the best way to avoid getting sick is to keep your hands clean? When using hand sanitizer, make sure it's at least 60 percent alcohol, get in all those nooks and crannies, and rub your hands until they're dry. When using soap and water, lather-up for a full 20 seconds. 8. Practice good dental health. Believe it or not, periodontal infection contributes to heart disease, diabetes, and even premature, underweight births. 9. Get regular screening. The type of screenings you need depend on your age and gender, so consult with your doctor about which ones you need. Some of the most important ones include an annual physical, blood pressure, and cholesterol test, colonoscopy, mammogram, pap test, and prostate and skin cancer screening. 10. Get enough sleep. So at this time of year, when many of us vow to start afresh, take note of these habits to make 2011 your healthiest year yet.

#020811

Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern climates. **Light therapy** is a very effective treatment and involves sitting in front of a specialized light box for 30 minutes a day. The box needs to have a power of 10,000 lux, which is more than 20 times stronger than the average light bulb. Beware though: Tanning beds are not an acceptable treatment because they emit ultraviolet rays. So say "no" to the tanning bed, but "yes" to the light box. And in addition to the light box, other ways to brighten up your life include: Using higher wattage light bulbs, installing a sky light, sitting closer to the window, trimming branches that block sunlight and simply opening the blinds. If you have SAD and work in a dark environment make it a point to spend a few minutes outside every hour or so. Although it's tempting for people with SAD to reach for their comforter, they should reach for their gym bag instead. Exercise is another great tool for fighting the effects of SAD. A cardiovascular workout pumps oxygen into the brain, making us alert and energetic. Exercise also releases endorphins, neurotransmitters that create a feeling of euphoria. So if you suffer from Seasonal Affective Disorder, or SAD, a few lifestyle changes can help you enjoy winter. And spring will be here before you know it!

#032211

Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly drinks them. Energy drinks burst on the scene 20 years ago. They are now so popular, Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market. What's in these energy drinks that has them flying off the shelves? Mainly caffeine, at least the amount found in a strong cup of coffee, sometimes much more. The U.S. Food and Drug Administration only requires that manufacturers list the presence of caffeine in a product, not how much. Energy drinks can also be loaded with sugar -- a quarter-cup on average. Also, since they're marketed as dietary supplements, they often contain unregulated herbal stimulants like Taurine, Guarana, Creatine and B vitamins. Doctors say this can be a dangerous mix. In fact, the medical journal Pediatrics warns energy drinks can cause kids to suffer heart palpitations, seizures, strokes, and even sudden death. The pediatrician also tells his patients not to even drink one because they can be highly addictive. Energy drinks are often marketed to athletes for that extra boost. But they can pose even more problems for athletes than non-athletes, including increased blood pressure and serious dehydration. Because of that risk, many athletes who shy away from the energy drinks choose the sports drinks instead. But doctors warn that while sports drinks don't have the caffeine that energy drinks contain, they do have their own set of problems. For instance, sports drinks can corrode teeth even more than soda. The acid in sports drinks erodes the teeth from the first sip until 45 minutes after the last sip, when the saliva returns the mouth to its normal pH balance. So how many carbohydrates are in what you're drinking? It's on the bottle. But watch out -- that number is carbohydrates per serving. Many bottles contain two or more servings. So if you drink the whole bottle, you're consuming at least twice the number of carbohydrates on the label. So while Americans have more beverage choices than ever, doctors say don't be fooled. Just because a drink has a healthy image, that doesn't mean it's good for you.

Doctor to Doctor  
#280

28:30

28:30

REC

PA/O/E

1/04/2011

9:30 AM

**Dr. Don Colbert** talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

Doctor to Doctor 28:30 28:30 REC PA/O/E 1/11/2011 9:30 AM  
#284

**Dr. Dan Collins** talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. **Dr. Clark Gerhert** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, There can be additional years of specialized study. It can take quite a few years to become a doctor.

<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 #285	28:30	28:30	REC	PA/O/E	1/18/2011	9:30 AM

**Dr. James Krystosik** talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or a food intolerance. It's important to identify the food and eliminate it from the diet. **Dr. John Fischer** talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. **Dr. Martin Finkelstein** talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.

Doctor to Doctor 28:30 28:30 REC PA/O/E 1/25/2011 9:30 AM  
#286

**Dr. Eric Braverman** talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.

Doctor to Doctor 28:30 28:30 REC PA/O/E 2/01/2011 9:30 AM  
#287

**Dr. Jessica Setnick** talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. **Dr. Teresa Carlson** talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. **Dr. Karen Bierman** talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.

Doctor to Doctor 28:30 28:30 REC PA/O/E 2/8/2011 9:30 AM  
#288

**Dr. Bettye Alston** talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. **Dr. James Mittelberger** talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. **Dr. David Cawley** talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

Doctor to Doctor 28:30 28:30 REC PA/O/E 2/15/2011 9:30 AM  
#289

**Dr. Mike Ronsisvalle** talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. **Kay Spears** talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. **Dr. Dale Peterson** talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.

*Program Title*      *Program*      *Topic Duration*      *Segment*      *Type*      *Airdate*      *Time*  
*Duration*      *Source*

Doctor to Doctor 28:30 28:30 REC PA/O/E 2/22/2011 9:30 AM  
#290

**Lisa Buldo** talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. **Dr. Ace Anglin** talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. **Dr. Glee Steele** talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.

Doctor to Doctor 28:30 28:30 REC PA/O/E 3/08/2011 9:30 AM  
#291

**Dr. Brian Nimphius** talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. **Dr. Bob DeMaria** talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. **Dr. Bernice Gonzalez** talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.

Doctor to Doctor 28:30 28:30 REC PA/O/E 3/15/2011 9:30 AM  
#292

**Dr. Don Colbert** talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. **Dr. Malcolm Hill** talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. **Dr. Kelafo Collie** talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

Doctor to Doctor 28:30 28:30 REC PA/O/E 3/22/2011 9:30 AM  
#293

**Dr. Tonya Lyons** talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. **Dr. Gerard Guillory** talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. **Dr. Chris Lewis** talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.

# **Trinity Broadcasting Network**

## *Quarterly Report*

April, May, June 2011

**KAAH –TV 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.*

Public Safety

Civic Affairs

Substance Abuse

Health

Education

Environment

<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>Public Safety</i>							
Joy in Our Town	#031511C	30:00	15:00	L	PA/O	4/01/11	10:00am
						4/02/11	12:30am
						4/04/11	08:30am
						4/05/11	12:30am
						4/07/11	12:30am
						4/12/11	01:00am
						4/14/11	01:00am

Laureen Tanaka introduces Vice Director of Civil Defense, Ed Teixeira. Ed explains the function of Civil Defense and addresses the recent tsunami we had. He tells us how a tsunami develops and moves and the areas that can trigger a tsunami to the islands. He says we need to be observant of where we live in relation to the ocean.

Joy in Our Town	#031511C	30:00	15:00	L	PA/O	4/01/11	10:00am
						4/02/11	12:30am
						4/04/11	08:30am
						4/05/11	12:30am
						4/07/11	12:30am
						4/12/11	01:00am
						4/14/11	01:00am

Laureen Tanaka introduces Vice Director of Civil Defense, Ed Teixeira. Ed addresses everyone's concern of radiation exposure due to the Japan plant melt down and its effects on Hawaii. He tells us that the potassium iodine that everyone is rushing out to buy will only protect your thyroid gland not your body. He says we are still in the awareness stage and there is no need to panic. The Hawaii Dept. of Health is measuring and monitoring the air quality.

Joy in Our Town	#042811C	30:00	15:00	L	PA/O	5/27/11	10:00am
						5/28/11	12:30am
						6/02/11	12:30am
						6/07/11	01:00am
						6/09/11	01:00am

Laureen introduces Mel Pu`u, Rescue Trainer, City and County of Honolulu and Shannon Clancey, Junior Lifeguard Program Coordinator/Ocean Safety Officer. Shannon explains that the Junior Lifeguard Program is for kids 13-17. They are one week programs and they have 7 sessions. They teach all ocean rescue techniques including tube rescues, search rescues, jet ski rescues etc. Safety is always first priority and then fun. Mel says this is to promote ocean awareness and build the children's self confidence. Shannon explains that the students also learn about rip currents, how to study the oceans, checking with other lifeguards and knowing their own limits. Signs are often posted at beaches on conditions and their website also posts active conditions. Unsupervised children need to communicate with parents on their whereabouts. Students also learn CPR in their training.

<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>Public Safety</i>							
Joy in Our Town	#042811C	30:00	15:00	L	PA/O	5/27/11	10:00am
						5/28/11	12:30am
						6/02/11	12:30am
						6/07/11	01:00am
						6/09/11	01:00am

Laureen introduces Mel Pu`u, Rescue Trainer, City and County of Honolulu and Shannon Clancey, Junior Lifeguard Program Coordinator/Ocean Safety Officer. Mel explains that the ocean is our playground and we have many tourists that use it too. Tourist safety is important and Mel recommends that beachgoers check the posted signs at the beach and to keep safety in mind. Go to a beach with lifeguards. Many beaches have surfboard or kayak rentals but people don't know how to use them. If you are unlearned you should make sure you communicate with others where you'll be, use a lifevest and carry your cell phone in a water proof container. Weather changes frequently in Hawaii as well as wind so be careful. Accidents happen when people don't communicate. The community has been doing a lot of rescues themselves which is good. Lifeguards have jet ski for rescue available in 4 districts but conditions restrict their 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>Civic Affairs</i>							
Joy in Our Town	#031511A	30:00	15:00	L	PA/O	4/08/11	10:00am
						4/09/11	12:30am
						4/11/11	08:30am
						4/12/11	12:30am
						4/14/11	12:30am

Laureen Tanaka introduces Representative Gene Ward who updates us on the Governor's first 100 days in office. Unfortunately, the Governor said he wouldn't raise taxes but he is now. The taxing of pensions is a big issue right now and it is still being discussed. The Governor is moving ahead, as he said he would, with appointing of the Board of Education. Gene says he is sure this bill will pass. The Governor also promised to bring our prisoners home from being housed in mainland prisons, which not all agree is a good idea. This is still being worked on.

Joy in Our Town	#031511A	30:00	15:00	L	PA/O	4/08/11	10:00am
						4/09/11	12:30am
						4/11/11	08:30am
						4/12/11	12:30am
						4/14/11	12:30am

Laureen Tanaka introduces Representative Gene Ward who discusses the State budget. He tells us that revenues are flat and have declined. The budget represents more spending and we already have a billion dollar deficit so we can expect to see some tax increases such as in car registration fees, gas prices, income tax deductions being capped, and possibly taxing of nonprofit organizations. The budget was submitted before the tsunami which is now causing a loss to us in tourism as well as damage costs. This will affect our economy greatly. Gene also informs us that there will be a redistricting in 2012 and everyone will have to run for office again because of the new boundaries.

<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	#091610A	30:00	15:00	L	PA/O	6/24/10	10:00am
						6/25/11	12:30am
						6/27/11	8:30am
						6/28/11	12:30am
						6/30/11	12:30am

Chuckie introduces Dean Nakano, Deputy Director and Brian McKee, Chief Information Officer at the Honolulu Board of Water Supply. Brian explains that it is part of BWS due stewardship to protect water supplies after it is removed from the ground. He explained that after the 9/11 attacks that they had instituted a number of security guards and monitoring systems to protect our above ground water tanks. Now BWS has implemented a system in which they can do their own 24/7 monitoring via a central command. They have installed sensors on doors to detect door tampering to wells as video surveillance but encourage the community to be the eyes and ears. Dean explains the need for Wireless communications between all aquifers and wells as a preventative protection plan. He also explains that prior to a natural disaster, crews are dispatched to well sites so that they can manually irrigate and feed water to consumers to minimize loss of service.

<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>Substance Abuse</i>							

Joy in Our Town	#040511A	30:00	15:00	L	PA/O	4/16/11	12:30am
						5/03/11	01:30am

Laureen Tanaka introduces Robin Dinlocker, Assistant Special Agent in Charge for the DEA. Robin tells us crystal meth is a national problem and the trend has changed over the years. Currently this drug is coming from superlabs in Mexico. This problem crosses all age groups and genders. She describes what the drug looks like and tells us this is a war. She encourages viewers to keep the lines of communication open in their homes so if any of their loved ones has this problem they will feel comfortable enough to go to them. Also go to their website for help or call the police or DEA if you see anything suspicious.

Joy in Our Town	#040511A	30:00	15:00	L	PA/O	4/16/11	12:30am
						5/03/11	01:30am

Laureen Tanaka introduces Robin Dinlocker, Assistant Special Agent in Charge for the DEA. Robin tells us that prescription drug abuse is a growing problem here. The most common abused prescription drugs are pain relievers. Teens and young adults are having pill parties calling them Skittle or M&M parties because of the colorful array of drugs. Pain patches are also being abused. The DEA is doing a Take Back program no questions asked. Last year this brought in over a 1/2 ton of pills. Robin says education and communication are key and gives us the website where people can download a brochure on these different pills so you can identify them. 1 in 7 teens admit to abusing prescription drugs, 16% before the age of 15.

<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 #051711B	30:00	15:00	L	PA/O	6/10/11	10:00am
					6/11/11	12:30am
					6/13/11	08:30am
					6/14/11	12:30am
					6/16/11	12:30am

Laureen Tanaka introduces Gabriel Collazo, Resident/Public Relations Representative, Alika Johnson, Induction Representative and Earl Baker, Graduate, all from Habilitat. Gabriel tells us that substance abuse has reached epidemic proportions in our state with the drug of choice being meth. He explains that addiction is a choice and they use a behavior modification program in their rehab. 54% of their graduates stay clean and sober for 5 or more years after leaving their program. Alika tells us that most clients come to them due to court order or pressure from family. Earl says most of their clients are hard core users.

Joy in Our Town #051711B	30:00	15:00	L	PA/O	6/10/11	10:00am
					6/11/11	12:30am
					6/13/11	08:30am
					6/14/11	12:30am
					6/16/11	12:30am

Laureen Tanaka introduces Gabriel Collazo, Resident/Public Relations Representative, Alika Johnson, Induction Representative and Earl Baker, Graduate, all from Habilitat. Gabriel tells us that there is a stigma coming out of rehab and employment is sometimes difficult to obtain, but it is a requirement in order to graduate from their program. Alika tells us that trades are taught to them as part of the program and clients leave with some good training, references and an elevated work ethic. They do have companies that work with Habilitat and hire their graduates.

Joy in Our Town #051711C	30:00	15:00	L	PA/O	6/17/11	10:00am
					6/18/11	12:30am
					6/20/11	08:30am
					6/21/11	12:30am
					6/23/11	12:30am

Laureen Tanaka introduces Melanie Boehm, Clinical Supervisor of Outpatient Services for Salvation Army Addiction Treatment Services. Melanie tells us that they started out helping alcoholics but have now extended the program to help women; pregnant women with substance abuse issues. 85,000 people have severe substance abuse issues in Hawaii, 60,000 of those are on Oahu. 70% of those coming in are addicted to "ice" or meth. She explains the levels of care starting with detox. 80% of their clients remain abstinent for 6 months post. 94% of those are able to establish a stable environment.

Joy in Our Town #051711C	30:00	15:00	L	PA/O	6/17/11	10:00am
					6/18/11	12:30am
					6/20/11	08:30am
					6/21/11	12:30am
					6/23/11	12:30am

Laureen Tanaka introduces Melanie Boehm, Clinical Supervisor of Outpatient Services for Salvation Army Addiction Treatment Services, Leslie Moody, Addictions Program Manager and Liz Brown, Family Support Worker for Women's Way & Ke Ola Pono. Leslie tells us that this is the only program for pregnant women and the age range they see is usually 20-40 yrs old, most referred to them by the legal system. Liz's role is to provide support such as help with job search, housing, going back to school, etc. as they transition out of treatment. Women require a lot more services. Some have health issues, mental health issues and child care issues on top of their addiction. Family support is crucial and there is hope.

<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 #040511C		30:00	15:00	L	PA/O	4/22/11	10:00am
						4/25/11	8:30am
						4/26/11	12:30am
						4/28/11	12:30am
						5/03/11	1:00am

Laureen Tanaka introduces Dr. Alan Tice MD,FACP of Infections Limited Hawaii. Dr. Alan says it seems Pearl City and Honolulu are where people are coming down with dengue fever symptoms. It is transmitted by a certain type of mosquito. This is a serious disease and there is no cure. Hydration is important, get tested if you think you have it, get rid of standing water around your home, use mosquito netting especially for kids.

Joy in Our Town #040511C		30:00	15:00	L	PA/O	4/22/11	10:00am
						4/25/11	8:30am
						4/26/11	12:30am
						4/28/11	12:30am
						5/03/11	1:00am

Laureen Tanaka introduces Dr. Alan Tice MD,FACP of Infections Limited Hawaii. Dr. Tice tells us that Hawaii has the highest occurrence of leptospirosis which lives in fresh water and is from animal waste. It can get into open sores or be swallowed in water. Staph is another problem and happens in 1/3 of the population here. It kills more people than Aids and is getting resistant to antibiotics. Doctors are prescribing less antibiotics for these diseases because antibiotics are killing the good bacteria you need to fight these off. He also explains the different types of hepatitis and says there is a vaccine for type A but B has none and is contagious. C is treatable.

Joy in Our Town #042811A		30:00	15:00	L	PA/O	5/13/11	10:00am
						5/14/11	12:30am
						5/16/11	8:30am
						5/17/11	12:30am

Laureen Tanaka introduces Trisha Y. Nakamura, Policy & Advocacy Director and Jessica Yamauchi, Oahu Community Coordinator both from Coalition for a Tobacco-Free Hawaii. Trisha tells us that this year they are working to protect their funding in the legislature, uphold smoke free work areas and increase access to help people quit smoking. Jessica explains the smoke free homes program and tells how people can vote to make their condos a smoke free place to live and get listed on a new data base of smoke free housing they are creating. Trisha says tobacco is still the number one cause of preventable disease in our state.

Joy in Our Town #042811A		30:00	15:00	L	PA/O	5/13/11	10:00am
						5/14/11	12:30am
						5/16/11	8:30am
						5/17/11	12:30am

Laureen Tanaka introduces Pedro Haro/ Spokesperson for the Hawaii Tobacco Quitline. Pedro tells us they offer telephone and web based cessation counseling for those trying to quit smoking. Data shows that since 2005 people who have gotten this help are 11 times more likely to quit than trying to do it on their own. Tobacco affects all aspects of your life; decreases home & car values, costs a lot to purchase, negatively affects pets, etc. Pedro gives some steps to take if you want to quit smoking.

<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 News	1:00:00	6:00	REC	PA/O/E	06/16/2011	12:00 PM
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#061611

Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create

Doctor #295	to Doctor	28:30	28:30	REC	PA/O/E	4/05/2011	9:30 AM
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**Dr. Eric Braverman** talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

Doctor #296	to Doctor	28:30	28:30	REC	PA/O/E	4/12/2011	9:30 AM
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**Dr. Scott Hannen** talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. **Dr. John Fisher** talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. **Dr. Ross Dorsett** talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.

<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*

Doctor #297	to	Doctor	28:30	28:30	REC	PA/O/E	4/26/2011	9:30 AM
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**Dr. Mike Ronsisvalle** talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. **Dr. James Mittelberger** talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. **Dr. Glen Steele** talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

Doctor #298	to	Doctor	28:30	28:30	REC	PA/O/E	5/03/2011	9:30 AM
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**Lisa Buldo** talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

Doctor #299	to	Doctor	28:30	28:30	REC	PA/O/E	5/10/2011	9:30 AM
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**Dr. Christopher Chen** talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

Doctor #300	to	Doctor	28:30	28:30	REC	PA/O/E	5/17/2011	9:30 AM
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**Dr. Marc Unterman** talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

<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*

Doctor #301	to	Doctor	28:30	28:30	REC	PA/O/E	5/24/2011	9:30 AM
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**Dr. Doreen Lewis** talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. **Dr. George Alonso** talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. **Dr. Abinash Achrekar** talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.

Doctor #302	to	Doctor	28:30	28:30	REC	PA/O/E	5/31/2011	9:30 AM
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**Eric Braverman** talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. **Dr. Nicole Gordon-Moton** talked about colon cancer. It is the 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. **Dr. David Cawley** talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.

Doctor #303	to	Doctor	28:30	28:30	REC	PA/O/E	6/07/2011	9:30 AM
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**Dr. Tonya Lyons Anderson** talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. **Dr. Randy Burden** talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. **Dr. Bernice Gonzalez** talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.

Doctor #304	to	Doctor	28:30	28:30	REC	PA/O/E	6/14/2011	9:30 AM
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**Dr. Ace Anglin** talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. **Dr. James Krystosik** talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. **Jannie Wolff** talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.

Doctor #305	to	Doctor	28:30	28:30	REC	PA/O/E	6/21/2011	9:30 AM
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**Dr. Valerie Saxon** talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. **Dr. Bill Williams** talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. **Dr. Dale Peterson** talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.

<i>Issue/Problem Education</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 #040511B	30:00	15:00	L	PA/O	4/29/11	10:00am
					4/30/11	12:30am
					5/02/11	08:30am
					5/03/11	12:30am
					5/05/11	12:30am

Laureen Tanaka introduces Lorrie Kanno, Weed & Seed Site II Coordinator, Gale Mejia, Project Coordinator Gear Up, and Abel Maczon, New Hope Leeward Community Outreach Director. Gale tells us that there are many students in danger of repeating a grade or not graduating so they partnered with Waipahu Intermediate School to follow the 7<sup>th</sup> graders, which are currently 9<sup>th</sup> graders, until they graduate; moving them towards a college culture. Lorrie says they are concerned about addressing the students' needs early on to avoid problems with the law later in their lives. Abel says his group provides mentoring programs to help students think about their futures and see their possibilities. Gale tells us that 90% of the students going through the program have had an attitude adjustment.

Joy in Our Town #040511B	30:00	15:00	L	PA/O	4/29/11	10:00am
					4/30/11	12:30am
					5/02/11	08:30am
					5/03/11	12:30am
					5/05/11	12:30am

Laureen Tanaka introduces Lorrie Kanno, Weed & Seed Site II Coordinator, Gale Mejia, Project Coordinator Gear Up, and Abel Maczon, New Hope Leeward Community Outreach Director. Lorrie says they were having to pick up a lot of truant youth so they decided to do something that would impact youth & parents called Fresh Start. They take these youth to the Waianae Coast to see and interact with their less fortunate peers in tent city. This is the most impactful activity they have seen yet. Gale says they see less truancy, more students are taking advantage of tutoring. They took the students to Oahu Correctional Facility too where the students got the message that this is not a place they want to come to. Abel said they do job searches with the students to identify what they want to do after High School and what that will require.

Joy in Our Town #040511D	30:00	15:00	L	PA/O	5/06/11	10:00am
					5/07/11	12:30am
					5/09/11	8:30am
					5/10/11	12:30am
					5/12/11	12:30am

Laureen Tanaka introduces Justin Mew, Head of School, Principal Niu Valley Middle School. Justin tells us that there was a need to turn around the public perception of Niu Valley Middle School and it was decided that an International Baccalaureate program would increase the standards of the school. He tells us that the students are excelling in this program and 98-99% of their IB students end up graduating on time. Enrollment has doubled from 2006. These graduates are accepted anywhere and are respected.

<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 #040511D	30:00	15:00	L	PA/O	5/06/11	10:00am
					5/07/11	12:30am
					5/09/11	8:30am
					5/10/11	12:30am
					5/12/11	12:30am

Laureen Tanaka introduces John Sosa, Principal of Kaiser High School who tells us he wanted to take Kaiser from good to great and the IB diploma program has provided the high quality education needed to do that. This program has worldwide standards for college curriculum and students can earn college credits. Enrollment has increased. Students graduating from this program are preferred at Ivy League schools.

<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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*Environment*

Joy in Our Town #042811B	30:00	15:00	L	PA/O	5/20/11	10:00am
					5/21/11	12:30am
					5/23/11	8:30am
					5/24/11	12:30am
					5/26/11	12:30am

Laureen introduces Francois Rogers, Special Projects Director and Ivory McClintock, Program Specialist of Blue Planet Foundation. Francois says, that we have the most solutions to fossil fuel use but change is a sacrifice. Ivory explains that every day we have to import oil, and 90% of our energy comes from imported oil. Hawaii is the most oil dependent state in the nation. There is a push in the political arena to convert but startup costs are high and they are working on options to make alternative energy more affordable. Photovoltaic systems are becoming more popular with businesses taking the initiative to install. In Manoa, they are working on converting algae into jet fuel with flights to Japan already having used this. Francois explains that even the military is using bio fuels in tactical vehicles and electric car use is on the rise. The main goal is energy independence.

Joy in Our Town #042811B	30:00	15:00	L	PA/O	5/20/11	10:00am
					5/21/11	12:30am
					5/23/11	8:30am
					5/24/11	12:30am
					5/26/11	12:30am

Laureen introduces Francois Rogers, Special Projects Director and Ivory McClintock, Program Specialist of Blue Planet Foundation. CFL's are energy efficient light bulbs. They are the initial step to get into peoples' home to save energy. Schools were given CFLs to exchange for students old light bulbs and empowered students to save money and energy. Molokai launched a campaign and survey to households and found that it saved the island \$60,000 a year. Another campaign to be started on Molokai is the replacement of refrigerators with energy efficient ones. Refrigerators are the number one energy consumer in the house. Blue Planet is working with the state to provide rebate programs. They will begin programs to start soon that will allow students in schools to measure how much energy is being used at home from appliances. To start saving energy quickly, water heater and refrigerator replacement to energy star approved will help them save money right away.

<i>Issue/Problem Environment</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	#051711A	30:00	15:00	L	PA/O	6/03/11	10:00am
						6/04/11	12:30am
						6/06/11	8:30am
						6/07/11	12:30am
						6/09/11	12:30am

Laureen Tanaka introduces Suzanne Case, Executive Director of the Nature Conservancy of Hawaii. Hawaii's water is one of the purest water on the planet due to our natural filtration system, which Suzanne explains, but we have to take care of our environment to maintain it. Our native rain forests play a huge role in this process but can be jeopardized by invasive plants. The sustainability rate of our fresh water is not really measurable so we have to be sure to balance what we take out with what we put in.

Joy in Our Town	#051711A	30:00	15:00	L	PA/O	6/03/11	10:00am
						6/04/11	12:30am
						6/06/11	8:30am
						6/07/11	12:30am
						6/09/11	12:30am

Laureen Tanaka introduces Suzanne Case, Executive Director of the Nature Conservancy of Hawaii. Suzanne tells us that climate change has affected Hawaii adversely by rising at a rate of .3% over the past 30 years. Elevated levels of carbon in our atmosphere are making our ocean more acidic, causing the coral, plankton and other sea life to dissolve or stop growing and erosion along our coastline. 26 acres of invasive algae was just removed from Maunaloa Bay. Nature is important in Hawaii and we have dominion and responsibility over the earth.

Joy in Our Town	#091610A	30:00	15:00	L	PA/O	6/24/11	10:00am
						6/25/11	12:30am
						6/27/11	8:30am
						6/28/11	12:30am
						6/30/11	12:30am

Chuckie introduces Dean Nakano, Deputy Director, Amy Tsuneyoshi, Watershed Resource Specialist and Kurt Tsue, Acting Information Officer of the Honolulu Board of Water Supply. Dean gives a brief history of the board of water supply. He explains that Hawaii is currently in a drought period and they are asking consumers to use what you need but don't waste it. Kurt explains that the BWS is constantly informing consumers on conservation. He stressed the importance of leak checks as well as some other techniques like plant watering schedules and low flow plumbing fixtures as well as school presentations and xeroscape classes. Amy commented BWS partnerships with other groups in the maintenance and protection of the watershed. Such as invasive species eradication like pigs and goats which eat the undergrowth of plants which can hinder the replenishment of aquifers.

# **Trinity Broadcasting Network**

## *Quarterly Report*

July, August, September 2011

**KAAH –TV 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.*

Civic Affairs

Transportation

Homelessness

Health

Economy

Environment

<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 #062311A		30:00	15:00	L	PA/O	7/01/11	10:00am
						7/02/11	12:30am
						7/07/11	08:30am
						7/12/11	01:00am

Laureen Tanaka introduces Senator Sam Slom who tells us that this legislative session was devoted to raising taxes and increasing revenues. We already have one of the highest tax structure and personal tax rate (11%) in the country. They were able to ward off many tax increases but were unable to stop the tax on transportation which we already see being passed on to the people through shipping fare hikes. Many businesses are shutting down. We need to have incentives for new businesses to start and expand because that will create more jobs and increase wealth but those in power are not listening. People can make a difference and need to testify at the legislature.

Joy in Our Town #062311A		30:00	15:00	L	PA/O	7/01/11	10:00am
						7/02/11	12:30am
						7/07/11	08:30am
						7/12/11	01:00am

Laureen Tanaka introduces Senator Sam Slom who tells us the budget is not balanced as is required by Hawaii's Constitution. There was a 232 million dollar deficit when the new Governor came in and it has now grown to 1.6 billion. Our employee retirement program is the worse in the nation which creates a direct liability for the people in Hawaii. Our special funds, Hurricane Fund & Rainy Day Fund, were raided and won't be replaced. We have to live within our means. Senator Slom has a budget on his website that he invites people to check out.

Joy in Our Town #082511C		30:00	15:00	L	PA/O	9/16/11	10:00am
						9/17/11	12:30am
						9/19/11	08:30am
						9/20/11	12:30am
						9/22/11	12:30am
						9/29/11	01:00am

Laureen introduces Karl Rhoads, State House of Representatives, District 28. Cutting the deficit is important. Federal Government doesn't have a balanced budget directive. The City & State has been pressured the last few years to make cuts. When Hawaii has a surplus we can reinstate workers and reduce cuts. However, Hawaii is constitutionally required to balance the budget. We have many reasons to expect slow continuous growth, but growth nonetheless.

Joy in Our Town #082511D		30:00	15:00	L	PA/O	9/23/11	10:00am
						9/24/11	12:30am
						9/26/11	08:30am
						9/27/11	12:30am
						9/29/11	12:30am

Laureen Tanaka introduces Tom Brower, State House of Representatives, District 23. As the tourism chair, Tom reports that the tourists are still coming and spending more, but hotels are changing to timeshares and bed and breakfasts. The timeshare visitor has different spending behaviors which could hurt our businesses depending on the tourism market. Spending at Farmer's Markets are on the rise and it looks like the Superferry may come back brining a boost to our tech industry and better uniting the islands. We are also looking at the possibility of construction of a major movie house here in the islands. We need to sustain a clean environment for people to continue coming to Hawaii as well as being able to adapt and change as markets change.

<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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Transportation	Joy in Our Town #062311B	30:00	15:00	L	PA/O	7/08/11	10:00am
						7/09/11	12:30am
						7/11/11	08:30am
						7/12/11	12:30am
						7/14/11	12:30am
						7/26/11	1:30am

Laureen Tanaka introduces Councilmember Tom Berg who tells us we have a transportation crisis and if we are going to do rail then we need to do it right. He claims the State has been keeping more than their share of the 1/2 % GET collected for the rail since 2005 which is bad government. He also says that there is an appeal process going on right now and that we need to reconsider who we awarded the contract to make the rail cars to. If we award it locally we could save a lot of money and create jobs. He is also advocating to put rail experts in charge of the project.

Joy in Our Town #080211A	30:00	15:00	L	PA/O	8/19/11	10:00am
					8/20/11	12:30am
					8/22/11	8:30am
					8/23/11	12 :30am
					8/25/11	12:30am
					9/01/11	01:00am
					9/08/11	01:30am

Laureen Tanaka introduces Bike Mom & Volunteer Natalie Iwasa and Advocacy Committee Chair John Goody from the Hawaii Bicycling League. Natalie tells us that Complete Streets is a program that says public ways are for everyone not just cars and they are in the process of getting the City to implement. John tells us that penalties need to be raised. Hawaii has the highest traffic fatalities of people over 60 yrs of age in the nation. Natalie says our state is dead last in providing funding for such measures as bike parking, bike storage, bikes on the Bus, etc. With the gas prices being so high more people are biking and walking.

Joy in Our Town #080211A	30:00	15:00	L	PA/O	8/19/11	10:00am
					8/20/11	12:30am
					8/22/11	8:30am
					8/23/11	12 :30am
					8/25/11	12:30am
					9/01/11	01:00am
					9/08/11	01:30am

Laureen Tanaka introduces Bike Mom & Volunteer Natalie Iwasa and Advocacy Committee Chair John Goody from the Hawaii Bicycling League. There are more people biking these days because of high gas prices and it is crucial that they follow the rules. Many are riding on the wrong side of the road. They should be riding in single file in the flow of traffic. Safety equipment such as reflector vests, helmets and lights at night help to make bikers visible. John tells us that Hawaii has the 12<sup>th</sup> highest accident rate involving bikers and is ranked 11<sup>th</sup> highest for pedestrian accidents. They tells us about bike safety training and programs for children in school.

<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>Transportation</i>						

Joy in Our Town #091610B	30:00	15:00	L	PA/O	9/30/11	10:00am
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Chuckie introduces Wayne Yoshioka, Director of the City Department of Transportation Services. He talks about bike lanes and the implementation of them. Bikers have been complaining about connections of bike paths. A task force was set up to address these issues. New areas of development have requirements to incorporate bike paths and lanes, however, older existing communities may not have space to accommodate them. City is trying to make it so bikers have continuous lanes of travel connecting suburban streets with urban bikeways. College campuses are a priority area as bike travel is a high means of transportation. UH has incorporated “Sherols” which shares a single lane of travel between automobiles and bikes.

Joy in Our Town #091610B	30:00	15:00	L	PA/O	9/30/11	10:00am
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Chuckie introduces Wayne Yoshioka, Director of the City Department of Transportation Services. He talks about the rail system. He said that the EIS has been completed and that the public review period is over after having been extended. They are now required to review all public comments and address them. They are awaiting the Governors approval of the EIS and the Federal Governments OK to move on with construction. The rail will extend from East Kapolei to University of Hawaii. It is an elevated rail guided system that will be constructed in segments. They are required to follow noise guidelines and will include all landscaping and concrete decoration. Monthly updates at neighborhood boards are also conducted.

<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 #062311B	30:00	15:00	L	PA/O	7/08/11	10:00am
					7/09/11	12:30am
					7/11/11	08:30am
					7/12/11	12:30am
					7/14/11	12:30am
					7/26/11	1:30am

Laureen Tanaka introduces Councilmember Tom Berg who tells us that Hawaii ranks highest in the nation for rent, \$1600 a month. Our City & State have not been good stewards of affordable housing. We do not have enough affordable housing to house all the homeless. There are roughly 500 people living in the bushes at the end of Makaha alone. Mr. Berg has introduced Bill 11-64 which would allow shipping containers to be retrofitted, for \$13,000, to house people on fallow or productive Ag land. The containers would be off the grid and meet Board of Health requirements. This would be a 5yr pilot program. The containers are available and a company is willing to supply the 1<sup>st</sup> one for free. Councilmember Berg has great support for this.

<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 #082511B	30:00	15:00	L	PA/O	9/09/11	10:00am
					9/10/11	12:30am
					9/12/11	08:30am
					9/13/11	12:30am
					9/15/11	12:30am
					9/22/11	01:00am
					9/29/11	01:30am

Laureen Tanaka introduces Utu Langi, Executive Director of H5. Utu tells us about the Next Steps shelter constructed in 2006 to provide evening shelter for homeless people. It was suppose to be a 1 year project but the need has been so great that it is still operating with literacy programs, work training programs, and has now expanded hours to the weekends. They are now starting a recycling program that will help not only fund the program but give the tenant/workers some money to have a rental deposit when they are ready to move into more permanent housing.

Joy in Our Town #082511B	30:00	15:00	L	PA/O	9/09/11	10:00am
					9/10/11	12:30am
					9/12/11	08:30am
					9/13/11	12:30am
					9/15/11	12:30am
					9/22/11	01:00am

Laureen Tanaka introduces Utu Langi, Executive Director of H5. Utu tells us about the Evans project started in 2010 to provide more needed shelter for the huge homeless population that we have. They converted 6 donated buses into living spaces. They also used some of the buses to provide shuttle service from another shelter to the City bus line for the people. He also started a feeding program at his church and now is feeding 2000-3000 people a month. They started a hydroponic garden that will help them grow food not only to eat but to sell at the Farmer's Market to make money for permanent housing deposits. They also work with some mentally challenged homeless.

Joy in Our Town #082511D	30:00	15:00	L	PA/O	9/23/11	10:00am
					9/24/11	12:30am
					9/26/11	08:30am
					9/27/11	12:30am
					9/29/11	12:30am

Laureen Tanaka introduces Tom Brower, State House of Representatives, District 23. He speaks about how Waikiki is the welcoming mat for Hawaii. It has become more of a problem with the homeless squatting in private abandoned buildings. As long as there are no trespassing signs law enforcement should be able to remove squatters however, if there is no complaint from the owners, law enforcement cannot remove people. Part of the problem is that some owners don't even live in Hawaii. Squatters living in abandoned homes are a safety hazard for the owners and the homeless as well. With the APEC coming into Waikiki, homeless sweeps and cleaning of the city have begun but it should continue after the conference ends. A possible solution to the squatting problem is designating safe zones where amenities and services would be available. We already have a camp site and space for this project to begin as long as we can get past the bureaucracy.

<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	Joy in Our Town #102110A	30:00	15:00	L	PA/O	7/12/11	01:30am
						7/15/11	10:00am
						7/16/11	12:30am
						7/18/11	8:30am
						7/19/11	12:30am
						7/21/11	12:30am
						7/26/11	1:00am

Chuckie introduces Dr. Randall Wada, Medical Director for the Hawaii Cord Blood Bank. Dr. Wada explains how cord blood, which was usually discarded as medical waste, is collected and stored for use both locally and worldwide. He tells us that over 3000 people in Hawaii are diagnosed with cancer and these are usually the recipients of the cord blood because the chemo treatments cause deficiencies in their blood. Because cells in cord blood are more immature than those found in adult blood it is more tolerant of mismatches. There is no charge or risk for this procedure. It is totally anonymous and pain free.

Joy in Our Town #102110A	30:00	15:00	L	PA/O	7/12/11	01:30am
					7/15/11	10:00am
					7/16/11	12:30am
					7/18/11	8:30am
					7/19/11	12:30am
					7/21/11	12:30am
					7/26/11	1:00am

Chuckie introduces Dr. Randall Wada, Medical Director for the Hawaii Cord Blood Bank. Dr. Wada explains that there are 75,000 people in Hawaii on the Bone Marrow registry and about 6000 on any given day looking for a match. He explains how they collect bone marrow and how they match donors using tissue typing by swabbing the inside of the mouth. Hawaii has pioneered the ambassador program that allows donors to speak with potential donors about the process. Bone marrow cannot be stored so it is collected as needed for each patient. Success rate of the transplant depends on the stage of the disease.

Joy in Our Town #071211A	30:00	15:00	L	PA/O	7/22/11	10:00am
					7/23/11	12:30am
					7/25/11	8:30am
					7/26/11	12:30am
					7/28/11	1:00am

Laureen Tanaka introduces Dr. Paul DeMare an oncologist at the Cancer Center of Hawaii. Dr. Paul tells us that we are susceptible to skin cancer in Hawaii and there are 3 major types: Basal Cell Carcinoma, Squamous Cell Carcinoma, Melanoma. He explains each, their signs, symptoms and treatments. The face is the most common area for skin cancer. Some symptoms are dry scaly areas of skin that fail to heal and may bleed a little. Watch any dark colored moles for size, color and shape. He recommends people wear hats, sunglasses, sunscreen with at least an SPF of 30 and stay out of the sun between 10am & 2pm. Asians and Hawaiians rarely have skin cancer because of their darker skin.

<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	Joy in Our Town #071211A	30:00	15:00	L	PA/O	7/22/11	10:00am
						7/23/11	12:30am
						7/25/11	8:30am
						7/26/11	12:30am
						7/28/11	1:00am

Laureen Tanaka introduces Dr. Paul DeMare an oncologist at the Cancer Center of Hawaii. Dr. Paul tells us that tumors in the brain can now be treated with a Gamma Knife. He explains how they use the knife in areas that are not safe to operate on. It delivers an intense dose of radiation to the area and can destroy tumors completely. The procedure can take from 30 minutes to 1 hour and a half and may leave a small scar that fades. In many cases they only have a 5-10% chance of recurrence once treated. He says Melanoma can spread to the brain too and affects a few hundred patients a year in Hawaii. Some symptoms of brain cancer are weakness in the arm or leg and a change in behavior.

Joy in Our Town #071211C	30:00	15:00	L	PA/O	8/12/11	10:00am
					8/13/11	12:30am
					8/15/11	8:30am
					8/16/11	12:30am
					8/18/11	12:30am
					9/01/11	01:30m

Laureen Tanaka introduces Dr. George Nardin from the Castle Medical Center who tells us that the high solar exposure in Hawaii can damage the surface of the eye. We should all be using sunglasses and hats with good brims. Most sunglasses, even cheap ones, filter UV rays and provide 60-80% protection. Grey and brown lenses, larger frames and wrap arounds are best. You can get Basal Cell, Melanoma and Squamous skin cancers on the white part of your eye. There is data that points to some cataracts being caused by sun exposure and everyone will have cataracts in their lifetime if they live long enough. Cataracts decrease the quality of vision and may be sensitive to light. Dr. George explains the procedure for removing cataracts and the recovery process.

Joy in Our Town #071211C	30:00	15:00	L	PA/O	8/12/11	10:00am
					8/13/11	12:30am
					8/15/11	8:30am
					8/16/11	12:30am
					8/18/11	12:30am
					9/01/11	01:30m

Laureen Tanaka introduces Dr. George Nardin from the Castle Medical Center who tells us that diabetes is a systemic disease that damages the blood vessels all over the body and can be seen in the eyes, causing damage to the retina. Elevated blood sugar levels can cause the lens of the eye to swell making a person near sighted. It can go away if you manage your diabetes correctly. Early detection will limit damage. He also explains dry and wet macular degeneration, a disease of the retina, usually in older people, which damages the acute vision and central vision. It is becoming more and more common but can be reversed if caught early enough. He tells us how important good nutrition and cardio vascular health is to the eyes.

<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>
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*Health/Mental Health*

Doctor #307	to	Doctor	28:30	28:30	REC	PA/O/E	7/05/2011	9:30 AM
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**Dr. Scott Hannen** talked about food and suppression. Some foods can steal energy which can lead to being tired, rundown and feeling depressed. It's important to eat a balance diet and to exercise. **Dr. Ross Dorsett** talked about stroke. It is caused by areas of damage to the brain or spinal cord due to lack of blood flow. Risk factors include smoking, diabetes and high cholesterol. It's important to get medical attention with the onset of symptoms. **Dr. Mason Savage** talked about teeth whitening. It should not be performed if you have active tooth decay or periodontal disease. A dental exam should be performed prior to whitening to determine if you are an adequate candidate. Some problems cannot be corrected by whitening.

Doctor #308	to	Doctor	28:30	28:30	REC	PA/O/E	7/12/2011	9:30 AM
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**Dr. Mike Ronsisvalle** talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. **Jessica Setnick** talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. **Dr. James Mittelberger** talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.

Doctor #309	to	Doctor	28:30	28:30	REC	PA/O/E	7/19/2011	9:30 AM
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**Dr. Doreen Lewis** talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. **Dr. George Rhoades** talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. **Dr. Mark Sheehan** talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.

Doctor #310	to	Doctor	28:30	28:30	REC	PA/O/E	7/26/2011	9:30 AM
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**Dr. Rita Hancock** talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. **Dr. Randy Brinson** talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. **Dr. Jeffery Crowhurst** talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.

Doctor #311	to	Doctor	28:30	28:30	REC	PA/O/E	8/02/2011	9:30 AM
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**Dr. Bill Williams** talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. **Dr. Charles Simmons** talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. **Dr. Jill Westkaemper** talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.

Doctor to Doctor 28:30 28:30 REC PA/O/E 8/23/2011 9:30 AM  
#314

**Dr. Isabel Lopez** talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. **Dr. James Krystosik** talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. **Dr. Carl Schmidt** talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.

Doctor to Doctor 28:30 28:30 REC PA/O/E 8/30/2011 9:30 AM  
#315

**Dr. Stephanie Blenner** talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. **Dr. Dale Peterson** talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. **Dr. Bernice Gonzalez** talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.

Doctor to Doctor 28:30 28:30 REC PA/O/E 9/06/2011 9:30 AM  
#316

**Dr. Valerie Saxon** talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. **Dr. Wayne Gordon** talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. **Dr. Rick Winick** talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.

Doctor to Doctor 28:30 28:30 REC PA/O/E 9/13/2011 9:30 AM  
#317

**Dr. Mark Brown** talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. **Kay Spears** talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. **Dr. Brian Nimphius** talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrate move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.

Doctor to Doctor 28:30 28:30 REC PA/O/E 9/20/2011 9:30 AM  
#318

**Dr. Barbara Madden** talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. **Dr. Sylvia Johnson** talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. **Dr. Allen Moore** talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.

<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 #071211B	30:00	15:00	L	PA/O	7/29/11	10:00am
					7/30/11	12:30am
					8/01/11	08:30am
					8/02/11	12:30am
					8/04/11	12:30am
					8/18/11	1:30am

Laureen Tanaka introduces Jeff Gilbreath, Executive Director, and Noelle Kai Desaki, Community Services Manager from Hawaiian Community Assets. Jeff tells us that from the 4<sup>th</sup> quarter of 2006 to the 4<sup>th</sup> quarter of 2010, Hawaii had an 87% foreclosure rate. Many families lost jobs and got behind on their bills because of the economy. Noelle says they have worked with 100's of families and lenders to modify mortgages and find solutions. Act 48 was just passed which provides help for nonjudicial foreclosures. There are many programs out there to help homeowners and no one should pay for housing counseling.

Joy in Our Town #071211B	30:00	15:00	L	PA/O	7/29/11	10:00am
					7/30/11	12:30am
					8/01/11	08:30am
					8/02/11	12:30am
					8/04/11	12:30am
					8/18/11	1:30am

Laureen Tanaka introduces Jeff Gilbreath, Executive Director, and Noelle Kai Desaki, Community Services Manager from Hawaiian Community Assets. Noella tells us that it is possible to own a home in Hawaii and Jeff says it's a family effort. They even hold financial education classes for the youth, ages 13 & up. In the past 11 years they have been able to help 770 families become homeowners. Jeff says access to credit is a major barrier for most. They teach people to budget, find resources, how to work with loan officers, escrow, realtors, credit reports, etc. All workshops are free.

Joy in Our Town #082511A	30:00	15:00	L	PA/O	9/02/11	10:00am
					9/03/11	12:30am
					9/05/11	8:30am
					9/06/11	12:30am
					9/08/11	12:30am
					9/15/11	01:00am
					9/22/11	01:30am

Laureen Tanaka introduces Carl Bonham, Executive Director of the University of Hawaii Research Organization. Carl gives us an overview of the global market and tells us how it affects our Hawaii economy especially in the areas of tourism, our main source of income. He predicts a slowdown in our tourism market as people have less disposable income to spend but on a positive note, he expects we will experience slow growth over the next 3 years.

<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 #082511A	30:00	15:00	L	PA/O	9/02/11	10:00am
						9/03/11	12:30am
						9/05/11	8:30am
						9/06/11	12:30am
						9/08/11	12:30am
						9/15/11	01:00am
						9/22/11	01:30am

Laureen Tanaka introduces Carl Bonham, Executive Director of the University of Hawaii Research Organization. Carl discusses our main source of income, tourism. He says we are marketing to new markets such as China and Korea who actually have money to spend. The biggest uncertainty for Hawaii is what will happen in Washington in the next 3 months. If they make more cuts it will cause our economy to slow even more, affecting our state and local government jobs the most. He says as long as the U.S. doesn't go into recession we should recover.

	Joy in Our Town #082511C	30:00	15:00	L	PA/O	9/16/11	10:00am
						9/17/11	12:30am
						9/19/11	08:30am
						9/20/11	12:30am
						9/22/11	12:30am
						9/29/11	01:00am

Laureen introduces Karl Rhoads, State House of Representatives, District 28. He explains that the unemployment rates for Hawaii is about 6.9% and then he breaks it down according to counties. The government is making cuts to balance the budget. Education is 50% of the budget which is why education is in trouble. Capital improvements allow the state to borrow money for road repairs, senior homes, and high speed internet service which keeps people employed and can create jobs. However, many people have lost their jobs and have been on unemployment for extended periods of time and have moved out of the system. This causes stress and homelessness. Many people have multiple jobs so when they lose a job they don't qualify for unemployment. Unfortunately, the paradox of thrift has taken effect. When people save money, they stop spending and government makes no money.

<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 #071211D	30:00	15:00	L	PA/O	8/05/11	10:00am
						8/06/11	12:30am
						8/08/11	8:30am
						8/09/11	12:30am
						8/11/11	12:30am
						8/18/11	1:00am

Laureen Tanaka introduces Stuart H. Coleman, the Hawaii Coordinator for Surfrider Foundation, who tells us of the campaign called Rise above plastics. The average person goes through 500 plastic bags and 160 plastic water bottles in a year. It takes 100 years for plastic to degrade and it still doesn't degrade all the way. 80% of floating material in the ocean is plastics and it is contaminating the fish and the water. They have been working on Senate bill 1363 for 4 years which bans the use of plastic bags on Oahu. Kauai & Maui already have it.

<i>Issue/Problem Environment</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	#071211D	30:00	15:00	L	PA/O	8/05/11	10:00am
						8/06/11	12:30am
						8/08/11	8:30am
						8/09/11	12:30am
						8/11/11	12:30am
						8/18/11	1:00am

Laureen Tanaka introduces Stuart H. Coleman, the Hawaii Coordinator for Surfrider Foundation, who tells us that when you harm the shoreline you cause erosion and we lose our beaches because of it. They are advocating for shoreline set backs to be designated. He also tells us they advocate for ocean friendly gardens using CPR- Conservation, Permeability and Retention, and he explains it. Stuart encourages people to go to the beaches more often so they can see the problems for themselves.

Joy in Our Town	#080211B	30:00	15:00	L	PA/O	8/26/11	10:00am
						8/27/11	12:30am
						8/29/11	8:30am
						8/30/11	12:30am
						9/01/11	12:30am
						9/08/11	01:00am
						9/15/11	01:30am

Laureen Tanaka introduces Hawaii Dept. of Agriculture Pesticides Program Manager Thomas Matsuda who tells us pesticides are products that kill something. Safety is very important. Read and follow the label directions. Be aware of vapors and the drift problem. If exposed, get fresh air and if illness persists call 911. Young children and the elderly are most susceptible. Follow dilution rates and wash clothes separately after use. He advises to use pesticides as a last resort and gives us some tips to try before using.

Joy in Our Town	#080211B	30:00	15:00	L	PA/O	8/26/11	10:00am
						8/27/11	12:30am
						8/29/11	8:30am
						8/30/11	12:30am
						9/01/11	12:30am
						9/08/11	01:00am
						9/15/11	01:30am

Laureen Tanaka introduces Hawaii Dept. of Agriculture Pesticides Program Manager Thomas Matsuda who tells us there are 2 types of pesticides: general use and restricted use. Restricted pesticides must be used by a certified operator only. Enforcement inspectors do go out and check that pesticides are being used properly and they do dispense warnings and monetary fines as necessary. It is a good idea to vary the use of pesticides so the bugs don't develop a tolerance. He schools us a little on poisonous plants too.

# **Trinity Broadcasting Network**

## *Quarterly Report*

October, November, December 2011

**KAAH –TV 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.*

Youth

Health

Civic Affairs

Economy

Family

Public Safety

<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 #111010A		30:00	15:00	L	PA/O	10/01/11	12:30am
						10/03/11	08:30am
						10/04/11	12:30am
						10/06/11	12:30am
						10/13/11	01:30am
						10/20/11	01:00am

Chuckie introduces Delia Ulima, Initiative Coordinator EPIC Ohana, Noy Worachit & Jarvis Mina Hawaii Youth Opportunities Initiative HI Hopes & Youth Leadership Board, EPIC Ohana. Delia tells us their goal is to bring together the resources and systems that will help the youth transitioning out of the foster care system. In light of a recent foster care youth's suicide, there has been more focus on the system that says youth in foster care are on their own at 18. Stats show that 1 in 4 will be homeless. Jarvis shares that they have a Board of 9 people who help the youth with different issues they have to face such as getting their own health care. Noy tells us this Board consist of youth 14-24 who advocate for their peers.

Joy in Our Town #111010A		30:00	15:00	L	PA/O	10/01/11	12:30am
						10/03/11	08:30am
						10/04/11	12:30am
						10/06/11	12:30am
						10/13/11	01:30am
						10/20/11	01:00am

Chuckie introduces Delia Ulima, Initiative Coordinator EPIC Ohana, Noy Worachit & Jarvis Mina Hawaii Youth Opportunities Initiative HI Hopes & Youth Leadership Board, EPIC Ohana. Delia tells us about youth circles which help youth plan for their futures at the age of 15 and up so they are better prepared at age 18 when they are expected to be on their own. A youth gets to choose who they want in their circle to help them with resources such as housing options, further education, etc. Noy tells us this is optional and there is no limit on how many people you can have or how many circles. Delia explains the agenda of a circle meeting. They did 317 youth circles last year all over the island. They currently have 580 open cases of the 1300 youth in foster care.

Joy in Our Town #100411B		30:00	15:00	L	PA/O	10/28/11	10:00am
						10/29/11	12:30am
						11/07/11	8:30am
						11/17/11	01:00am

Laureen Tanaka introduces Lana Keamo, Waianae Clubhouse Director, Claudia "Lala" Fernandez, NFL YET Nanakuli Clubhouse Director, Tim Motts, Chief Professional Officer from the Boys and Girls Club of Hawaii. Tim tells us they see over 10,000 kids a year, ages 7-17 yrs old. He explains the term "latch key" kids. Lala tells us the critical time is between 2pm and 6pm, when parents are at work and the kids are left home to be their own parental unit. This is also the time frame of the highest crime rate. Lana says they provide a place for kids to go during this time where they can participate in fun and educational programs. Some Clubs have before school programs for those kids that get dropped off at school very early in the morning.

<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 #100411B		30:00	15:00	L	PA/O	10/28/11	10:00am
						10/29/11	12:30am
						11/07/11	8:30am
						11/17/11	01:00am

Laureen Tanaka introduces Lana Keamo, Waianae Clubhouse Director, Claudia “Lala” Fernandez, NFL YET Nanakuli Clubhouse Director, Tim Motts, Chief Professional Officer from the Boys and Girls Club of Hawaii. Tim explains “at risk” youth and says many of them have incarcerated parents, drug and alcohol problems in the home, etc. so are prone to the same behaviors. Lana says all kids are “at risk” in Waianae and so they have to provide programs to keep them off the streets. Tim tells of a mentoring program because kids are looking for positive role models. Lala tells us the dropout rate is 35% now where it was 50% about 6 years ago. Tim says if they even save 1 child from making a poor choice it is all worth it.

<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 #091311A		30:00	15:00	L	PA/O	10/06/11	01:00am
						10/07/11	10:00am
						10/08/11	12:30am
						10/10/11	08:30am
						10/11/11	12:30am
						10/13/11	12:30am
						10/20/11	01:30am

Laureen Tanaka introduces Nancy Kern, Suicide Prevention Coordinator and Dan Galanis, Epidemiologist of the Hawaii Dept. of Health Injury Prevention and Control section. Dan tells us that suicide is the single leading cause of death in Hawaii at a rate of about 150 deaths per year. Through a survey it was found that Hawaii students, middle school and high school, are number one in making plans for suicide and number one in attempts at suicide for the last 10 years. Nancy gives us some signs to watch for that signal someone may be thinking of suicide. If you notice these signs then have your child checked out by a physician, counselor, etc. and get them some help.

Joy in Our Town #112211A		30:00	15:00	L	PA/O	12/09/11	10:00am
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Laureen Tanaka introduces Ruby Hayasaka, Director of Nutrition and Michael Tengan, Fitness Instructor of Castle Medical Center. Ruby gives us some healthy alternative suggestions for eating this holiday season. Sweet potatoes are a good choice because they have lots of fiber and do not require added sugar. She also gives some drink suggestions using fresh fruit. Mike tells us how to stay fit while indulging. He suggests cardio and interval training, whichever is safest for you, and explains interval training. Exercise should be done before and after eating if possible. If not, then before is best. The whole family can do Wii games and videos. Ruby says she practices ahead of time how to say “no” to those things she doesn’t want to eat.

<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 #112211A		30:00	15:00	L	PA/O	12/09/11	10:00am
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Laureen Tanaka introduces Dave Rasmussen, Chaplain and Director for Spiritual Life at Castle Medical Center. Dave says we have many depression challenges in Hawaii. He works a lot with grief and holds a grief support group. If you are prone to depression, he recommends finding a trusted friend to talk to or a therapist. Also, volunteer; help someone else, listen to Christmas carols, do something silly, find something to laugh about, go to parties. Many depressed people isolate themselves. Stay away from alcohol, it is a depressant. Depression pops up in a lot of different places in a lot of different ways.

Joy in Our Town #112211C		30:00	15:00	L	PA/O	12/23/11 12/26/11	10:00am 08:30am
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Laureen Tanaka introduces Dr. Hale Akamine of Family Ministries Center. Dr. Hale tells us how to deal with difficult people over the holidays. There are many different personalities we will be dealing with at family gatherings and parties and we should prepare ourselves. He gives examples of some of those personalities and says hope for a miracle but deal with reality. He advises us to be in charge of our emotions, get the right attitude, accept the reality of who these people are and do research by asking others how they deal with these people. Keep yourself in a positive mood. These people are in your life to make you stronger.

Joy in Our Town #112211C		30:00	15:00	L	PA/O	12/23/11 12/26/11	10:00am 08:30am
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Laureen Tanaka introduces Dr. Hale Akamine of Family Ministries Center. Dr. Hale tells us how to stay on top of our game and avoid crashing and burning especially for those in leadership positions. He advises to be aware of our skills. Rising to higher levels doesn't guarantee excellence. He explains the Peter Principal. When you don't know something take responsibility for yourself and do research to learn. Emotions are very powerful in situations. We are less likely to make good decisions when there is high drama or when we hold tight to something that we are not suppose to have anymore.

<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>
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*Health/Mental Health*

Doctor to Doctor #320	28:30	28:30	REC	PA/O/E	10/04/2011	9:30 AM
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**Doreen Lewis** talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It's important to look at the chemicals being used, cut sugar and exercise. **Dr. Elizabeth Matthews** talked post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It's important to get help and the treatment based up the severity of the depression. **Dr. Samuel Verghese** talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/11/2011 9:30 AM  
#321

**Dr. George Rhodes** talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spin, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spin back into position. It's important to maintain proper posture when sitting, standing and sleeping.

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/18/2011 9:30 AM  
#322

**Dr. Jill Westkaemper** talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. **Dr. Leonard Scott** talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. **Dr. Janet Poole** talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/25/2011 9:30 AM  
#323

**Dr. April Speed** talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. **Dr. Wayne Gordon** talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. **Dr. Thomas Di Stefano** talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.

Doctor to Doctor 28:30 28:30 REC PA/O/E 11/15/2011 9:30 AM  
#324

**Dr. Bryan Wasson** talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. **Dr. Mason Savage** talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once day. You should visit your dentist regularly. **Dr. Stephanie Blenner** talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.

Doctor to Doctor 28:30 28:30 REC PA/O/E 11/22/2011 9:30 AM  
#326

**Dr. Bob DeMaria** talked about healthy thanksgiving eating. It's important to try to eat organic fruits, vegetable and meat. #9 on labels for fruits/veggies means it's organic and #8 means it has been genetically engineered. It's important to drink plenty of water, steam veggies, use sweet potatoes or yams and combine food properly. **Dr. Martin Finkelstein** talked about distressing for the holidays. There is a lot of tension that can make the immune system weak and lead to sickness. It's important to let go of emotional stresses. It's also important to envision the type of relationships we want and to practice forgiveness and appreciation. **Dr. Hale Akamine** talked about overcoming holiday blues. It can be a season of mixed emotions like sadness or bitterness. It's important to allow other people to come into your life and to also share with those less fortunate than you.

**Dr. Bettye Alston** talked about sugar free holiday desserts. It's important for diabetics to not elevate their blood sugar, but still be able to enjoy desserts. You can make smoothies and tarts by using certain ingredients that diabetics can enjoy. **Dr. Malcolm Hill** talked about holiday stress. Stresses are situations that come into our life that causes us to have to change. It can lead to high blood pressure, heart attack, stroke, diabetes and depression. It's important to live within our means, exercise daily, drink plenty of water and eat a plant based diet. **Dr. Brian Nimphius** talked about health care vs. sick care. Health care is preventative and involves eating right and exercising. It's taking the necessary steps to make sure your body stays healthy. Sick care is reactive and it's waiting until you are sick to seek care. It's not exercising and not eating right.

<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	#091311A	30:00	15:00	L	PA/O	10/06/11	01:00am
						10/07/11	10:00am
						10/08/11	12:30am
						10/10/11	08:30am
						10/11/11	12:30am
						10/13/11	12:30am
						10/20/11	01:30am

Laureen Tanaka introduces Nancy Kern, Suicide Prevention Coordinator and Dan Galanis, Epidemiologist of the Hawaii Dept. of Health Injury Prevention and Control section. Dan tells us that another at risk group for suicide is adults after the age of 20 up to about 60 years of age, then again in their 80's when end of life issues come up. Nancy gives us some warning signs to look for in adults for at risk behavior. She also tells us of some classes, Safe Talk & ASSIST, that they teach in the community and schools to help people recognize the signs of suicidal behavior and preventative measures to take.

Joy in Our Town	#091311B	30:00	15:00	L	PA/O	10/06/11	01:30am
						10/13/11	01:00am
						10/14/11	10:00am
						10/15/11	12:30am
						10/17/11	08:30am
						10/18/11	12:30am
						10/20/11	12:30am
						10/25/11	01:00am

Laureen Tanaka introduces Larry Bartley, executive director of Save Oahu's Neighborhoods Hawaii. Larry explains the history of SON and what is considered a B&B and a vacation rental, both are for guests staying less than 30 days. The law they are trying to get enforced, limiting vacation rentals and B&Bs, has been in the books since 1996 but has not been enforced so more and more have popped up. The problem is that they won't accept evidence of operations, they need to be caught in the act. SON is trying to get the law changed so that internet advertising proof and other forms of evidence will be permissible in order to shut down these illegal businesses.

<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	#091311B	30:00	15:00	L	PA/O	10/06/11	01:30am
						10/13/11	01:00am
						10/14/11	10:00am
						10/15/11	12:30am
						10/17/11	08:30am
						10/18/11	12:30am
						10/20/11	12:30am
						10/25/11	01:00am

Laureen Tanaka introduces Larry Bartley, executive director of Save Oahu's Neighborhoods Hawaii. Larry explains how B&Bs and vacation rentals affect the community and the economy. It drives up the price of housing, impacts businesses because workers can't afford to live near their jobs, property taxes go up in the area, etc. They believe this should not be happening in a residential area. He recommends people who are against these businesses call the Dept. of Planning & Permitting and contact their council members.

Joy in Our Town	#100411A	30:00	15:00	L	PA/O	10/21/11	10:00am
						10/22/11	12:30am
						10/24/11	08:30am
						10/25/11	12:30am
						10/27/11	12:30am
						11/17/11	1:30am

Laureen Tanaka introduces City Councilmember Stanley Chang who is Chair of the public works committee. We have the 2<sup>nd</sup> worst roads in the country and we need to invest more in these repairs. The sewer and water main problems are his concern also. Because of our traffic problems, the frequent water main breaks seem worse than they are. The past thinking has been to fix the worst problems and forget the maintenance but it is this thinking that has gotten us into the mess we are in now so he is looking into new technologies to repair roads. Another issue he has been working on is 0 waste in our landfills. Hawaii leads the states in the least in our landfills but we can do better. Unfortunately, because we don't have factories to recycle the recyclables, we have to ship them out which is expensive.

<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	#100411A	30:00	15:00	L	PA/O	10/21/11	10:00am
						10/22/11	12:30am
						10/24/11	08:30am
						10/25/11	12:30am
						10/27/11	12:30am
						11/17/11	1:30am

Laureen Tanaka introduces City Councilmember Stanley Chang who is very hopeful for Hawaii's economy. He tells us with the kick off of the direct flights from Hawaii to China, he expects a more sophisticated traveler with money to spend. The 2 fastest growing tourists groups to Hawaii are the honeymooners and the conference groups. Tourism and Defense are pillars of our economy and unique to Hawaii. Both are expected to increase over time. Stanley also is excited about the money the film industry is pouring into Hawaii. The legislature has been talking about creating more studio facilities here to attract the making of more films. There is also a resurgence of agriculture and he believes there is a future in the research and development field of agriculture. There are 57 Farmers Markets statewide.

<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 #112211B	30:00	15:00	L	PA/O	12/16/11	10:00am
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Laureen Tanaka introduces Jim Tollefson, President and CEO of Chamber of Commerce of Hawaii. Jim tells us how the recent APEC conference has and will have many positive effects on Hawaii. He says we got a rating of A+ for the event from the 21 world leaders who attended which means more conventions and meetings as well as tourist will be coming to Hawaii. Hotels had a major increase in business, even on the outer islands. Long term opportunities will come from this and it will pay dividends long into the future for Hawaii.

Joy in Our Town #112211B	30:00	15:00	L	PA/O	12/16/11	10:00am
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Laureen Tanaka introduces Jim Tollefson, President and CEO of Chamber of Commerce of Hawaii. Jim tells us that tourism is numbers reflect that we are doing well. Revenue generated has gone up. People need to realize that we are all in the tourism business. Word of mouth is great marketing. We seem to be doing better than most other states in our economic recovery. The high degree of uncertainty out there dampens recovery. Jim also tells us that the military has a big impact on our economy, in excess of 12 billion dollars. Dept. of Defense has shifted its focus from the Atlantic to the Pacific which may save us from some of their trillion dollar budget cuts.

Joy in Our Town #021711B	30:00	15:00	L	PA/O	12/30/11	10:00am
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Laureen Tanaka introduces Wayne Tanna of the Hawaii Alliance for Community Based Economic Development. Wayne tells us they help to facilitate community development and capacity building for families. Right now they are providing free tax assistance through a federal program. There are requirements to qualify. He explains the Earned Income Tax Credit and how it benefits those who qualify.

Joy in Our Town #021711B	30:00	15:00	L	PA/O	12/30/11	10:00am
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Laureen Tanaka introduces Wayne Tanna of the Hawaii Alliance for Community Based Economic Development. Wayne explains asset building and how they help communities and families with this. He tells us there are several bills in the legislature this session such as one asking for a State earned income credit, one to establish a State charter bank and one to advance individual development accounts, which would help in our economic situation.

<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>
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Joy in Our Town #100411C		30:00	15:00	L	PA/O	11/14/11	08:30am
						11/15/11	12:30am
						11/17/11	12:30am

Laureen Tanaka introduces Vicki Draeger, Ph.D, Director of Early Childhood Programs, Lani Kaleikini, HELP Project Director, Sonya Zabala, Community Liaison SFAI of Keiki O Ka ‘Aina Family Learning Centers. Sonya tells us that children of incarcerated parents usually have social problems, their grades drop, they have nightmares, bedwetting, etc. and many of them have seen their parents taken away by the police. This is finally being recognized as a problem for our children. Keiki O Ka ‘Aina has a program that provides mentors to these kids to give them stability and consistency. They also try to make sure families are bonding inside and outside the prison. Vicki tells us of the SKIP program where they set up preschools in the prison so the parent can bond with their child in a classroom setting. For parents incarcerated on the mainland, they set up video chatting between them and their children. Lani says they focus on strengthening the child.

Joy in Our Town #100411C		30:00	15:00	L	PA/O	11/14/11	08:30am
						11/15/11	12:30am
						11/17/11	12:30am

Laureen Tanaka introduces Vicki Draeger, Ph.D, Director of Early Childhood Programs, Lani Kaleikini, HELP Project Director, Sonya Zabala, Community Liaison SFAI of Keiki O Ka ‘Aina Family Learning Centers. Vicki tells us that domestic violence, substance abuse, child abuse and neglect affect all income levels and nationalities. The ice epidemic has caused a lot of this abuse as well as the many stresses on families today. Keiki O Ka ‘Aina tries to help families by providing healthy marriage classes, Parents as Teachers programs, etc. When you strengthen the family then everyone benefits. They reach over 2500 children this way. Lani says there are 600 families on the wait list.

Joy in Our Town #102511C		30:00	15:00	L	PA/O	12/02/11	10:00am
						12/05/11	08:30am

Laureen Tanaka introduces Jennifer O’Donnell, Mentoring Connection Program Coordinator and Karin Watanabe Choi, Project Visitation Program Coordinator from Family Programs. Karin tells us that many children in foster care are not only separated from their parents but also their siblings. The State is required to try to keep the siblings together but it doesn’t always work out that way. Through Project Visitation, the children are able to spend one day a month with their siblings doing one on one activities and outings and 6 times a year participating in big events like a camp together. Jennifer says that a sibling bond is important for their development and sense of identity. Their hope is that when the children grow up they can continue to be a support for each other. They currently work with 45-50 families for about 200 visits per year.

Joy in Our Town #102511C		30:00	15:00	L	PA/O	12/02/11	10:00am
						12/05/11	08:30am

Laureen Tanaka introduces Jennifer O’Donnell, Mentoring Connection Program Coordinator and Karin Watanabe Choi, Project Visitation Program Coordinator from Family Programs. Jennifer tells us Family Programs tries to match a stable adult mentor to seniors in high school aging out of the foster care system. The mentor has to be at least 21 years old and go through a background check and training to qualify. They ask for a 2 year commitment, 3-4 hours a month. Their hope is that the relationship extends for as long as the youth needs it. Research shows that foster care youth who have mentors do better than those who don’t.

<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>
Public Safety	Joy in Our Town #102511A	30:00	15:00	L	PA/O	11/18/11	08:30am
						11/19/11	12:30am
						11/21/11	08:30am
						11/22/11	12:30am

Laureen Tanaka introduces Captain Andrew Lum of the Honolulu Police Dept. Captain Lum tells us that the Police Dept. wanted to tap into the latest technology so they have a website, are on Twitter and Nixle. He gives us an overview of what we can find on the website and Facebook and Nixle. Nixle gives out real time info such as road closures, traffic problems, etc. On the website you can find such things as crime mapping, pedestrian safety laws, keiki ID, etc. He tells us of one mother from the mainland using their Facebook site to successfully find her daughter in Hawaii. It is also used to post timely info, events, arrests, video, etc. and is updated several times a day.

Joy in Our Town #102511A	30:00	15:00	L	PA/O	11/18/11	08:30am
					11/19/11	12:30am
					11/21/11	08:30am
					11/22/11	12:30am

Laureen Tanaka introduces Sergeant Duane K. Samson of the Honolulu Police Dept. Sergeant Samson explains how Neighborhood Watch works to make safer communities by training groups of residents to be the eyes and ears for the HPD. Neighborhood Watch is non-confrontational as residents are expected to call 911 with whatever suspicious activity they observe and an officer will come out to investigate. He also explains the Keiki ID program and Operation Identification. He encourages people to partner with HPD and their preventative programs to make our island a safer place to live.

Joy in Our Town #102511B	30:00	15:00	L	PA/O	11/25/11	10:00am
					11/26/11	12:30am
					11/28/11	08:30am
					11/29/11	12:30am

Laureen Tanaka introduces Timothy Caminos, Director of Communications and Russell Subiono, Charity Review Administrator & Public Outreach Coordinator for Better Business Bureau of Hawaii. Russell tells us how they review charities, nationally and locally, so that donors can practice wise giving. He advises donors to do their research and be cautious in their giving. Tim says if consumers have a problem with a charity and can't work it out, they can call BBB and Russell will work with both parties to resolve the issue. He says even if a charity is using a professional fundraiser to solicit funds they should be able to direct you to the charity's info and direct phone number.

Joy in Our Town #102511B	30:00	15:00	L	PA/O	11/25/11	10:00am
					11/26/11	12:30am
					11/28/11	08:30am
					11/29/11	12:30am

Laureen Tanaka introduces Timothy Caminos, Director of Communications and Russell Subiono, Charity Review Administrator & Public Outreach Coordinator for Better Business Bureau of Hawaii. Tim explains that cyber security is keeping your private information secure. Most times when people lose their identity online it is due to human error. He gives some advice on what to be careful of, both online and over the phone. Losing your identity really impacts your life. Russell says the ID theft trade has multiple steps, allowing your information to be passed through several people. Tim explains phishing, data breaching and friendly data theft. He advises people to educate themselves and do your research. Call the BBB for tips on how to keep safe online.