

QUARTERLY REPORT

KDTX-TV CHANNEL 58 - DALLAS, TEXAS
KDTX-DT CHANNEL 45 – DALLAS, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

FOR

January, February, March 2010

RESULTS OF ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES BY THE TELEPHONE FROM KDTX VIEWERS, FROM THE PRINTED MEDIA, COMPRISING NEWSPAPERS, MAGAZINES, PUBLICATIONS, AND FROM TELEVISION AND RADIO, WHENEVER POSSIBLE.

CRIME

HEALTH / MENTAL HEALTH

HOUSING

PPUBLIC SAFETY

TRANSPORTATION

YOUTH

CIVIC AFFAIRS

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF KDTX PROGRAMMING ADDRESSING THE ISSUES / PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE FIRST QUARTER.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Airdate	Time
Crime	Joy In Our Town #476	29:30	14:00	REC	PA/0	2/01/2010	10:30 AM
						2/02/2010	3:30 AM
						2/05/2010	12:00 PM
						2/06/2010	3:30 AM

Cheri Duckworth introduced **Officer Doug Glotfelty**, of the Arlington Police Department. Officer Glotfelty discussed vehicular burglary prevention. Many incidents go unreported because the individual is embarrassed that they failed to lock their vehicles. It is important to file a police report even if nothing of value is stolen. This helps keep the police informed so they can take steps to insure that the criminal activity does not continue. Officer Glotfelty informed the audience that crimes are committed when a person has the desire, ability and opportunity to commit a crime. He advised staying ahead of a criminal by removing the opportunity to steal. He suggested removing any valuable electronic devices and taking them inside or locking them in the trunk. He also recommended that the car be kept as clear of possessions as possible, as one never knows how needy or desperate another may be. Most vehicular burglaries occur in heavily populated areas or in residential areas at night. The officer informed the audience of the Help End Auto Theft (HEAT) sticker – if this sticker is present on the back window of the vehicle, the police have permission to stop the car anytime they see it between 1am and 5am.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Crime	Joy In Our Town #478	29:30	14:00	REC	PA/0	2/22/2010	10:30 AM
						2/23/2010	3:30 AM

Cheri Duckworth introduced **Officer Joe Harn** of Garland Police Department. Officer Harn explained that being familiar with neighbors or any regular visitors to the area helps to deter crime. He encouraged viewers to establish watch groups, and informed the audience that they can call their local Police Department to learn if there is an established watch group in areas where they might relocate. Officer Harn informed the audience of two initiatives which lessen neighborhood crime: Citizens on Patrol, a volunteer organization that trains individuals to keep a watchful eye out and contact police as needed; and the Neighborhood Police Officer Program, which assigns one officer to troubled areas to correct problems. Officer Harn explained that even though neighborhood officers may already be responding, if an emergency arises one should call 9-1-1.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Crime	Joy In Our Town #480	29:30	14:00	REC	PA/0	2/26/2010	12:00 PM
						2/27/2010	3:30 AM

Cheri Duckworth introduced **Officer Jimmy Meeks**. Officer Meeks began by giving some statistics concerning domestic abuse. In the US, every day 50 women are abused by men with whom they are in close relationship and 3-4 are killed. Sexual assault or rape occurs every 2-3 minutes. The State of Texas considers any kind of offensive touch to be assault. Officer Meeks pointed out that many women believe they deserved the abuse,

but he explained that verbal provocation in no way justifies the use of force. Officer Meeks encouraged women in a potentially harmful situation to end their chance of being a statistic. He mentioned organizations in the area that offer help, where women can stay, learn job skills, and receive additional aid and support. For women who are abused a phone call is the first step. They should call 911 to report abuse. He spoke to viewers who might know of a woman who is in an abusive relationship and encouraged them to keep talking to the woman and try to help her see through the manipulation. Officer Meeks also addressed the men who are acting in abusive ways. He informed the audience that most abusive men are unaware of how troubled they are. They also need to get help.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Crime	Joy In Our Town #482	29:30	14:00	REC	PA/0	3/15/2010	10:30 AM
						3/16/2010	3:30 AM
						3/19/2010	12:00 PM

Cheri Duckworth introduced **Sergeant Kim Smith** of the Grapevine Police Department. Officer Smith discusses internet predators defining the Internet Protection Program which is available to teachers, businesses and schools. She mentions the ages and curiosity of kids on the computer and that they are much smarter than parents think. She tells the audience to avoid putting personal information online anywhere. She lists percentages of children surveyed in the U.S. that have either received or sent angry and humiliating emails. Sergeant Smith encourages parents to monitor their children’s cell phone usage, emails, chat rooms and instant messages and to install software to monitor this activity without telling the child. She tells them to ask lots of questions and be curious with their activity while on the computer. You can Google “Cyber Bullying” and find lots of information to help with this issue.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Crime	Joy In Our Town #483	29:30	14:00	REC	PA/0	3/22/2010	10:30 AM
						3/23/2010	3:30 AM
						3/26/2010	12:00 PM
						3/27/2010	3:30 AM
						3/29/2010	10:30 AM

Cheri Duckworth introduced **Officer Rick Benson and Detective Michel Carroll** of the Fort Worth Police Department who shared that their approach for preventing domestic violence includes holding presentations to educate women about the signs and tendencies of abusive men, and providing the women with case studies and statistics. Detective Carroll mentioned that his conversations with family members of murdered women corroborate the findings of statistics: Abusive behavior was evident early in the relationships. The officers’ goal is to help women avoid becoming involved with these types of men at all. Often once women are in an abusive relationship, they are manipulated to stay or do not possess the education or support that would enable them to leave. The officers emphasized that the problem of women remaining in an abusive situation was secondary to the problem of domestic violence. Anyone 17 and older is welcome to these presentations on domestic violence. Anyone younger may attend if accompanied by a parent.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Health/ Mental Health	700 Club CBN NewsWatch #031010	1:00:00	5:00	REC	PA/0/E	3/17/2010	12:00 PM

Lori Johnson, CBN News Reporter, says that Mercury is a deadly poison inside every one of us. It's in things like fish, dental fillings, and vaccines. Scientists agree that a little bit is okay, but warn not to over-do it. So how much is too much? Fish does contain mercury, and therefore some caution should be taken when choosing your fish and deciding how often to eat it. Much of the mercury in fish comes from coal-fired power plants. The emissions fall to the ground and are then washed into the waterways. Then it's absorbed by tiny organisms which are eaten by small fish, so the mercury stores in their bodies. When larger fish eat smaller fish, mercury accumulates, and builds-up to high levels in the big fish. So the fish at the top When choosing tuna, canned light tuna - which is the darker, cheaper variety - is low in mercury, and can be eaten twice weekly. But white tuna, albacore or sushi tuna, has more mercury and should be eaten no more than once a week for the high-risk groups. But what about the mercury in fish you catch in your local lake or river? If there's reason for concern, health departments will post signs on the banks of certain waterways, warning fishermen to be careful when eating fish caught there. Most state health departments will also post warnings about specific waterways on their Web page. If you are uncertain, play it safe and eat only one meal a week of fish you catch and no other fish during that week. In addition to eating fish, many of us are also exposed to mercury here at the dentist's office when we get a filling. Amalgam fillings, also known as silver fillings, contain 50 percent mercury. But don't panic if you have them. The American Dental Association and the Food and Drug Administration say it's safe. So watch out if your dentist suggests replacing your silver fillings because of the mercury. Some vaccines contain mercury, but not nearly as many as in the past. Years ago, mercury was common as a preservative in vaccines. But it is largely gone now. Many parents believe mercury in vaccines causes autism. So mercury is a poison that is part of our daily lives, such as in fish, dental fillings and vaccines. But it's important to separate fact from fear.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #239	28:30	28:30	REC	PA/0/E	1/05/2010	12:00 PM

Dr. Caroline Leaf talked about how emotions can impact the body. The body and the mind are interlinked. A person can become physically ill because they are overwhelmed and can't think straight. Suppressed emotions can come out emotionally, physically and behaviorally. It is important to deal with our emotions as they come to our attention. **Dr. Michael Tick** talked about Transdermal Infusion. It's important to get the root of health problems rather than treat the symptoms. The skin is connected to all vital components of the body. By using the skin, we can see which organs are having a problem and then apply herbs directly to the skin. **Dr. Denise Brady** talked about oral health. Healthy gums should be pale pink in color. Symptoms of unhealthy gum could be bleeding when flossing for more than a week and bad odor. The number one cause of gum disease is the level of good and bad bacteria in the mouth are out of balance. This can also lead to other problems like heart disease. It's important to your dentist twice a year.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #240	28:30	28:30	REC	PA/0/E	1/12/2010	9:30 AM

Dr. Dale Peterson talked about high fructose corn syrup and the claims made about it. It is not naturally made because it is no where found in nature. It is ok in moderation but moderation is no more than 32 grams of sweeteners per day. There are no studies showing the long term affects of it. People should avoid it and other sweeteners. **Dr. Ace Anglin** talked about bunions being a deformity that happens in about 30% of people. It most often is a problem for women because of narrow length and high heels. It's important to wear proper shoes. Rest, ice, compression and elevation can help manage bunion pain. **Dr. Robert Gear** talked about Spinal Degeneration which happens in three phases. Phase one the alignment of the spin is altered but the disc space remains the same. Phase two alignment continues to deteriorate and disc space it narrowed. Phase three joint space is no longer visualized. Prevention is recommended but sometimes surgery is required.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #241	28:30	28:30	REC	PA/0/E	1/19/2010	9:30 AM

Dr. Dino Prato talked about Cardio Vascular disease. Although it can be impacted by genetics, dietary health does play a critical role. Deficiencies in antioxidants, vitamin C, amino acids, proline and lysine can impact it as well. It's important to change your eating habits, clean out toxins in the body and then provide the nutrients needed to heal. **Dr. Randy Brinson** talked about ulcers. Often they impact people with Chronic Reflux Disease. Symptoms can be obstruction of the stomach, bleeding, pain and discomfort. Doctors can use an endoscope and directly inject medicine into the ulcer or they can clip the vessel and hold into place. **Dr. Doreen Lewis-Overton** talked about the Adrenal Gland, which was designed to regulate the endocrine system. Stress can throw it off resulting in mood swings, light headed, belly fat and problems sleeping. It's important to eat healthy, moderate exercise, eliminate toxins and see a doctor about getting your Adrenal Gland tested.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #242	28:30	28:30	REC	PA/0/E	1/26/2010	9:30 AM

Dr. Lavert Robertson talked about Chronic Systemic Inflammation that has been linked to cancer, obesity, arthritis and Alzheimer's' disease. It is a result of a diet high in refined, processed and chemical food. Systemic Detoxification and cleansing will help the body to get rid of the garbage and maintain optimal balance. **Dr. Randall Sapp** talked about eye exams, which should happen once a year. There is a

misconception that they are painful or scary. Case history, visual activity, preliminary testing, phoropter, slit lamp, ophthalmoscope and retinoscope are all used in the exam. **Dr. Amando Pineda** talked about stress. The body was meant to endure stress by producing Cortisol and Adrenaline. Stress all the time can lead to high blood pressure, mood swings, lack of sleep and depression. It's important to learn to relax by exercising or drinking tea.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #243	28:30	28:30	REC	PA/0/E	2/02/2010	9:30 AM

Dr. Rita Hancock talked about true hunger. There are a lot of reasons why people eat before they feel hunger pains. The apple test can determine if you are truly hungry or have a craving. If you are hungry, then eat what you enjoy in moderation. If you have a craving, then look at your emotions and thoughts that caused it. **Dr. Martin Finkelstein** talked about how our thoughts can lead to healing and being healthy. Thoughts are powerful and are related to our beliefs which affect our emotions. It's important to change the way we think and believe. **Dr. Bettye Alston** talked about common sense approaches to dealing with hypertension. Reduce stress, eat healthy, rest, exercise and drink plenty of water. It's also important to monitor your blood pressure and be seen regularly by your doctor.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #244	28:30	28:30	REC	PA/0/E	2/09/2010	9:30 AM

Dr. Bob DeMaria talked about toxins in the body. We are exposed to toxins every moment of the day in the air, water and food. The liver acts as a filter to help eliminate the toxins in the body. It's important to drink pure water, eat whole foods including vegetables and to exercise daily. **Dr. Gary Myers** talked about cavities in young children. A cavity is a bacterial infection called Strep Mutans. Cavities appear over time and are affected by how much and how often sugar is consumed. It is important to limit sugar, brush, floss and visit the dentist regularly. **Dr. Carl Schmidt** talked about men's health. For the prostate gland, it is important to eat a high quality food with clean oils such as flax or grape seed oil. Eating salad and nuts will help to nourish the prostate gland as well. Exercise that includes muscle building will help the body as well.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #245	28:30	28:30	REC	PA/0/E	2/16/2010	9:30 AM

Dr. Mark & Kathleen Brown talked about obesity. 1,000 American die each day because of obesity related diseases. It's important to get the right amount of sleep to maintain energy. It's also important to eat the right kinds of food and not put harmful substances like alcohol or drugs into your body. **Dr. Scott Farhart** talked about women's emotional health. The brain produces chemicals that can get out of balance and lead to emotional issues. 85% of women have some form of premenstrual syndrome. That can result in mood changes, irritability, anger, depression, bloating, forgetfulness and confusion. It's important to eat right and exercise. **Dr. Craig Travis** talked about developing resilience. We all experience negative events such as a loss of job, medical issues, move, divorce or loss of a loved one. We can't hide from life, but we can choose how to deal with it. Be positive and helping others along with good relationships can help a person get through a difficult time.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #246	28:30	28:30	REC	PA/0/E	2/23/2010	9:30 AM

Dr. Gene James talked about protein power. It is an essential nutrient used by all the muscles and major organs. It helps to rebuild and repair muscle tissue. Most people are deficient in protein by consuming less than 50 grams per day. Some sources of protein are eggs, dairy/milk products, lean meats and grains. **Dr. Dale Peterson** talked about weight control. Some obstacles are crash diets, medications, vitamin/mineral deficiencies, sleep disturbance, chronic stress and substance addition. It may be helpful to examine all areas if not successful with eating less and exercising more. **Dr. Ace Anglin** talked about hammertoes. It is a deformity of the toe that has become more rigid and less flexible. It can rub against the shoe resulting in pain. Some treatments are to rest the area, ice, compression, elevation, medication, padding and if necessary surgery.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #247	28:30	28:30	REC	PA/0/E	3/09/2010	9:30 AM

Dr. Eric Braverman talked about heart disease. The heart is responsible for circulating blood through the body and can be hindered by clogged arteries and damaged valves. People get clogged arteries from having high cholesterol and damaged valves from the heart swelling. Garlic, fish oil, Taurine, green teas, safflower and olive oils are all natural remedies that can help to create a healthy heart. **Dr. Dino Prato** talked about stress and insomnia. Stress can cause heart attacks, hormonal issues, fatigue, weight gain and tension in neck/shoulders. It can also cause insomnia. Take a nap, pray throughout the day, practice breathing/relaxation techniques, hot bath and have a routine before going to bed to help reduce stress. **Dr. Elaine Greer** talked about women's health. A woman's check up can be frightening and a nervous experience. It's important to find a health care provider that you are comfortable with and can ask questions. Self breast examines should happen monthly. First mammogram should happen between the ages of 35-40. Menopause symptoms can be hot flashes, sleeplessness and a feeling of being on edge.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #248	28:30	28:30	REC	PA/0/E	3/16/2010	9:30 AM

Dr. Caroline Leaf talked about differences between the male and female brain. Only 1% of genes are different between males and females. Women have 11% more linguistic neurons. Men have bigger spatial and temporal lobes in the brain. Both are equally intelligent but process information differently. **Dr. Rolando Toulon** talked about how it's important to take care of the spine and spinal cord because it affects the nervous system. The nervous system is responsible for sending signals to all organs and throughout the body. It's important to have the spine checked to make sure everything is functioning properly. Dr. Scott Morris talked about the leading causes of life. It's important to identify ways to lead a gentler life, express compassion and experience patience on a daily basis. We also experience a better life when we are doing activities that bring us joy, love and purpose.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #249	28:30	28:30	REC	PA/0/E	3/23/2010	9:30 AM

Dr. Lavert Robertson talked about natural remedies that can help to keep the heart healthy. Grapes, Red Peppers, Bananas, Garlic and Onions are beneficial for a health heart. **Dr. Terry Overton** talked about shoulder injuries. It is the most problematic joint in the body because most of the injuries involve soft tissue. There are four muscles around the rotator cuff that can be torn, sprained or strained. Test and MRI can determine which muscle is injured. **Dr. Clark Gerhart** talked about how good hand hygiene can help stop the spread of viruses. The skin is a major defense in stopping viruses from entering the body. It's important to wash our hands and use hand sanitizer as often as possible.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Housing	Joy In Our Town #476	29:30	14:00	REC	PA/0	2/01/2010	10:30 AM
						2/02/2010	3:30 AM
						2/05/2010	12:00 PM
						2/06/2010	3:30 AM

Cheri Duckworth introduced **Mark Folden**, Housing Program Manager of the City of Fort Worth. Mark offered some information and tips to increase energy efficiency in homes. Mark's suggestions included keeping vents shut off and doors closed in unused rooms; making sure that ceiling fans push warm air down in winter and pull warm air up in summer; dress appropriately for the season to lessen the need to adjust the thermostat; use outlet covers and use insulating foam between the cover and the wall; install weather stripping; and, use compact fluorescent light bulbs. He also gave a number of demonstrations for minor repairs/improvements which could aid energy efficiency. He showed how applying caulking outside can eliminate drafts around windows and doors, and also showed how to use foam spray to fill crevices. For those who could afford spend

a little more, Mark recommended purchasing energy-efficient appliances. The Energy Star label makes the search easier. His final remark was that adding extra insulation will always be a great investment.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Housing	Joy In Our Town #478	29:30	14:00	REC	PA/0	02/22/2010 02/23/2010	10:30 AM 3:30 AM

Cheri Duckworth introduced **Selarstean Mitchell** of The FW Housing Authority. Ms. Mitchell explained that most of the Housing Authority's programs are funded through the US government. Assisted Housing and programs for the homeless are available. Also available is a traditional public housing program where people pay a percentage of their income toward their rent and the Housing Authority covers the difference. At the time of the interview the demand was so great that most waiting lists were closed. Due to the significant increase in unemployment, the profile of a typical homeless person has changed. In response to these new demands, Fort Worth established a 10-year program to eliminate homelessness in the city. United Way has also awarded money to different programs in Tarrant County to assist in helping the homeless adjust. In addition to established housing plans, the Housing Authority has partnered with local lenders to provide home loans and they also offer classes and advice. Their website lists their offerings and additional housing resources.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Housing	Joy In Our Town #481	29:30	14:00	REC	PA/0	3/08/2010 3/12/2010 3/13/2010	10:30 AM 12:00 PM 3:30 AM

Cheri Duckworth introduced **Diane Moore**, a realtor with Century 21. Diane noted that 5 years ago anyone could get a loan without putting money down; and, they could roll in their closing cost. Creditors now require a good credit score and a favorable income to debt ratio. There is a great deal of affordable housing in Texas. However, people often limit their choices by letting wants and ideals weigh too heavily on their decision. Diane suggested that individuals determine what their priorities are. Evaluate practical attributes such as cleanliness, architectural quality, good HVAC, and plumbing. Diane suggested that those who are considering purchasing a house begin working with a good mortgage person. This person will help determine what can be afforded and will guide the purchaser in improving their current credit status. In regards to a home purchase, the real estate agent will guide the purchaser through the process of home buying. They will show the individual homes that meet that homebuyer's criteria, help them with the paper work, ensure there are no current liens against the property, have the house inspected, and even negotiate repairs/renovations.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Housing	Joy In Our Town #484	29:30	14:00	REC	PA/0	3/29/2010 3/30/2010	10:30 AM 3:30 AM

Cheri Duckworth introduced **Albert Martin**, Executive Director, and **Lawanda Strhan**, Senior Housing Counselor, of the North Texas Housing Coalition. Many people are having problems with foreclosures 6% higher than they were at this time last year. A HUD-approved counseling agency should really be one's only choice when an individual finds their self in default. A counselor will provide free services that clearly outline all options. Albert explained that, in tough times, many servicers are willing to work with families who are down to their last dollar. Lawanda informed the audience that counselors are happy to help people come up with a plan to avoid entering the foreclosure process. Sometimes a moratorium can be negotiated with lien holders whereby payments can be suspended for up to 6 months. A reduction of payments may be an option under certain circumstances. People are encouraged to call the Housing Coalition and speak with a counselor. Clients who are just beginning to consider homeownership are encouraged to establish a savings plan. Individuals need to understand that there is a lot they need to know about purchasing and owning a house beyond the financial responsibilities of homeownership. Classes are offered to which teaches such skills as how to winterize, perform small repairs, change a faucet, etc.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Public Safety	Joy In Our Town #472	29:30	14:00	REC	PA/0	1/04/2010	10:30 AM
						1/05/2010	3:30 AM
						1/08/2010	12:00 PM
						1/09/2010	3:30 AM

Cheri Duckworth introduced **Carrie Lindemuth**, Crime Prevention Officer with the Irving Police Department. Carrie provided the audience with advice to increase safety for their homes and communities. Carrie recommended solid core doors with a deadbolt and a viewer. She stated that one of the best ways to deter crime was by keeping one's property neat with shrubs and trees trimmed so that windows have clear visibility. Keep blinds closed when house is unoccupied. Make sure all windows are closed and locked. Criminals will shop your windows. Carrie also cautioned against leaving any keys outside. Her suggestion is to get to know and trust a neighbor and leave the key with them. When you leave for a long time, schedule your house on Vacation Watch. This is a program (in Irving) which sends a police officer once per shift to check on your property. In addition, set a radio to stay tuned to a talk radio station and have mail or newspaper delivery stopped. Carrie also encouraged setting up a Crime Watch in your neighborhood.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Public Safety	Joy In Our Town #473	29:30	14:00	REC	PA/0	1/11/2010	10:30 AM
						1/12/2010	3:30 AM
						1/15/2010	12:00 PM
						1/16/2010	3:30 AM

Cheri Duckworth introduced **Trooper Lonny Haschel**, with the Texas Highway Patrol. Trooper Haschel gave the audience information regarding school zone safety laws and explained that 1.4 million kids are being transported daily during school hours. Everybody needs to have a heightened sense of awareness during the times before and after school. Trooper Haschel confirmed that a law has been passed which prohibits cellular phone use in school zones without a hands-free device. Texas law also states that if you are approaching a school bus from front or back and they have their red lights flashing or stop sign out, unless a barrier other than paint separates you, you must stop. At crosswalks that are marked and have signs posted, pedestrians have the right of way. When it came to neighborhoods and school grounds, he confirmed that viewers can report to the schools and police departments' traffic unit about people driving too fast and breaking these laws. Trooper

Haschel concluded that if desired, someone will come out and speak to neighborhoods or schools. In order to request such a visit, the audience was directed to contact their school district or the traffic division of their local police dept.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Public Safety	Joy In Our Town #477	29:30	14:00	REC	PA/0	2/08/2010	10:30 AM
						2/09/2010	3:30 AM
						2/12/2010	12:00 PM
						2/13/2010	3:30 AM

Cheri Duckworth introduced **Chief Brian McKinney**, the Assistant Chief of Forrest Broom, DFW Airport. Chief McKinney informed the audience that the Department of Public Safety (DPS) operations at DFW airport are third busiest globally. As a unit the airport is actually set up as a independent entity, entitled to govern its own programs. The 193 firefighters on the DPS's team are prepared to handle hazardous materials, weapons of mass destruction and other dangerous situations. Their methods are recognized worldwide and groups, including over 11,000 firefighters from 29 states and 23 countries from around the world, come to train under the DPS's instructors. Fire prevention educators help several departments within the airport with annual safety fairs. They also provide fire extinguisher classes as well as employee defibrillator training. Because of training, there have been 21 cases where the defibrillators were used before the ambulance arrived, resulting in the patient being released from the hospital in good condition. Chief McKinney informed the audience that when you call 911 within the airport, the emergency responder is dispatched from within the airport's borders. Because of their advanced training, in the event of an emergency at the airport, Chief McKinney advised listening carefully and following the instructions of the airport's employees.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Public Safety	Joy In Our Town #481	29:30	14:00	REC	PA/0	3/08/2010	10:30 AM
						3/12/2010	12:00 PM
						3/13/2010	3:30 AM

Cheri Duckworth introduced **Michelle Lanham**, a Program Coordinator with the Texas Auto Burglary and Theft Prevention Authority. Ms. Lanham advised viewers that anything left in a vehicle, from garage door openers to junk mail, can be attractive to a thief. All items should be taken with you anytime you leave your car alone or with someone to be cleaned or serviced. If you must leave valuables in your car, try to hide them as much as possible. The trunk is a great place to conceal things; or, use a blanket to cover items from view. The most preferred vehicles to be stolen in North Texas are pickup trucks. The most popular items stolen from vehicles include small electronics, cell phones, iPods, and GPS systems. Ms Lanham reported that of all stolen vehicles, 50% are unlocked and 20% have the keys in the ignition. She encouraged the viewer to lock tailgates and steering wheels. Although the vehicle can still be broken in to, this will slow down the thief and make the vehicle a less attractive target. Park in well lit areas; and, avoid parking next to landscape, garbage bins, or other obscuring objects. Ms Lanham ended by listing several vehicle theft prevention techniques and technologies.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Transportation	Joy In Our Town #473	29:30	14:00	REC	PA/0	1/11/2010	10:30 AM
						1/12/2010	3:30 AM
						1/15/2010	12:00 PM
						1/16/2010	3:30 AM

Cheri Duckworth introduced **Morgan Lyons**, representative for Dallas Area Rapid Transit (DART). DART has the nation's largest light rail system under construction with new sections planned to be opened every year until 2013. Morgan expressed some of the transporting capacity of the train system in regards to this year's State Fair. About 300,000 people were transported to the fair. And, the same location received 94,000 riders through DART and the Trinity Rail system for the Texas vs. OU college football game. While the turnout overpowered the rail system at the time, preparations to handle the expected number of passengers are already underway for next year. DART provides access to large employment centers, lessening road traffic and creating a safer ride for passengers. With gas prices high, the train provides a less expensive alternative to driving. Speaking about the bus systems of DART, Morgan explained that the Board has decided to purchase natural gas buses, a decision which will save the company 47 million dollars over the lifespan of the program. Many additional bus lines are soon to be completed, which will enhance accessibility and convenience for many.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Transportation	Joy In Our Town #475	29:30	14:00	REC	PA/0	1/25/2010	10:30 AM
						1/26/2010	3:30 AM
						1/29/2010	12:00 PM
						1/30/2010	3:30 AM

Cheri Duckworth introduced **Charles Emery**, of Denton County Transport Authority (DCTA). With a current population of over 500,000, Denton County is the fastest growing county in North Texas. In 2000, traffic and pollution problems revealed an extreme need to improve the conditions and availability of public transportation. That year legislation passed which initiated the DCTA. The DCTA has been growing since its inception and is projected to transport 6000 to 7000 riders daily upon its completion. Security and safety is the first and foremost priority for the DCTA. Surveillance equipment is being put in place and local police authorities are being involved. Over 1 million of the riders each year are college students from UNT and other area colleges. Rail is dependable and less expensive than personal transportation, and allows individuals to work or relax while in transit. DCTA is working to get wireless internet access available on the commuter trains. The expense of the rail has been calculated and taxes to fund it have been in place since 2003. The rail service will be even more useful now that the I-35E expansion appears to be delayed.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Transportation	Joy In Our Town #475	29:30	14:00	REC	PA/0	1/25/2010	10:30 AM
						1/26/2010	3:30 AM
						1/29/2010	12:00 PM
						1/30/2010	3:30 AM

Cheri Duckworth introduced **Cynthia Northrop White**, from TXDOT. Cynthia addressed the transportation concerns of North Texans when there is snow and ice on the road. Many people are unaware of how to handle these treacherous road conditions. The most important thing to remember is to be prepared. Listen to the weather man. If it is icy and there is no need to drive somewhere, then stay off the roads. Be very careful when the roads are frozen and be prepared by having blankets and water in the car. Know multiple routes to your destination. Also, check out the TXDOT website which has views from traffic cameras and traffic maps with accidents marked. The website also lists many phone numbers such as roadside assistance, courtesy patrol, etc. Viewers were encouraged to prepare their cars for winter conditions by checking the oil and antifreeze levels, and the condition of car batteries. General maintenance check-ups are recommended. With 10,000 lane miles of road in DFW to cover by a total of 89 truck drivers with 135 pieces of equipment, TX-DOT must prioritize which areas have the highest need to be serviced. The High-5 and the Lewisville Lake Bridge are examples of places high on the priority list. Each city is responsible for its own city streets and TXDOT prepares highways and some FM and country roads.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Transportation	Joy In Our Town #479	29:30	14:00	REC	PA/0	2/15/2010	10:30 AM
						2/16/2010	3:30 AM
						2/19/2010	12:00 PM
						2/20/2010	3:30 AM

Cheri Duckworth introduced **Joan Hunter**, Communications Manager for Fort Worth's transit line, the T. The T provides transportation services in and around Fort Worth. In response to increased congestion of area highways, the T is working with the other area agencies (NCTCOG, DART, and DCTA) to receive state funding for new rail systems. Public transportation often costs less and ensures that the rider is there on time. The T won awards this year for their clean air initiatives. In support of the environmental responsibility exhibited by the T, Ms. Hunter informed the audience that some employers will pay for or subsidize "van pools" to encourage people to commute to work. Anyone can call the T to get help setting up car pools. Using bicycles for transportation is promoted by celebrating "Bike to Work Day" in May and also by bike racks being available on every bus. Bikes are also allowed on the TRE. Clean Natural Gas buses are used by The T, the first agency in the nation to use only natural gas powered buses. Since starting the program, this organization has assisted other agencies to do the same.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Transportation	Joy In Our Town #480	29:30	14:00	REC	PA/0	2/26/2010	12:00 PM
						2/27/2010	3:30 AM

Cheri Duckworth introduced **Tom Shelton**, Senior Program Manager of North Central Texas Council of Governments (NCTCOG). NCTCOG is a federal agency which oversees regional planning for the nine counties of the Metroplex. This council of elected officials holds public meetings on a quarterly basis. They encourage community input and promote a clear understanding of how individual concerns are addressed. There are three main projects underway right now, first the total reconstruction of LBJ from Stemmons to Central Expressway; second, the DFW connector Project -- a collection of freeways on the edge of the airport; and third, the North Tarrant Express- reconstruction of Loop 820 near I-35. Meetings will continue to be held

every few months, and information on the construction and meeting dates will be available on the TXDOT website. In addition to highway systems, NCTCOG supports the development of a multi-mobile plan where people are encouraged to ride buses and rail more. 300 miles of commuter passenger rail is planned, but funding is yet to be established.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Youth	Joy In Our Town #472	29:30	14:00	REC	PA/0	1/04/2010	10:30 AM
						1/05/2010	3:30 AM
						1/08/2010	12:00 PM
						1/09/2010	3:30 AM

Cheri Duckworth introduced **Lindsay Wells**, of Teen Court Arlington. Lindsay described the Arlington Teen Court as a positive option for juvenile offenders, as well as a volunteering opportunity for high school students. Teen court was explained as being an alternative to standard punishment and an opportunity for teens to remove offenses from their records. They do this by completing assigned community service and, if included in their sentence, a mandatory jury duty service. Teen offenders must request to participate in teen court. The defense attorneys, prosecutors, and bailiff are all teen volunteers from area high schools. Volunteers have a choice in what area of the court they wish to serve. They must fill out an application, undergo a background check and complete a training period before they may take part in a trial. Lindsay mentioned that many professional lawyers volunteer to help with the students. In regards to the offenders, Lindsay concluded that when shown respect they respond likewise and also develop a respect for the judicial system.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Youth	Joy In Our Town #474	29:30	14:00	REC	PA/0	1/18/2010	10:30 AM
						1/19/2010	3:30 AM
						1/22/2010	12:00 PM
						1/23/2010	3:30 AM

Cheri Duckworth introduced **Lisa Shay**, of Girl Inc., a non-profit organization. Girl Inc. has been serving girls, ages 6 to 18, for 41 years and has 4 campuses in Dallas. A variety of factors can negatively influence the lives of young girls, including poverty, racial demographic, society, family dysfunction, or media. In many cases no one is talking to them about sexual issues in a healthy way. The group offers programs which work to combat teen pregnancy and drug use as well as educate and empower the girls in their everyday lives. Programs available to these young ladies include: "Growing Together (How Your Body Functions)"; parenting workshops; "Will Power/Won't Power - How to Say No"; and/or "Taking Care of Business (STD and Pregnancy Facts for Teenagers)." Every summer this organization takes girls around to different universities to introduce them to new possibilities. Girl Inc. also provides peer-led drug classes for teenagers.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Youth	Joy In Our Town #477	29:30	14:00	REC	PA/0	2/08/2010	10:30 AM
						2/09/2010	3:30 AM
						2/12/2010	12:00 PM
						2/13/2010	3:30 AM

Cheri Duckworth introduced **Sheryl Eagleton**, Superintendent of the Dallas County Letot Center. Sheryl addressed the plight of runaway teens, most of whom are girls who struggle with truancy issues and family violence. The law requires that children must go to school. Criminal activity is more likely to be committed by individuals who perpetually miss school. And often, bad companions influence additional criminal behavior. The Letot Center is the first step of juvenile prosecution and it is their goal to prevent the child from further criminal involvement. An intake assessment is done for the child, as well as the family, and action is taken to defuse a crisis situation and establish a corrective plan. Some offenders may be sent to the residential center and assigned a case manager and probation officer. Child Protective Services will be involved if the child has been abused or neglected, or when parents refuse to take responsibility for the child. Currently, the county's resources are not always available to assist a child according to their gender. If necessary, children are placed in facilities outside of the county that can better meet their needs. Sheryl informed the audience that when they encounter a runaway, they should contact Child Protective Services. Although an individual may choose to talk to the runaway, it will not help to pressure them. It would be more helpful to encourage the child and guide them in the right direction.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Youth	Joy In Our Town #482	29:30	14:00	REC	PA/0	3/15/2010	10:30 AM
						3/16/2010	3:30 AM
						3/19/2010	12:00 PM

Cheri Duckworth introduced **Bruce Schults**, spokesperson for National Highway Traffic Safety Administration. Mr. Schults discussed DFW teen-related car crashes and deaths. He introduced "Teens in the Driver's Seat," which is a state-wide program to teach safety education and conduct awareness programs. There are stricter rules on licenses today; and, if the rules are broken a teen could possibly lose their license for months. An enforced curfew exists where teens between the ages of sixteen and seventeen cannot be out past midnight. There is zero tolerance for alcohol. For an underage drinking offence, a teen could lose their license, face a five hundred dollar fine, be required to take a mandatory alcohol awareness class and complete hours of community service. The teen will lose their license for a second offense. In Dallas County, 47% of teens who die in crashes are under the influence of alcohol, where the nationwide statistic is around 25%. Many teens have the mentality that "it's not going to happen to me," but 55% of teens who die in crashes are not wearing their seatbelts. Seatbelts are 45% effective in preventing deaths and 50% effective in preventing injuries. Mr. Schults encouraged our viewers to google "Teens in the Driver's Seat" for more information on safety tips and learn about their program.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Youth	Joy In Our Town #484	29:30	14:00	REC	PA/0	3/29/2010 3/30/2010	10:30 AM 3:30 AM

Cheri Duckworth introduced **Officer Samantha Horner** of the Fort Worth Police Department. Officer Horner provided the audience with information on adolescent gang activity. The first indications that a youngster is drawn toward associating with gangs are usually seen in children just entering the double digits. Two warning signals are when children stop associating with long-standing friends and start acting aggressively toward their families without reason. Officer Horner defined a gang as three or more individuals associated with symbols or colors that regularly engage in criminal activity. Parents can recognize when children are exhibiting these characteristics and should intervene early on. Officer Horner encouraged parents to talk to their children about everyday situations that require tough choices. "Be aware of what's going on. Make it their choice, but know what their choice would be ahead of time." As Officer Horner described, early parental interest and investment of time in empowering children to accomplish their goals does much to offset their attraction to gangs. Stay involved. Officer Horner also gave some insight as to what police notice and suggested that parents become investigators. The first thing to check is clothing. What are your children wearing and where did they first see it? Is there a specific color they do not wear? One surprising example is that some kids use colored rosary beads to represent gang association.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Youth	700 Club CBN NewsWatch #031010	1:00:00	5:00	REC	PA/0/E	3/10/2010	12:00 PM

Mark Martin, CBN News Reporter, says that children are spending more time exploring technology than ever before. New information indicates more than 93 percent of kids are online, not just at home. For many parents this can be a nightmare. But a new safety program designed just for mom and dad could help. "Internet Safety 101" includes a DVD teaching series and other resources put together by Internet safety expert Donna Rice Hughes, from the organization "Enough is Enough." The purpose of the program is to keep young Web users away from Internet threats like pornography. "It is graphic," Ernie Allen, president of the National Center for Missing and Exploited Children, emphasized. "It is explicit. It is deviant. It's aberrant. Kids are seeing content that no 12 or 13-year-old is mentally, psychologically, or emotionally prepared to deal with." Child psychiatrist Dr. W. Dean Belnap said pornography actually shuts down a part of the brain. If parents don't know what to look for or how to protect their kids online, a click of the mouse can usher in a nightmare. Various partners, including the U.S. Department of Justice and America Online, helped with the Internet Safety 101 project. A study found one in five children under the age of seven use the Internet without parental supervision. Mobile devices that kids can use to access the Web make it more crucial for parents to establish safety rules and control content. Alicia said her parents were clueless about her online interactions with the sexual predator. She wonders if her kidnapping could have been prevented by a training tool like "Internet Safety 101." "Know what your kids are doing online and stay engaged with them," Hughes told CBN News. "Recognize that you can't do it alone. You need some help." That help is definitely needed in a society where porn is free, and predators can gain access to your kids, even inside your home.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #474	29:30	14:00	REC	PA/0	1/18/2010	10:30 AM
						1/19/2010	3:30 AM
						1/22/2010	12:00 PM
						1/23/2010	3:30 AM

Cheri Duckworth introduced **Mayor Ron Jones**, of The City of Garland. Mayor Jones discussed areas of government, community, industry, transportation and economy. Although a large city, 10th largest in the state, Garland's dynamic and interactive government and law enforcement have maintained balance and strong service. Mayor Jones mentioned that thinking ahead by Garland's business managers prepared them for the recession. They anticipated the economic downturn and were able to adjust their budget and spending to lessen the impact. Although revenue was still affected and unemployment is high, 45 new businesses have located themselves in Garland recently. Service industries are strong and the city of Garland has many jobs available. "Mayor's Evening In" is an event where Mayor Jones meets with the public once a month to discuss their needs and desires for the city. Garland aims to have a transparent government and to be a city where education and the arts are a priority.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #479	29:30	14:00	REC	PA/0	2/15/2010	10:30 AM
						2/16/2010	3:30 AM
						2/19/2010	12:00 PM
						2/20/2010	3:30 AM

Cheri Duckworth introduced **Tom Leppert**, Mayor of Dallas. He talked about the economy of Dallas how the city was outperforming other economies in the nation. The city has seen unemployment go down in the area as local industries continue to add jobs. Mayor Leppert listed several reasons why companies would want to relocate to North Texas. The City of Dallas is located in a central part of the country where the climate is attractive and there is no income tax. He mentioned that Dallas hopes to affect the environment by making every new building a "green " building. Forty percent of the city's energy is purchased from renewable resources; not other city compares to that statistic. The city was recently awarded the Environment Management System award by the EPA. Mayor Leppert suggested a stronger school system is necessary for our students today. Making more scholarships available not only to seniors will encourage them to stay in school and graduate. The City of Dallas offers a DOORS program which is designed to bring a comprehensive approach to individuals exiting incarceration. He commented that the homeless situation has greatly improved with the opening of a new homeless shelter called The Bridge. He ended his interview by speaking about a new convention center hotel which is creating jobs and a tax base for the city.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #483	29:30	14:00	REC	PA/0	3/22/2010	10:30 AM
						3/23/2010	3:30 AM
						3/26/2010	12:00 PM
						3/27/2010	3:30 AM
						3/29/2010	10:30 AM

Cheri Duckworth introduced **Mayor David Kelley** and **Marty Wieder**, Economic Development Director of Colleyville. They opened the program by discussing the many elements of entertainment and leisure that contribute to Colleyville's economic health. They spoke about Market Street and all the events held there, and about the IMAX screen. Surrounding these attractions are many vacant restaurant/retail spaces. The City of Colleyville has enlisted help to research potential new businesses to open in these buildings. Older structures have been renovated and new themes are being developed. The overall intent is to establish an identity for the city, promoting Colleyville as a resort locale. Colleyville established the Colleyville Executive Organization (CEO Group) whose purpose is to encourage the many executives that live in Colleyville to take part in the planning of the city. Colleyville's library has been very successful and is now operating at capacity. It is being enlarged and reorganized. Colleyville also has plans to expand Highway 26. In the area of public safety, Colleyville has the lowest crime rate in NE Tarrant County. The city has also received a Gold Medal award from the Texas parks department for their parks. McPherson Park is scheduled to open Memorial Day 2010 and the city is currently looking for additional parkland.

TRINITY BROADCASTING NETWORK

QUARTERLY REPORT

KDTX-TV CHANNEL 58 - DALLAS, TEXAS
KDTX-DT CHANNEL 45 – DALLAS, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

FOR

April, May, June 2010

RESULTS OF ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES BY THE TELEPHONE FROM KDTX VIEWERS, FROM THE PRINTED MEDIA, COMPRISING NEWSPAPERS, MAGAZINES, PUBLICATIONS, AND FROM TELEVISION AND RADIO, WHENEVER POSSIBLE.

ECONOMY

EDUCATION

ENVIRONMENT

HEALTH

HOMELESS

CIVIC AFFAIRS

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF KDTX PROGRAMMING ADDRESSING THE ISSUES / PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE SECOND QUARTER.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #487	29:30	14:00	REC	PA/0	04/19/2010	10:30 AM
						04/20/2010	3:30 AM
						04/23/2010	12:00 PM
						04/24/2010	3:30 AM

Cheri Duckworth introduced **Jenny Stewart**, Executive Director of CCCS. Jenny informed the audience that individuals are carrying an average of \$28,000 in debt at a time when most people are underemployed. This fact is keeping the CCCS of Greater Dallas is very busy. She gave several suggestions to the audience to make it through these tough economic times. First, for most, this is not the time to pay down debt. Instead work on finances as if in a self-preservation mode, making sure that daily expense is covered. Keep a record of all expenses. If there is enough of a surplus to pay down debt, look at each account's annual percentage rate and pay off the accounts with the highest rates first. Call creditors and negotiate debt down 2 or 3 percent. Make a payment, and then call back next month. A different person will probably answer each call, and that person might be in better position to help get better terms for the debt. Jenny also suggested that those who are unsure about how to address their financial situation contact the CCCS where they can walk through have-tos, need-tos, and want-tos in a one-on-one counseling session. Debt management plans can be worked out and group education programs that cover budgeting, credit reports, money management are also offered.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #490	29:30	14:00	REC	PA/0	05/10/2010	10:30 AM
						05/11/2010	3:30 AM
						05/14/2010	12:00 PM
						05/15/2010	3:30 AM

Cheri Duckworth introduced **Todd Mark**, Public Policy Director of Consumer Credit Counseling Services (CCCS). Todd explained that the current recession is hurting many people financially. One person in ten are unemployed and 1/3 of the number of unemployed have gone without income for at least 6 months. The housing crisis is affecting many as well. The values of 1/3 of the homes in the U.S. are worth less than the mortgage that is owed by their owners. 1 in 13 homeowners are behind on payments. The answer for some may be bankruptcy. CCCS refers individuals to the State Bar Association if they have to file bankruptcy. Todd listed and described the various options. Chapter 7 bankruptcy provides a clean slate. All debts as well as all assets are wiped out. All credit card obligations go away. Within 2-3 months of filing, debts are discharged. With Chapter 13, a reorganization and repayment plan is compiled. A judge decides how much the person can afford to pay towards their debts. Todd explained that if a person has been negotiating with a lender to keep their home and have not been able to come to an agreement, then the only way to stop foreclosure is through the automatic stay which results from bankruptcy. Todd defined automatic stay as a benefit of bankruptcy where creditors stop calling and foreclosure ceases. Bankruptcy is negative; it remains on a credit report for 10 years. Todd also informed the audience that they have resources available to help with various levels of financial distress through CCCS.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #491	29:30	14:00	REC	PA/0	05/17/2010	10:30 AM
						05/18/2010	3:30 AM
						05/21/2010	12:00 PM
						05/22/2010	3:30 AM

Cheri Duckworth introduced **Danielle Champagne**, Assistant Director, UNT Student Money Management Center. Danielle spoke about the importance of financial organization and responsibility and provided some excellent suggestions to prepare students and young adults to function in our current economy. To begin it is never too early to teach a child how to keep account of their money. This can be as simple as using a piggy bank or helping the child track their allowances on paper. Danielle recommend that early on, parents should encourage their children to set monetary priorities, such as college saving. When students get to college, many campuses have centers like UNT's Money Management Center (MMC) where they can talk about their finances and become better equipped to handle their own money. The MMC works with young adults at the university, from incoming freshmen to graduating seniors, since each age level has different goals and life situations. Lack of planning causes problems as well as not knowing who to can trust. UNT's MMC lets the students know that right now, being a student is their main focus, not investing in property or shares. All people want to be financially independent, but that independence looks different for everyone. Freshman should start a savings account and look toward the future. They have fewer dollars than some seniors who can work more or have a paid internship. Seniors should be saving for specific issues such as moving, deposits for apartments, or buying new work wardrobes.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #493	29:30	14:00	REC	PA/0	05/31/2010	10:30 AM
						06/01/2010	3:30 AM
						06/04/2010	12:00 PM
						06/05/2010	3:30 AM

Cheri Duckworth introduced **Terry Clower**, of UNT's Center for Economic Development and Research (CEDR). The National Bureau of Economic Research says while the economy looks better, it is not yet ready to say that the recession is officially over. While the Gross Domestic Product has seen increase since mid-to-late summer of last year, the unemployment rate is near 10.5%. Employers, lacking confidence in the stability of the economy, are still laying people off. The GM plant in Arlington has employees working three shifts with mandatory overtime because it is the only plant left making SUVs. Gross Domestic Income didn't really start increasing until the very end of last year. Terry believes there will be growth in domestic income this year and by the middle of summer, we will see higher employment percentages. This area will be one of the first major metropolitan areas to rise above the recession. DFW is a great place to be right now, jobs have been added recently and unemployment never reached the same level as that of the rest of the nation. While we will not likely be at 3% unemployment for some time, as long as there is continual and growing activity in construction, home buying, ancillary spending, and working through financial problems, we will be okay. Terry explained that overwhelming numbers of Americans were spending more than they were making and the savings rate was only at about 1%. Now it's about 4%. Terry emphasized that there is a personal obligation to save money for retirement. No longer can citizens assume that the government will provide for them.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #494	29:30	14:00	REC	PA/0	06/07/2010	10:30 AM
						06/08/2010	3:30 AM
						06/11/2010	12:00 PM
						06/12/2010	3:30 AM

Cheri Duckworth introduced **Linda Davis**, Housing Director of Consumer Credit Counseling Services (CCCS). Linda recommended that everyone create some type of budget/spending plan. It is beneficial to have an actual account of income and expenses. If someone is suffering financially, this will help them evaluate how to manage their money. A budget allows one to create a plan to meet expenses. And, while leisure and recreation expenses may be minimized or revamped, a budget ensures that financial security is not jeopardized because of poor planning. Linda explained that while the practice of using credit cards is not always a bad thing, it can be dangerous financially if poorly managed. She advised the audience to keep track of their spending and refrain from using credit cards if they are unable to make the payments on time. Linda discussed the Credit Card Act passed in February of this year. This new law mandates that credit card statements include the actual amount paid if a person only makes minimum payments and how many years it will take to pay it off at that rate. Linda mentioned that people can always call the credit card companies with questions and problems. Some may work with customers to lower their interest rate or delay due dates. If a third party is necessary, then contact the local Department of Housing and Urban Development (HUD). Linda's final comments were a recommendation that each person to use whatever system works for them: a budget in a composition book or excel spreadsheet; a basket by the front door for all receipts to be reviewed and analyzed at the end of the week; and/or a daily or weekly review to get everyone on the same page and total spending under control.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #485	29:30	14:00	REC	PA/0	04/05/2010	10:30 AM
						04/09/2010	12:00 PM
						04/10/2010	3:30 AM

Cheri Duckworth introduced **Diana Baker**, of Dallas Community Lighthouse. Diana discussed the high drop-out rates and the poor academic achievement of low-income children in Dallas. In an effort to increase graduation rates of at-risk children from a low-income and/or ethnic minority background, Dallas Community Lighthouse (DCL) began tutoring and attempting to empowering children from kindergarten through 8th grade. In the process of engaging the children, DCL realized that their families and communities were lacking the resources that would continue to enrich them. Through the Family Services Program, DCL has partnered with community organizations to direct caretakers to various community outlets, such as ESL and GED resources, so DCL can spend the more time with the children as well as meet the needs of the entire family. Various volunteers throughout the community work with DCL to increase the effectiveness of the program. Volunteers from local churches donate their time to survey the local community's needs; and, other volunteers come and read for the children.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #486	29:30	14:00	REC	PA/0	04/12/2010	10:30 AM
						04/13/2010	3:30 AM
						04/16/2010	12:00 PM
						04/17/2010	3:30 AM

Cheri Duckworth introduced **Tami Peterson**. Tami informed parents of what to expect and how to help prepare their children for college acceptance and attendance. First, Tami regards college attendance as mandatory and suggests that household conversations express the same expectation. She suggests that parents encourage students to begin preparations as early as eighth grade by preparing resumes and transcripts, and think about how to show a college that they are a good candidate for acceptance. The student should work to develop strong study habits. It is also good if the student enthusiastically contributes to society by volunteering, for example youth camp coaching, etc., in order to become a well-rounded prospect for a college. In regards to the choices of a college and a major, Tami recommends that students visit campuses; and, they should speak with people there who are involved with the major they are interested in pursuing, even though the student may choose to change majors during their college careers. During the spring of their junior year in high school, the students need to take the ACT or SAT. These tests are mandatory for college acceptance in most cases. By fall, apply to 3-6 colleges having the goal to be done with the selection process by December of senior year. Tami concluded by discussing college expense and giving recommendations about seeing what grants are available for special talents or scholarships for academic/personal achievement. Scholarships.com and fastweb.com are great resources. Federal Work Study or general Work Study can provide money as well.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #495	29:30	14:00	REC	PA/0	06/14/2010	10:30 AM
						06/15/2010	3:30 AM
						06/18/2010	12:00 PM
						06/19/2010	3:30 AM

Cheri Duckworth introduced **Cherie Townsend**, Executive Director of the Texas Youth Commission. The Texas Youth Commission is the state juvenile corrections agency. Cherie informed the audience that most of the young people with which they are involved are behind by 5 years in reading and math. Kids who struggle with schoolwork often drop out because of embarrassment, and may “act out.” When they can be successful in school and catch up, it has a huge impact on their confidence. The TYC implements tests to determine what will most help these youngsters. It provides one-on-one tutoring; hires devoted teachers who are certified in Texas (1/3 of these certified in special education) with training in classroom management; provides smaller classrooms; incorporates technology; and provides opportunities for kids from all levels to get caught up and even earn university credits in some cases. Additional opportunities exist in educational and vocational training and there is a possibility to receive scholarship funding for some. The TYC’s cognitive life skills classes provide help with anger management. All in all, these young people are equipped with a "toolbox" of essential life skills to help prevent them from sliding back into their old way of life. Mentors try to also work with the families. They suggest that teens can change schools if they need a clean slate; or, earn their GED and go straight to community college. Ultimately the TYC tries to make sure the educational programs prepare their clients to return to their old school. They communicate with the schools informing them of the youngsters’ progress and what is expected of them. TYC is currently working on a new reading program.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #496	29:30	14:00	REC	PA/0	06/21/2010	10:30 AM
						06/25/2010	12:00 PM
						06/26/2010	3:30 AM

Cheri Duckworth introduced **David Saenz, Principal, and Eric Creeger, Vice Principal, of the Jack E. Singley Academy of Irving**. The Academy is an Irving ISD high school that is geared toward career specialization. Many students go directly from this school to a four-year university or medical school.

Others are prepared to go immediately into a specialized area of the work force. Students will often work as interns at law firms, Baylor Hospital, or some other facilities. Years ago a laptop program was implemented by the Irving ISD to bridge the digital divide between low-income students and those who could afford computers at home. Unfortunately, the negative side to providing laptops to students is the accessibility of inappropriate internet sites. By law, internet access is filtered at the schools. The Academy spends a great deal of time educating students on how to avoid unsuitable websites and how to instead use the internet to their benefit. Teachers are also using technology in new ways, such as to check for plagiarism at such sites as turnitin.com. Other districts are looking at what Irving is doing with technology and replicating it.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #497	29:30	14:00	REC	PA/0	06/28/2010 06/29/2010	10:30 AM 3:30 AM

Cheri Duckworth introduced **Toni Gallego**, Homeless Liaison of the Irving ISD. The school district has each student fill out a questionnaire upon enrollment. Those who do not have stable housing with a parent or legal guardian will receive help. Many do not tell their educators because of embarrassment. 701 children are currently identified as homeless in Irving ISD. The greatest challenge for these children is how often they move. 4-6 months of instruction is lost every time a child changes schools or moves. "One child, one school, one year" is Irving ISD's motto. Federal law mandates that if a child has had to move to a homeless shelter, the district must provide transportation for the student to school at least through the end of that school year. Each school district should have a homeless liaison for its schools. Other services for homeless provided by the district include supplying uniforms for those unable to afford them and offering information concerning monetary and food assistance from churches, community resources and food pantries.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #490	29:30	14:00	REC	PA/0	05/10/2010 05/11/2010 05/14/2010 05/15/2010	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Cheri Duckworth introduced **Terry Jensen** of DFW Green Building & Renewable Energy. Terry described Eco-Village as a building and power-producing concept which enables residents to maintain personal energy freedom. Such a complex is currently located east of Dallas. The Eco-Village is a cluster of houses surrounded by food production, wind generators, solar energy and hot water. The viewers can conserve water by replacing landscaping with another option that uses less water, by not trying to maintain an unnaturally green lawn, and by using the types of gutters that collect rain water for later use. Terry defined green transportation as choosing to carpooling and, as it becomes necessary to replacing a gas vehicle, to replace it with an electric one. In order to move towards a more environmentally friendly life, Terry recommends starting with an energy audit and a plan to become personally energy-free. To become more energy efficient, Terry gave suggestions concerning weatherization. Terry provided examples of renewable power sources to offset energy usage impact. Solar heated water can save 85-90% of hot water cost. Solar electricity, achieved through installing solar panels, is the most expensive. Terry also encouraged the audience to produce their own food by planting a garden. Build a box, buy good soil, split it into squares and plant your choice of foods. A great deal of water is not needed. Just use a small cup and fertilize your garden every 2-3 weeks.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #492	29:30	14:00	REC	PA/0	05/24/2010	10:30 AM
						05/25/2010	3:30 AM
						05/28/2010	12:00 PM
						05/29/2010	3:30 AM

Cheri Duckworth introduced **Chris Klaus**, Sr. Program Manager of Transportation, **North Central Texas Council of Governments (NCTCOG)**. Chris began by informing the audience that the air in our region is the cleanest it's been in 40 years. The EPA sets standards for air quality and the DFW area is only slightly higher than required in one area, ozone levels. While it may seem like there is a constant struggle to maintain clean air, much of the ongoing efforts are to meet ever changing EPA standards. Because the current condition of local air is out of compliance, the EPA will be approaching Texas to evaluate the new plan to meet the government standards. Chris explained that there are a number of factors contributing to high ozone levels which are difficult to control: meteorological conditions; hot, dry days; and emissions being blown in from other cities. 10% of North Texas' auto emissions are produced by fleet vehicles. Diesel trucks have caused cities to enact idling restrictions. Chris also shared that low speeds increase emissions, as well frequent acceleration/deceleration. Street intersections have been improved to lessen stopping and accelerating. Chris presented the audience with information about Air Check TX: If a car fails an emissions test or if the car is over 10 years old, the owner might be eligible for up to \$600 to repair or up to \$3500 to replace the car.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #493	29:30	14:00	REC	PA/0	05/31/2010	10:30 AM
						06/01/2010	3:30 AM
						06/04/2010	12:00 PM
						06/05/2010	3:30 AM

Cheri Duckworth introduced **David Gray**, of the Texas Conservation Alliance and Save Open Space. David disagrees with the need for the Trinity Toll Road and pointed to alternatives that the state highway department has established, such as Project Pegasus. Save Open Space protects creeks from being covered over when new developments come in. This allows for more natural habitat, trees, and biking paths. Toledo Bend is a huge reservoir that can provide water for this area. 72,000 acres of beautiful forest and farms potentially could be flooded by the construction of new reservoirs. The public needs to look at natural solutions before it settles for artificial ones. State leaders have failed to enact a pollution reduction plan that meets EPA standards. At this time it is necessary to contact the concrete plants south of DFW and coal plants to the east concerning mercury emissions into the area lakes in an effort to meet standards. In addition to improving the current environmental condition, if the public will try to conserve power and energy, less pollution will be generated. A \$1500 tax credit is available this year to those who add energy efficient items to their home. David listed some ways to conserve: attic insulation; adding double pane windows; plant trees; and recycle. He concluded that, as a conservationist what he desires is that the Trinity River area to become a big park for DFW's citizens. Live greener, cleaner and more sustainably. We can't burn fossil fuel forever.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #496	29:30	14:00	REC	PA/0	06/21/2010	10:30 AM
						06/25/2010	12:00 PM
						06/26/2010	3:30 AM

Cheri Duckworth introduced **Jeffrey Jacoby**, Program Director for Texas Campaign for the Environment (TCE). Jeffery described the TCE as a grassroots, non-profit organization whose staff goes door-to-door in the DFW, Houston, and Austin areas to interact with and educate the public, as well as contacting local congressional members to request that they support sustainable policies. Jeffery explained that conventional recycling composes only a fraction of what the campaign wishes people to be more conscientious about. Electronics containing mercury and cadmium should be recycled in order to keep these toxic substances out of landfills and allow them to be reused. EPA estimates that 2.2 million tons of unused electronics are available to be recycled. TEC has partnered with Goodwill, cities, and companies to collect and properly recycle old/obsolete products. Spent light bulbs can be taken to Home Depot. The mercury in them is removed; and, the glass and some of the bulb's metal components can be reused. TexasTakeBack.com lists many other recycling resources. Beware of free recycling offers if it's not part of a company's larger recycle initiative. They may not recycle items properly. Jeffery suggests that citizens engage their local city councils to put policies in place that encourage recycling and the manufacturing sustainable products. Not everything is designed to be taken away and buried. Many items can be taken apart and its components be of made of use over and over again.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #485	29:30	14:00	REC	PA/0	04/05/2010	10:30 AM
						04/09/2010	12:00 PM
						04/10/2010	3:30 AM

Cheri Duckworth introduced **Tanya Abreu** of the Spirit of Women Health Network. This organization is a coalition of more than 200 hospitals located in 90 cities whose primary mission is to transform women's fear of disease by showing them a smart approach to being healthy. Tanya discussed a revised perspective on getting healthy. She explained that pursuing health is not about punishing yourself, but about celebrating yourself. Joy produces endorphins, whereas negative feelings bring about a release of adrenaline which when present for extended periods of time may become harmful. Tanya provided three suggestions that can immediately improve health: 1. Stop smoking; 2. Move more; and, 3. Eat fresh. She explained that the body is not independent of the mind and a person's thoughts and emotions affect the immune system. These phenomena are expressed medically as neuroimmunology. Additional suggestions made by Tanya were that viewers should "know their numbers" (cholesterol, glucose levels, and blood pressure); laugh 30 minutes a day to reduce cholesterol; and, be generous with time and love. These actions can reduce blood pressure and stress. A final suggestion was for viewers to write down in a notebook anything that was bothering them physically, spiritually, and/or emotionally and watch how these things relate to one another.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #486	29:30	14:00	REC	PA/0	04/12/2010	10:30 AM
						04/13/2010	3:30 AM
						04/16/2010	12:00 PM
						04/17/2010	3:30 AM

Cheri Duckworth introduced **Jessica Setnick**. Jessica provided the audience with a list of "Food Fairytales" stories that have been told from generation to generation leading to false beliefs about nutrition. She dispelled each of these myths in her interview beginning with the worst one: cleaning your plate. This began as Depression Era thinking. Now we have too much food in front of us at one time. 66% of Americans eat whatever is on their plate no matter what it is. 66% of Americans are also obese. To change this way of thinking, recognize that each person is different and assume that if someone else served your plate, it contains too much food. Eat half of the meal. Engage in conversation for a few minutes and then decide if you are still hungry. If you are, eat half of what's left. The next fairytale is that

“food is a treat for when I'm down. It will make me feel better.” Food is a mood-altering chemical. When a person stops eating, the positive effect ceases. Instead of relying on food to make you feel better, establish other rewards. The third myth discussed was that healthy food is expensive. Fast food may seem cheaper, but a pack of chicken breasts cost the same as a chicken sandwich. Instead of looking at the entire expense of a trip to the grocery store, compare the cost of one home cooked meal to the cost of one fast food meal.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #488	29:30	14:00	REC	PA/0	04/26/2010	10:30 AM
						04/27/2010	3:30 AM
						04/30/2010	12:00 PM
						05/01/2010	3:30 AM

Cheri Duckworth introduced **Sue Vanek**, Burn Program Coordinator. Sue shared with the audience about typical, yet rarely considered, opportunities for possible burns. Many times potentially high risk settings are as simple as removing food from a microwave, passing a hand through steam, or walking around with a cup of hot coffee. Sue cautioned against adding excessive accelerant to outdoor grills because of the possibility for explosion. One of Sue’s recommendations was that families establish safe zones or areas that children are not allowed to go anywhere near, such as fireplace covers or stoves. Because the skin is thinner on young children and the elderly, they can burn in less time. Supervise children in the kitchen. Keep pot handles to the back of the stove. Many bathroom injuries occur when an elderly person steps into an overly hot bath, and because of their decreased mobility, they can't get out fast enough. If someone catches fire, Sue reminded the viewers that "stop, drop, and roll" is still effective. Sue concluded by describing the various types of burns and by giving treatment suggestions. A 1st degree burn (such as a sun burn) will heal itself. 2nd degree burns are evidenced by blistering. 3rd degree burns are much deeper. 3rd degree burns go through the dermis and will require a skin graft. The graft usually comes from the thigh if it hasn't been burned. Patients say that the donor site hurts more than the burn site. See a doctor if a burn covers a large area or if the area doesn't heal. After a burn, use cool water, not ice (which could cause further damage). Application for 10-15 minutes is recommended. Do not use butter, shaving cream, ointments or lotions. Keep the burned area clean and dry.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #489	29:30	14:00	REC	PA/0	05/03/2010	10:30 AM
						05/04/2010	3:30 AM
						05/07/2010	12:00 PM
						05/08/2010	3:30 AM

Cheri Duckworth introduced **Janie Metzinger**, Public Policy Director of Mental Health America. Janie explained that mental illnesses and disorders can be triggered by traumatic events or inherited. Mental disorders affect all people. This year 20% of Americans will have some diagnosable mental illness symptoms. Of this number, 9% will cause functional impairment, 7% will have symptoms that last a year, and 5% will experience a serious mental illness that is severe and persistent. Interpreted, these numbers imply that everyone will encounter someone with a serious mental illness. Individuals with "co-occurring" disorders have both a mental illness and a substance abuse disorder. These people need to be treated for both at the same time. Many mental illnesses are highly treatable with medications and therapies. Janie shared that 2/3 of those with an illness don't seek treatment, most often because of shame or fear. She reinforced the fact that these are illnesses, like any medical condition, and it helps to seek treatment early. The public mental health system covers many counties and acts as mental health and behavioral health insurance. Facilities such as United Way provide services and base fees on a sliding scale. The National Alliance on Mental Illness and Mental Health America of Greater Dallas work

together to provide education and support groups. Family to Family classes, taught by family members who have experienced mental illness and can educate and comfort those now affected are also available.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	700 Club CBN NewsWatch #042110	1:00:00	5:00	REC	PA/0/E	4/21/2010	12:00 PM

Lori Johnson, CBN News Reporter , says The NCAA's Division 1 Legislative Council voted April 13 to require all athletes to be tested for the sickle cell trait -- no matter their sport, race or gender. The measure now goes to the board of directors and is expected to pass. Sickle cell anemia is a fairly well-known disease; however, sickle cell trait is different. Many people don't even know they have it and can go through life without any symptoms. But combined with rigorous exercise, it can be deadly. Unlike sickle cell anemia where both hemoglobin genes are abnormal and produce mostly dangerous, sickle-shaped blood cells, people with the trait have only one abnormal hemoglobin gene and their blood cells are mostly a healthy, round-shape. But when people with the trait intensely exercise, their round blood cells can take on the sickle shape, become sticky and clog blood vessels. Resting corrects that, returning the cells to their round shape. Complications from sickle cell trait are the number one cause of death for college football players. It's been linked with 10 on-field deaths in the last decade. None were during games, but instead happened during rigorous training. The NCAA recommended member schools test for the trait, but then went one step further and voted to require all Division 1 schools to test athletes for the trait. Currently only 64 percent of colleges screen for the trait and do so voluntarily. Beginning August 1, all athletes in NCAA Division 1 schools will be required to either: Take a blood test to screen for sickle cell trait. Prove they already had the screening. Opt out of the screening by signing a waiver releasing their school of any liability. Hospitals in every state screen all newborns for sickle cell trait. Yet, parents often don't read the results of those screenings or forget them when their babies grow up. One in 12 African Americans carry the trait, but people with Spanish, Greek, Italian, Asiatic Indian and Mediterranean ancestry are also affected. While some players never survived sickle trait complications, their deaths raised awareness about the condition that will likely prevent others from suffering the same fate.

Issues	Program Title	Program Duration	Segment Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	700 Club CBN NewsWatch #061610	1:00:00	6:00	REC	PA/0/E	06/16/2010	12:00 PM

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.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #250	28:30	28:30	REC	PA/0/E	04/06/2010	9:30 AM

Dr. LaJoyce Brookshire talked about how to stay well. It's important to drink plenty of water, use the bathroom when needed and to go to bed without the television. It's also important to eat 3-5 organic fruits and vegetable each day. It's important to eat foods that fuel our body and to maintain an alkaline level. **Dr. Dino Prato** talked about weight loss. In order to have successful weight loss, it is important to look at our emotional connection to food. We need to view food as a healing, transforming and giving us health. High food quality is important along with increasing fruits and vegetables. **Dr. Carl Schmidt** talked about Vitamin K. It is important to help with cellular functions, strong bones, blood vessels and intestinal track. It is also found to reduce the risk of cancer. It can be acquired through greens such as spinach, cabbage and turnips. It can also be taken in a supplement form.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #251	28:30	28:30	REC	PA/0/E	04/13/2010	9:30 AM

Dr. Scott Hannen talked about having a underactive thyroid. Symptoms could be loss of energy, loss of concentration, severe constipation, weight gain and severe depression. It's important to avoid Goitragens food, take supplements, get plenty of exercise and avoid refined sugar and processed food. **Dr. Lisa Akbari** talked about hair loss. Follicular Epidermis Alopecia is when the scalp loses the ability to push the strand through. Short hair syndrome is when the hair gets to a certain point and stops growing. It's important to get a proper examination. **Dr. Marilyn Elliott** talked about having allergies to common food such as milk and eggs. It can cause headaches, high blood pressure, stomach problems and depression. It's important to be seen by a doctor to determine the allergy level. **Dr. Dino Prato** talked about weight loss. In order to have successful weight loss, it is important to look at our emotional connection to food. We need to view food as a healing, transforming and giving us health. High food quality is important along with increasing fruits and vegetables.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #252	28:30	28:30	REC	PA/0/E	04/20/2010	9:30 AM

Dr. Rita Hancock talked about bondage to food. Symptoms can be thinking about food too much, always dieting and avoiding social events because of overeating. Eating disorders have to do with control issues. Admit you have a problem, let go of control and only eat when you are hungry. **Dr. Ace Anglin** talked about corns and calluses. Corns are on top of the toes and calluses are on the bottom or ball of the foot. It's important to wear proper shoes, use pads and orthotic insoles. In extreme cases, surgery may be required. **Dr. Robert Gear** talked about TMJ. It is when the jaw hinge does not open or shut equally. It can cause swelling, inflammation and headaches. It's important to make sure the skull and the 1st/2nd Vertebrae are aligned to help with TMJ.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #253	28:30	28:30	REC	PA/0/E	04/27/2010	9:30 AM

Dr. Bettye Alston talked about being a healthy person. You should look at your hair, eyes, skin, hands, feet and legs to determine if the inside of your body is healthy. You should not be bloated, constipated or have diarrhea. It's important to eat healthy foods and to stay hydrated. **Dr. Bob DeMaria** talked about female hormones. There can be too much estrogen and a vitamin B deficiency. High levels of copper mean low levels of zinc. Drink plenty of water, daily exercise, eat plenty of protein, avoid sugar and get plenty of sleep. **Dr. Randy Brinson** talked about Inflammatory Bowel Disease. There is Ulcer Colitis, which is inflammation on the surface of the colon. Then there is Crohn's Disease, which is inflammation all the way through the colon. Medications and surgery are options for treatment.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #254	28:30	28:30	REC	PA/0/E	05/04/2010	9:30 AM

Dr. Gene James talked about reducing body fat. Extra calories consumed are stored in the body as fat. It's important to reduce the amount of calories being taken in. Exercise, drinking plenty of water and eating more fruits and vegetables can also help. **Dr. Carl Schmidt** talked about the sweetener Stevia. It is 300 times sweeter than sugar and does not have any calories. This sweetener does not have the toxic side effects as artificial sweeteners and does not increase your appetite. **Dr. Shalanda Grey** talked about breast cancer screenings. Mammograms, self-exams and clinical exams are all important tools for detecting breast cancer. It's important to talk to your doctor about our age and family history to determine the best choices.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #255	28:30	28:30	REC	PA/0/E	05/11/2010	9:30 AM

Dr. Dino Prato talked about chronic disease. It's important to think outside of the box and look at what's causing the disease rather than dealing with the symptoms. It's also important to learn about the disease and create a plan to either prevent or reverse it. **Dr. Rick Barrett** talked about how it's important to take care of the spine and spinal cord because it affects the nervous system. The nervous system is responsible for sending signals to all organs and throughout the body. It's important to have the spine checked to make sure everything is functioning properly. **Dr. Terry Overton** talked about knee injuries. The knee is a hinged joint made for stability not mobility. It is often injured depending on the sport. It is important, after an injury, for it to be tested for stability.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #256	28:30	28:30	REC	PA/0/E	05/18/2010	9:30 AM

Dr. Caroline Leaf talked about how your words can impact your mind. Speaking negative or positive words will feedback into your brain and affect the way the brain is wiring itself. We need to be conscious of what we say because negative thoughts can create toxicity in the brain. **Dr. Ace Anglin** talked about Tailor's Bunions. It is a deformity on the little caused by a abnormal growth of the bone outward towards the shoe. It can be painful depending on inflammation. Treatments include rest, ice, compression, elevation, medication and sometimes surgery. **Dr. Robert Gear** talked about blood vessels. There is life in blood because it carries oxygen and nutrients to the body. It's important that openings are not closed by bones twisting or waste matter. Poor diet, smoking, lack of activity can cause blockage. It's important to make lifestyle modifications to keep blood flowing.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #257	28:30	28:30	REC	PA/0/E	05/25/2010	9:30 AM

Dr. Eric Braverman talked about menopause. It can often result in weight gain, drying of hair, memory loss, insomnia, fatigue, bloating and bone loss. Ginseng and other natural extracts can be used to help restore youthfulness. **Dr. Honeycutt** talked about obesity. It's is determined by having a body mass index 30 or greater. It can lead to diabetes, heart disease and high blood pressure. It's important to exercise, manage stress and eat right. **Dr. Clark Gerheart** talked about basic healthcare. It includes nutrition, clean water, control infection and prevent injury. It's important to have plenty of fiber, protein and water.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #258	28:30	28:30	REC	PA/0/E	06/01/2010	9:30 AM

Dr. Gerard Guillony talked about inflammation. It can speed up our aging and be an increased risk factor for a heart attack. It's important to not eat trans or saturated fat and instead eat omega 3 fats. Eat foods with a low glycemic index and a high anti-inflammatory compounds. **Dr. Hale Akamine** talked about child discipline. When children are being disciplined they will try to change the situation, change you and then change themselves. Age appropriate time outs don't begin until the child is absolutely quiet. Parents should seek professional help if assistance is needed. **Dr. Lisa Akbari** talked about seasonal hair problems. The scalp and hair can become dehydrated resulting in itchy/tender scalp and split end. The hair needs to be hydrated. It's important to shampoo with a ph of 4.5-5.5 and moisturize daily.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #259	28:30	28:30	REC	PA/0/E	06/08/2010	9:30 AM

Dr. Bob DeMaria talked about Trans fat or partially hydrogenated oils. It can cause confusion in the body which leads to inflammation. Then the cholesterol levels elevate to produce cortizone. Some healthier oils are flax seed, olive and coconut. **Dr. Malcolm Hill** talked about God's system of health. It's important to be proactive in regards to your health and not listen to false advertisements. Nutrition, exercise, water, sunlight, air, sleep and positive thinking are ways to improve your health. **Dr. Carl Schmidt** talked about water. There is distilled, reverse osmosis, and ionized water. It's important to check that the good minerals are not taken away with the bad. Minerals are important for functions in the body.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #260	28:30	28:30	REC	PA/0/E	06/15/2010	9:30 AM

Dr. Christopher Chin talked about exercise and a heart healthy lifestyle. It increases blood flow, circulation, heart rate and metabolic rate. It reduces inflammation and blood pressure. It should be done 4 times a week, 4 miles per hour and for 40 minutes. **Dr. Teresa Carlson** talked about Ocular disease. It affects the tissue in the eye and lid which lead to dystrophies that can be inherited or due to environmental factors. Cataracts, Keratoconus, and Glaucoma are types of vision problems. It's important for an annual eye exam and preventative eye care. **Dr. Ace Anglin** talked about foot, ankle and leg cramps. It can be caused by a tendon or electrolyte imbalance. Intermittent Claudication can cause pain, heaviness and tightness in muscles. Often pain is ignored but needs to be seen by a physician, podiatrist or orthopedist.

Issues	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #261	28:30	28:30	REC	PA/0/E	06/22/2010	9:30 AM

Dr. Dino Prato talked about lyme disease. Borrelia is the infection caused by a tick and followed by a bull's eye rash. It can cause joint pain, memory problems, digestive issues and hormone imbalances. It is important to be tested by a lyme literate doctor because it can mimic 300 other diseases. **Dr. Sheryl Strom** talked about allergies. They create an infection in the sinus that can result in nasal congestion, drippy nose and post nasal drip. It's important to build up the immune system and clean the sinuses with a saline solution. **Dr. Dale Peterson** talked about insomnia. It is a difficulty getting and staying asleep. It can result in being tense, difficulty handling stress, excessive day time sleepiness, stomach problems and high blood pressure. It's important to have a dark, cool and noise free environment to help you fall asleep and to get 8 hours a night.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homeless	Joy In Our Town #488	29:30	14:00	REC	PA/0	04/26/2010	10:30 AM
						04/27/2010	3:30 AM
						04/30/2010	12:00 PM
						05/01/2010	3:30 AM

Cheri Duckworth introduced **Barbara Landix**, Executive Director at Vogel Alcove. In operation since 1986, through the years Vogel Alcove has served thousands of families and children. Right now they have 10 classrooms serving infants, toddlers, and preschool. Homelessness does in fact have many different faces. The two major causes of homelessness are domestic violence and generational poverty. Many homeless people have lost their jobs. But even when they were employed, they hadn't been able to make ends meet. Some suffer from personality disorders, mental illnesses, substance abuse, or are ex-prisoners who have been released and need help getting back on their feet. The majority of these people don't automatically go into a shelter. They will call on friends or relatives. But once their welcome has worn out, they look other places. There is an affiliated network of agencies which provide shelter and referrals. The Vogel Alcove is Dallas' primary resource for those persons homeless with very young children. Two meals, which meet USDA nutritional guidelines, are cooked and served on site. The teachers sit with the children and eat family-style. Ratios between children and caregivers are kept low because many of the children have experienced trauma. Symptoms of trauma can slow a child's development. Children's development and health are monitored daily, and numerous programs are available. Babies can take part in play therapy as young as age 2.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homeless	Joy In Our Town #489	29:30	14:00	REC	PA/0	05/03/2010	10:30 AM
						05/04/2010	3:30 AM
						05/07/2010	12:00 PM
						05/08/2010	3:30 AM

Cheri Duckworth introduced **Bob Sweeney**, Executive Director of Dallas Life. Dallas Life is the largest homeless shelter in North Texas. Dallas Life is also the only shelter providing programs for seniors and the disabled. Bob explained that money, relationship, and anger issues cause some homeless individuals their greatest struggles. He encouraged viewers to, if faced with a homeless individual, direct them to a shelter or agency. There are some that are chronically homeless. These individuals do not want accountability or structure and choose to live under the bridges etc. Volunteer caseworkers will meet with people like this and try to determine if they will accept assistance. Volunteer caseworkers also work with each guest of the agency. Individuals and families are welcome. Stays are usually limited to 16-18 months. As many have already done, some clients may benefit from the 10-month new life program which provides classes like anger management, the psychology of addiction, the purpose driven life, resume preparation, etc. The agency has a policy of regular random drug testing. The facility is structured in phases that hold residents responsible for their progress and the residents must commit to stabilizing their lives. Phase 3 commences after three months and begins with the residents starting a part-time job. Phase 4 is three months long. At this point, residents must begin a full-time job, get an apartment, and be active in a church. 28% of residents graduate. The program's success rate is 3 to 4 times higher the national average. Bob concluded there is no quick answer to homelessness, but he sees progress in Dallas Life's policy of giving a hand up, not a hand out.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homeless	Joy In Our Town #491	29:30	14:00	REC	PA/0	05/17/2010	10:30 AM
						05/18/2010	3:30 AM
						05/21/2010	12:00 PM
						05/22/2010	3:30 AM

Cheri Duckworth introduced **Teddie Story**, Executive Director of Irving Cares. Teddie informed the audience of the various services available to residents through Irving Cares. Brighter Tomorrows provides transitional housing rent-free during which time homeless individuals are given life skills training. The City of Irving utilizes federal grants to provide assistance in making house payments. Permanent Supportive Housing is another government program that provides housing. Irving doesn't have a homeless shelter, but does have a domestic violence shelter serving men, women, and children. Teddie explained that the typical homeless person in Irving suffers from mental illness, from alcohol abuse or have committed federal offenses that hinder their ability to reside in housing within city. In order to receive assistance through the city, individuals must maintain good contact with their case worker; take any prescribed medication; and abstain from drinking or drug abuse. When approached by someone who seems to be under the influence of drugs or alcohol, it is recommended to walk away and/or decline giving them money or assistance. Or, one could give them a dollar to call 211, the Community Council of Greater Dallas.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homeless	Joy In Our Town #495	29:30	14:00	REC	PA/0	06/14/2010	10:30 AM
						06/15/2010	3:30 AM
						06/18/2010	12:00 PM
						06/19/2010	3:30 AM

Cheri Duckworth introduced **Sonja Parkhill**, Outreach Manager for the Promise House. The Promise House offers a variety of free services such as: parenting classes; a street outreach program; Parents with Promise (where case workers work with new parents); a Med Van that comes from Parkland every Tuesday; a psychologist that comes on Wednesdays; and, on Fridays a dental van comes to the facility. Sonja provided the definition of homeless for youth as anyone age 12-21 that is unaccompanied (no parent or legal guardian) and having nowhere to sleep at night (no residence). Currently, there are

consistently around 1,200 youngsters who fit these criteria in Dallas. 50% of this number have “aged out” of foster care and have nowhere else to go. While a Transitional Living Program is available to all, this does not really work well for youth. Every year about 10,000 young people run away from dangerous homes and have to return immediately. Promise House believes it is important to get them off the streets and in a good environment where they can learn life skills. Since February of last year, their count of homeless youth has tripled. They are only able to keep kids for so many days and must separate minors from those over 18. The ideal placement for minors is in foster care. Sonja noted that although the community desires to help the homeless in our area, lack of resources prevents the building of more facilities and the ability to provide more services.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homeless	Joy In Our Town #497	29:30	14:00	REC	PA/0	06/28/2010 06/29/2010	10:30 AM 3:30 AM

Cheri Duckworth introduced **Allison Sharpe**, Director of Client Services at Brighter Tomorrows (BT). At BT, the number of phone calls requesting help has risen tremendously in the past few years. BT asks the callers why they are homeless, how they became that way, and what needs they have. 50% of those surveyed were unemployed or without money; 26% suffered domestic violence; and, many other situations affecting legal residency and loss of support were reported to be among the causes. The main services lacking in Irving are job placement, dental care, permanent housing, and transportation. There is a small amount of transitional housing and many social service agencies available in Irving. The local poverty and homeless coalition is comprised of a combination of city officials, churches and social services who get together to discuss homelessness in the area and how the city can better meet this need. Emergency shelter is provided by Brighter Tomorrows for those who have experienced domestic violence. They endeavor to make sure the victims and their children are safe and work with the victims to get daily assistance. Children's therapists are on staff and they work with the ISD's homeless liaison to make sure the youngsters' needs are taken care of. For parents, job placement and parental and life skills classes are provided.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #487	29:30	14:00	REC	PA/0	04/19/2010 04/20/2010 04/23/2010 04/24/2010	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Cheri Duckworth introduced **Mayor Gary Slagel**, of Richardson. Mayor Slagel discussed how Richardson is growing, and how this growth is reflected in both the housing communities and the park and recreation systems. Mayor Slagel described the city's economic situation, mentioning new businesses and city initiatives. Homeowners' associations work with the city to determine the appearance of neighborhood entryways and walls as they are built and expanded. Neighborhood watches are very active in the city. In fact, they have won awards for their programs such as the *National Night Out Against Crime*. There are numerous parks, new recreation centers, and trails. The city is planning to plant thousands of trees and will enlist the involvement of local schools in the process. Regarding the city's economic potential, healthcare, insurance and technical companies all are experiencing continued growth. Blue Cross/Blue Shield will open a new headquarters in Richardson soon. Although the unemployment rate is lower than in surrounding areas, it is still greater than the city desires. To combat this, the city council is continually trying to create new jobs and currently they are working with consultants to create a vision plan.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #492	29:30	14:00	REC	PA/0	05/24/2010	10:30 AM
						05/25/2010	3:30 AM
						05/28/2010	12:00 PM
						05/29/2010	3:30 AM

Cheri Duckworth introduced **Mayor Herbert Gears**, of the City of Irving. Mayor Gears informed the audience that as it stood empty, the Texas stadium was costing citizens \$200,000 a month. The facility was not ADA compliant and would have required an investment of millions. Now that the stadium has been demolished, the 80 acre site can be used for mixed development. \$500 million is currently being invested to reconstruct the surrounding highway. This project will last another 5 years. In early 2012, DART's Orange line will pass right by it and arrive in Las Colinas. Mayor Gears has a commitment from TXDOT that traffic congestion around the construction will not be too severe, although there will still be delays. The headquarters for many hotels and major corporations are located here. There is a good tax structure for businesses, i.e. no state tax or city tax levied upon businesses. The current unemployment rate is 8.1% and the foreclosure rate is lower than surrounding towns. The city has not had to lay off employees, close pools or libraries, or raise taxes. There are single family homes continually being added in all directions. Irving can also boast its lowest crime rate in its 100-year history. While the city is aging, there are growing redevelopment opportunities. 40 million dollars is dedicated to south Irving reinvigoration and redevelopment. The city has great schools that provide a great education to the children they serve. Teen Court is a local opportunity for teenagers. In conclusion, Mayor Gears talked about the parks and trails systems and the city's plans for improvements.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #494	29:30	14:00	REC	PA/0	06/07/2010	10:30 AM
						06/08/2010	3:30 AM
						06/11/2010	12:00 PM
						06/12/2010	3:30 AM

Cheri Duckworth introduced **Ken Mayfield**, Dallas County Commissioner of District 4. Ken educated the audience about questionable voting activities. He mentioned a criminal investigation of voter fraud in Texas and also informed the audience about some new construction projects and efforts to balance the budget. First, Ken shared that mail-in ballots had arrived at people's homes who had not requested one. Vote harvesters (individuals paid by politicians to obtain a certain number of votes) would take the ballot from the mailbox and encourage that resident to vote right then. Ken cautioned that some people have been manipulated during this process. Ken said that people had even gone to the polls and been told they have already voted, although they never applied for a mail-in ballot. If this happens, an individual can request a provision ballot, fill it out, and explain that the mail-in ballot was completed without their consent. The Secretary of State investigated this fraud and instructed the Attorney General to investigate it further. However, the Attorney General did not comply with these instructions. The law is being reviewed to learn how to prevent these activities. Mr. Mayfield informed the audience that a new hospital is being built. He also stated that currently the city has a budget shortfall of 56.5 million dollars, and is looking at ways to reduce costs, as well as give employees raises, without raising taxes.