

KNMT - KNMT DT PORTLAND, OREGON

LEADING COMMUNITY PROBLEMS

**FOR
1st Quarter of 2009**

JANUARY-FEBRUARY-MARCH

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

**HEALTH-19
EDUCATION-5
CRIME-5
ENVIRONMENT-5
SENIORS-5
CIVIC AFFAIRS -2
YOUTH-1**

Description of Issue	Program Name	Date	Time	Min.	Narration of Type and Description of Program
YOUTH	NW Focus	01-05-09	8:30AM	14:00	Host Bill Russell talked with Mayor Shane Bemis of Gresham about youth. Community

	#F28043				activities are a great deterrent to youth crime. Investing in young people will guarantee a return on money spent as it combats future ills. The city of Gresham is building a Sports Park in a effort to invest in youth and their need for healthy activities. Team sports are important as they instill values to work together which is helpful later on in life. Families will benefit from the new sports park as will the business community and community as a whole.
CIVIC AFFAIRS	NW Focus #F28043	01-05-09	8:30AM	14:00	Adolfo Carbajal talked with Chief Cliff Cook of the Vancouver Police Department about the importance of the community coming together to police. Youth programs such as PAL (Police Activities League) is dependent on public businesses and many preventative programs are affected by the economy. During community forums, the number one concern of the citizens is that the community is kept safe and that money is directed in the right way. The new neighbor on watch program provides resident volunteers to receive 8 weeks of training and then help patrol the neighborhoods. There main duty is to be a watchful presence, non confrontational, reporting any suspicious activity or situations to the police.
CIVIC AFFAIRS	NW Focus #F11-09	03-23-09 03-24-09 03-26-09 03-27-09 03-28-09	8:30AM 00:30AM 0030AM 10:00AM 00:30AM	14:00	Host Adolfo Carbajal talked with Mayor Michael Ciraulo of Battleground about the civic issues in the city. At the (citizen) city forums, the major concern is traffic problems caused by growth. There is also a significant aging population which is in need of services so a center will be open to serve meals to them as those that are homebound. There are new schools that have been built with a new private Catholic high school coming as well. Discussion is on the table for Battleground to have a campus of Clark College. Sewer (sewage) is currently an issue because of the effects of low water on fish in the streams/rivers. Battleground is working with the Department of Ecology to plan for a waste water treatment plant.
ENVIRONMENT	NW Focus #F28044A	01-06-09 01-08-09 01-09-09 01-10-09 01-13-09	00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Adolfo Carbajal talked with Jim Anderson, Manager of Portland Harbor Section with the Oregon Department of Environmental Quality. The Portland Harbor is one of the most contaminated in America due to (previous) industrial discharges. Metal, hydrocarbons, PCB's,etc have settled into the sediments and are a risk to humans. After several years of collaborated study between the EPA and DEQ, they have determined the number of parties responsible for the contaminants and their sources, as well as being able to identify the nature, extent and risk of the contaminants. All chemicals are toxic and people swim, wade and ingest water from the Willamette River, as well as eat the fish. After accessing the risk of the chemicals there are three remedies to clean-up the river; dredging, capping and monitored natural recovery. Clean-up is done in phases so as not to interfere with maritime trade.
ENVIRONMENT	NW Focus #F04-09A	02-02-08 02-03-09 02-05-09 02-06-09 02-07-09 02-10-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Bill Russell talked with Gail Shibley, Administrator with the Department of Human Services, Environmental Public Health Division about our environment. All of our actions affect and/or change the environment. We need to know how to make our lives easier without hurting the environment; to bring a proper balance to the two. Our focus on the environment must be a united issue, not rural vs. urban. The Willamette River is full of toxins and sewage, both an organic and toxic contamination, with many communities using the river as a source for drinking water. Although the river is cleaner

					than what it was, it still has raw sewage in it. The I-5 is a large contributor to contaminants in the air and river. We have been better at looking at acute exposures but not sub acute exposure to toxins in our environment.
ENVIRONMENT	NW Focus #F05-09A	02-16-09 02-19-09 02-20-09 02-21-09 02-24-05	8:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Bonnie Goulding talked with Marylou Soscia, Columbia River Coordinator with the US Environmental Protection Agency about the condition of the environment in and around the Columbia River Basin. There are 7-8 million people in the basin area and the health of the river and the eco system is very important, impacting nature and humans. Toxins in the water affect the fish and other aquatic animals. They are then consumed by humans, which impacts their health. Studies show that 92 contaminants were found in fish people consume and tribal people consume 10 times more fish than non tribal people. 4 toxics are prevalent in the Columbia River; DDT, PCB's, PBD's and mercury. We need to take personal responsibility for the impact of our everyday choices on the environment such as using fewer chemicals when we garden or clean our house.
ENVIRONMENT	NW Focus #F08-09A	03-02-09 03-03-09 03-05-09 03-06-09 03-07-09 03-10-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Bonnie Goulding talked with Marylou Soscia, Columbia Basin Coordinator with the US Environmental Protection Agency about the environment, with her focus on the Columbia River. There is a connection of toxic environment and health and although some chemicals have been banned years ago, they are still in the environment and river affecting the fish and food chain. The Columbia River is an important part of the eco system and the EPA is working with other organizations to look at regulations for points of discharge in an effort to help reduce pollutants. Marylou stated that water quality is the most important element to protect as water makes up the vast percentage of the earth and our bodies. People should try and use fewer chemicals in their everyday household cleaners. There is concern about pharmaceuticals in the waste stream system. Education is very important and we should make a community effort not to create legacy toxics.
ENVIRONMENT	NW Focus #F10-09B	03-16-09 03-19-09 03-20-09 03-21-09 03-24-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Renee Ward talked with Todd Wynn, Climate Change & Energy Policy Analyst with the Cascade Policy Institute about the environment and global warming. Todd mentioned that forest fires increase green house gases, coal and gas plants can affect health, hydro electric dams increase water temperature, which affects marine life. We must come at the environmental issue with rational thought. In Oregon, there has been a decline in the salmon population and we have smog issues. Liquid natural Gas (LNG) is a cleaner alternative to coal and the state is exploring alternative energy sources. Sometimes there can be long term impacts on the environment that are not easy to overcome. People can do simple things such as turning out lights or running all their errands at one time to save energy and help the environment.
HEALTH	NW Focus #F28044	01-06-09 01-08-09 01-09-09 01-10-09 01-13-09	00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Bill Russell talked with Mayor Shane Bemis of Gresham about youth. Community activities are a great deterrent to youth crime. Investing in young people will guarantee a return on money spent as it combats future ills. The city of Gresham is building a Sports Park in a effort to invest in youth and their need for healthy activities. Team sports are important as they instill values to work together which is helpful later on in life. Families will benefit from the new sports park as will the business community and community as a whole.
HEALTH	NW Focus	01-06-09	00:00AM	14:00	Adolfo Carbajal talked with Chief Cliff Cook of the Vancouver Police Department

	#28014B				about the importance of the community coming together to police. Youth programs such as PAL (Police Activities League) is dependent on public businesses and many preventative programs are affected by the economy. During community forums, the number one concern of the citizens is that the community is kept safe and that money is directed in the right way. The new neighbor on watch program provides resident volunteers to receive 8 weeks of training and then help patrol the neighborhoods. Their main duty is to be a watchful presence, non confrontational, reporting any suspicious activity or situations to the police.
(MENTAL) HEALTH	NW Focus #F01-09B	01-12-09 01-13-09 01-15-09 01-16-09 01-17-09 01-20-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	14:00	Host Adolfo Carbajal talked with Mayor Michael Ciraulo of Battleground about the civic issues in the city. At the (citizen) city forums, the major concern is traffic problems caused by growth. There is also a significant aging population which is in need of services so a center will be open to serve meals to them as those that are homebound. There are new schools that have been built with a new private Catholic high school coming as well. Discussion is on the table for Battleground to have a campus of Clark College. Sewer (sewage) is currently an issue because of the effects of low water on fish in the streams/rivers. Battleground is working with the Department of Ecology to plan for a waste water treatment plant.
Health	Doctor to Doctor #193	01/06/09	09:30AM	28:30	Host Adolfo Carbajal talked with Jim Anderson, Manager of Portland Harbor Section with the Oregon Department of Environmental Quality. The Portland Harbor is one of the most contaminated in America due to (previous) industrial discharges. Metal, hydrocarbons, PCB's, etc have settled into the sediments and are a risk to humans. After several years of collaborated study between the EPA and DEQ, they have determined the number of parties responsible for the contaminants and their sources, as well as being able to identify the nature, extent and risk of the contaminants. All chemicals are toxic and people swim, wade and ingest water from the Willamette River, as well as eat the fish. After assessing the risk of the chemicals there are three remedies to clean-up the river; dredging, capping and monitored natural recovery. Clean-up is done in phases so as not to interfere with maritime trade.

Health	Doctor to Doctor #195	01/13/09	09:30AM	28:30	Host Bill Russell talked with Gail Shibley, Administrator with the Department of Human Services, Environmental Public Health Division about our environment. All of our actions affect and/or change the environment. We need to know how to make our lives easier without hurting the environment; to bring a proper balance to the two. Our focus on the environment must be a united issue, not rural vs. urban. The Willamette River is full of toxins and sewage, both an organic and toxic contamination, with many communities using the river as a source for drinking water. Although the river is cleaner than what it was, it still has raw sewage in it. The I-5 is a large contributor to contaminants in the air and river. We have been better at looking at acute exposures but not sub acute exposure to toxins in our environment.
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Health	Doctor to Doctor #196	1/20/09	9:30 AM	28:30	Host Bonnie Goulding talked with Marylou Soscia, Columbia River Coordinator with the US Environmental Protection Agency about the condition of the environment in and around the Columbia River Basin. There are 7-8 million people in the basin area and the health of the river and the eco system is very important, impacting nature and humans. Toxins in the water affect the fish and other aquatic animals. They are then consumed by humans, which impacts their health. Studies show that 92 contaminants were found in fish people consume and tribal people consume 10 times more fish than non tribal people. 4 toxics are prevalent in the Columbia River; DDT, PCB's, PBD's and mercury. We need to take personal responsibility for the impact of our everyday choices on the environment such as using fewer chemicals when we garden or clean our house.
Health	Doctor to Doctor #197	1/27/09	09:30AM	28:30	Host Bonnie Goulding talked with Marylou Soscia, Columbia Basin Coordinator with the US Environmental Protection Agency about the environment, with her focus on the Columbia River. There is a connection of toxic environment and health and although some chemicals have been banned years ago, they are still in the environment and river affecting the fish and food chain. The Columbia River is an important part of the eco system and the EPA is working with other organizations to look at regulations -cont- for points of discharge in an effort to help reduce pollutants. Marylou stated that water quality is the most important element to protect as water makes up the vast percentage of the earth and our bodies. People should try and use fewer chemicals in their everyday household cleaners. There is concern about pharmaceuticals in the waste stream system. Education is very important and we should make a community effort not to create legacy toxics.
Health	Doctor to Doctor #198	2/03/09	09:30AM	28:30	Host Renee Ward talked with Todd Wynn, Climate Change & Energy Policy Analyst with the Cascade Policy Institute about the environment and global warming. Todd mentioned that forest fires increase green house gases, coal and gas plants can affect health, hydro electric dams increase water temperature, which affects marine life. We must come at the environmental issue with rational thought. In Oregon, there has been a decline in the salmon population and we have smog issues. Liquid natural Gas (LNG) is a cleaner alternative to coal and the state is exploring alternative energy sources. Sometimes there can be long term impacts on the environment that are not easy to - cont.- overcome. People can do simple things such as turning out lights or running all their errands at one time to save energy and help the environment.
Health	Doctor to Doctor #199	2/10/09	09:30AM	28:30	Dr. Bettye Alston talks about being careful of what we put into our bodies. Our diet should be limited in white foods such as sugar, salt and flour. Instead our food should be colorful and fresh. Dr. Chauncey Crandall talk about heart disease. It is when one of the blood vessels of the heart becomes diseased. Arteries to the heart start to get plugged up with fat and cholesterol. It's important to lose weight, exercise and eat right. Dr. Shellie Faris talks about colon cancer. Polyps that are found in the colon must be removed or they can lead to cancer. It is the third most common cancer and the second leading cancer killer in the United States. It is important to be screened at age

					50.
Health	Doctor to Doctor #200	2/17/09	09:30AM	28:30	Dr. Dale Peterson talks about the common cold and how over 500 million colds occur each year in the United States. Some recommended steps to help prevent it are drink plenty of water, get enough rest, avoid alcohol, regular hand washing and eat plenty of fruits and vegetables. Dr. Aaron Wall talks about key ways to losing weight since the United States has an obesity issue. The key is to look at the times you are eating. Morning should be high in carbohydrates such as oats and fruits. Lunch and dinner should be high in protein such as chicken, beef and fish while carbohydrates are limited. Dr. Shellie Faris talks about how people 50 years of age should be screened for colon cancer. Colonoscopy, fecal occult blood test and double contrast harium enema are ways to test for it. Risks for a colonoscopy include bleeding, non-visualized lesions, incomplete examination or holes being created. It is recommended to be tested 5 to 10 years after the first initial test.
Health	Doctor to Doctor #201	2/24/09	09:30AM	28:30	Dr. Scott Farhart talks about menopause. It is when a woman runs out of eggs and there is a decline in estrogen. Symptoms can be irritability, hot flashes, loss of sleep, and difficulty with intimacy. Estrogen replacement is an option, but needs to be monitored regularly by a physician. Dr. Robert Gear talks about arthritis which is an inflammation of the joints. Long term inflammation causes the bones to grow out and make spurs. It also causes the discs to degenerate and push out against the spin. A person should see a doctor that looks at all the tissues. Dr. Ace Anglin talks about how poor circulation or Peripheral Arterial disease can affect the arteries of the legs and feet. It can cause cold feet or extremities, absence of hair and dystrophic nails. It's important to give an adequate medical history to your doctor and eat a diet low in cholesterol and high in fiber.

Health	Doctor to Doctor #202	3/03/09	09:30AM	28:30	Dr. Aaron Wall talks about burst training. It is doing exercise at 90-100% of max performance for 30-60 seconds. This helps to burn up sugar and then continues to burn fat for up to 36 hours. It doesn't take long and burns fat longer. Dr. Carl Schmidt talks about brain health. It's important that the brain receives complex carbohydrates, essential fatty acids, protein and vitamin B. It is also important that there is proper digestion and assimilation of nutrients, rest and exercise. Dr. Eileen Raynor talks about the throat, larynx and vocal cords. Using the voice too much or in a harsh manner may cause the voice to be raspy. Other problems that may occur for this particular area are nodules, acid reflex disease, lesions and cancer. If the problem is consistent, you should have it checked out by a doctor.
Health	Doctor to Doctor #203	3/10/09	09:30AM	28:30	Dr. Scott Farhart talks about hot flashes that are associated with menopause. It is caused by the skin temperature rising 4-7 degrees and the cooling back down. It can happen both during the day and night. Sleep medications may be helpful in falling back

					to sleep after a hot flash. Dr. Hale Akamine talks about fear and anxiety. It is an anticipated perception that something negative will happen. Due to high stress or emotions, we may think a situation is worse than it is. It is important to get calm emotionally and refocus thoughts. Exercise and talking may be helpful in dealing with it. Dr. Stefan Flink talk about spinal health. The spine can interfere with the nerves and that can affect how other organs in the body function. This can then cause other problems in our body's system. It's important to have your spinal column checked on a regular basis.
Health	Doctor to Doctor #204	3/17/09	09:30AM	28:30	Dr. Dale Peterson talks about strokes or also known as a cerebral vascular accident. It is due to a brain vessel being damage or having an accident. There is Ischemic stroke where the blood supply is cut off. There is also a Hemorrhagic Stroke where a weak spot causes bleeding in the brain. It is important to seek medical attention if signs of a stroke are present. Dr. Margaret Nagib talk about eating disorders. Anorexia involves the person refusing to maintain an appropriate body weight. Bulimia involves a cycle of binging and purging. Binge eating disorder involves compulsive eating and the person feeling a lack of self control. Treatment needs to involve a team of specialist to help with the different areas it affects. Dr. Kent Bartell talks about food. It is important to avoid processed or canned foods because they can contain toxins that are harmful to the body. It is important to eat fresh fruits and vegetables. Drink lots of water and get plenty of rest each night
Health	Doctor to Doctor #205	3/24/09	09:30AM	28:30	Dr. Melissa Walker talks about Prostate Cancer. Cancerous cells found in the prostate gland can be either fast or slow growing. You can be at risk if you are male, have a family history of it, 50 years or older and have a high fat diet. There is a digital rectum exam and Prostate Specific Antigen that can test for it. Dr. Samuel Dagogo-Jack talks about doctor's human understanding. It's important that a doctor have technical skills, -cont.- scientific knowledge and human understanding. Patients often want to be diagnosed, enlighten, prognosis, treatment and hope. Dr. Jace Wolfe talks about hearing loss. It is the most common disability for children at birth. Lack of speech and language from 0-4 can cause irreversible consequences to the areas of the brain that process speech and language. It's important that infants are screened at birth and receive either hearing aid or therapy.
HEALTH	NW Focus #F04-09B	02-02-08 02-03-09 02-05-09 02-06-09 02-07-09 02-10-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Bill Russell talked with Gail Shibley, Administrator with the Department of Human Services, Environmental Public Health Division about health concerns. The environment and public health are 2 sides of the same coin as it is biologically impossible to maintain health in an unhealthy environment. This is why our focus should not just be in individual medical attention, as there are many environmentally contributing factors to our health. Soil, air, water, plastic, flame retardants in our clothing and furniture, nail polish, wiper fluid and even plastic shower curtains are toxic

					and impacting our health. Such toxins in our everyday life may lead to chronic disease later on and each of us must become educated and take responsibility for personal choices that can affect our health. Gail mentioned how several organizations are working together to help with these choices. We must make sure that the price of a product is truly reflective of the cost (ie: health problems related to their usage.)
Health	700 Club CBN NewsWatch #021809	2/18/09	12:00PM	5:00	Lorie Johnson, CBN News Medical reporter , found that Sleep Apnea is a condition whereby you stop breathing in your sleep. Approximately 80 percent of the patients at the Norfolk Sleep Disorders Clinic are treated for sleep apnea. While snoring is when your airway is narrowed, Sleep Apnea is when your airway closes completely. This is serious, because when your airway closes completely, the oxygen supply to your body is cut off. When that happens, your body jolts out of deep sleep, so you start breathing again. This happens repeatedly all night long. The end result is that the person with Sleep Apnea doesn't experience enough of the deep, stage 4 sleep that restores your body, or the dreaming sleep, otherwise known as REM sleep. People with Sleep Apnea wake feeling as though they haven't slept a wink. And the next day, they perform as though they haven't slept at all. Sleep Apnea can be attributed to accidents at work or in the car as well as a host of other behavioral problems. In addition to behavioral problems, Sleep Apnea can be attributed to a number of medical problems. Dr. Vorona says if you feel you might have Sleep Apnea, talk to your doctor. Your physician may recommend a sleep study. Other treatments include the use of a CPAP device. A CPAP device is a mask that is worn at night, over the nose, or over both the nose and mouth, that pumps enough air to keep the airway open. Another treatment is a dental appliance that is also worn at night. It is designed to prevent the lower jaw from slipping backward while you sleep, and therefore keeps the airway open.

HEALTH	NW Focus #F09-09B	03-09-09 03-10-09 03-12-09 03-13-09 03-14-09	8:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Bill Russell talked with Quince Affolter of Cascadia Behavioral Health about the importance of mental health among people 50 years and older. Quince is with the VIEWS (Volunteers Involved for the Emotional Well Being of Seniors) program. A lot of seniors have suffered a multitude of losses including loss of health, independence and partners, and are in grieving. It is important for them to connect with someone as many seniors may be isolated in their homes and need interaction because they are estranged from their families. The physical health of people is connected to their mental health and seniors are especially vulnerable. VIEWS is a grief support group program facilitating 10 groups around the county. Quince mentioned the need for volunteers and that they must go through 50 hours of training including -cont- role playing and developing listening skills, which is a critical skill in helping those in grief. Volunteers may facilitate a group or meet seniors in their home. Many older adults feel more comfortable talking with someone closer to their age so volunteers must be a minimum of 55 years old.
Health	700 Club CBN	3/18/09	12:00PM	5:00	Gailon Totheroh, CBN News Medical reporter , found that the eye can be used as a window to the body. "It's the only place in the body where we can actually see living

	NewsWatch #031809				tissue without having to dissect the tissue away to see how the blood flows in the blood vessels," Dr. Kenneth Lebow, an optometrist, explained. Lebow says obtain an excellent view of the posterior pole of the eye, the retina, is critical. Lebow gets that view from Optomap, a new technology that captures detailed images of the back of the eye. Many patients are choosing the scan to go beyond routine exams. Optomap and similar technologies help medical detectives find clues about damage to the body ranging from diabetes to glaucoma to high blood pressure. They can even spy out some brain tumors as well as and cancers right in the retina. Retinal images also help evaluate another common problem called macular degeneration. This condition increases as we age and eventually causes patients to lose the very center of eyesight. High blood pressure, or hypertension, can be a silent killer that threatens the eyes and even life itself. As diagnosis improves, eye doctors are starting to recommend lifestyle changes. Those changes for the good can be monitored in retinal scans. Thus the outcome of those eye pictures can show improvement -- an advantage in people of any age.
CRIME	NW Focus #28014	01-06-09	00:00AM	14:00	Host Nancy Cole talked with Chiquita Rollins, Domestic Violence Coordinator with Multnomah County about crime relating to domestic violence. The Portland Police Bureau receives 8000 reports a year of domestic violence accounting for 40-50% of all reports of violence and 1/4 to 1/3 of homicides is in connection to domestic violence. Domestic is considered to be related by blood, marriage, adoption or a sexual partner. 85% of the victims are women with men as the perpetrators. Domestic abuse is a pattern of maintaining power and control through verbal, physical, sexual or financial methods. Exit and safety plans are different and not all victims are ready to leave the situation. The issue is culturally sensitive and the county contracts with different agencies.
CRIME	NW Focus #F02-09B	01-19-09 01-20-09 01-22-09 01-23-09 01-24-09 01-27-09 01-29-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM 1:00AM		Host Renee Ward talked with Leslie Foren, Director of Operations and Will Fuller, volunteer with Elders in Action about crimes against the elderly. There are many scams and predatory actions taken against seniors because they often are more vulnerable and may live alone. These may be befriended by an individual who does not have their best interest in mind and exploit them financially. Most often, they are family members or caregivers who know that their mental or physical faculties are reduced. The elderly who have been victimized are ashamed to come forward so many times abuse is not reported. As well, seniors are victims of emotional and physical abuse. Will shared a story of a woman who was a victim of a financial scam that involved a processing fee and one involving a predatory loan. There are slick, new and creative ways for people to take advantage of seniors and most scams are started on seniors to see if they work. In an effort to safeguard seniors against crimes, they should keep active in a group where there is plenty of interaction and neighbors and family members should check in with them often.
CRIME	NW Focus #F03-09A	01-26-09 01-27-09 01-29-09 01-30-09	8:30AM 00:30AM 00:30AM 10:00AM		Host Bill Russell talked with Deputy District Attorney Annamarie Shoen about crime and how the criminal justice system within the D.A.'s office works. Contrary to popular belief, Annie stated that criminal lawyers do get along. After a crime has been committed and the police called, a packet of reports is given to the DA's office to determine if there is a crime to prosecute. A (criminal) grand jury, which -cont-

		02-03-09	00:00AM		consists of 7 people, may listen to a variety of felony cases where there is no defendant or defense attorney present to determine if the case is prosecutable. When a person is arraigned on charges, in most cases a defense attorney is appointed by the court (public defender) as the cost of retaining one's own attorney can be expensive. The DA's office relies on public funding and with recent budget cuts some positions have been cut.
CRIME	NW Focus #F06-09A	02-09-09 02-10-09 01-12-09 02-13-09 02-14-09 02-19-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 1:00AM	13:00	Host Renee Ward talked with Diane Childs with the Oregon Department of Consumer and Business Services about financial crimes and fraud. One of the largest frauds is the ponzie scheme which takes advantage of investors. Many con artists watch the news headlines and will build a scam around such, ie: new sources of energy for people to invest in or new forms of fuel. Some keys to avoiding fraudulent investments are: if it sounds too good to be true, it probably is; pressure to invest immediately; no information available to follow up with; the word "guarantee". Oregon Dept. of Consumer & Business Services are the state securities regulators and they should be contacted if someone suspects they have fallen victim to financial fraud, or if they want to check to see if a business is legitimate. They partner with law enforcement agencies to bring prosecution against illegal financial activities.
CRIME	NW Focus #F11-09A	03-23-09 03-24-09 03-26-09 03-27-09 03-28-09	8:30AM 00:30AM 0030AM 10:00AM 00:30AM	13:00	Host Renee Ward talked with Chiquita Rollins, Domestic Violence Coordinator with Multnomah County about domestic violence. Domestic violence is a pattern of behavior to maintain power and control over another person. There can be methods of subtle manipulation or a demonstration of violence such as stalking, harassment, rape, physical abuse, assault and even murder. Studies show that domestic violence accounts for - cont.- 40-50% of all violent crime and there are approximately 8 million people a year put in jail for some form of domestic violence. Most often we think of women being the victims, but seniors can be victimized by adult children or care givers. Mothers should keep open communication with their daughters who are in a dating relationship. Red flags that their dating partner could be an abuser include pressure for a quick commitment, showing disrespect to women, displays of jealousy and obsession over time and whereabouts. While many (male) victims of a domestic violent home grow up to be offenders, sometimes they will become advocates.
EDUCATION	NW Focus #F01-09A	01-12-09 01-13-09 01-15-09 01-16-09 01-17-09 01-20-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	14:00	Host Renee Ward talked with Professor Karen Peterson, of the Washington State University/Early Learning Programs about early childhood education. All children should have access to early childhood learning. A 3 year old should begin to function independently and should have developed good language skills. A 5 year old should be ready for kindergarten and to begin academic training. Children need solid support before entering school. In order to implement good reading and learning skills, parents should/can stimulate their children's learning on a daily basis. This can be done by giving them access to group activities, taking them to the library, making shopping a learning experience by teaching them to compare prices, read labels etc. When children that are taught to learn at a early age, will have a much easier time in school.
EDUCATION	NW Focus #F05-09B	02-16-09 02-19-09	8:30AM 00:30AM	13:00	Host Bonnie Goulding talked with Anna Hecker, volunteer coordinator with SMART (Start Making a Reader Today) about the importance of teaching children to read at an

		02-20-09 02-21-09 02-24-09	10:00AM 00:30AM 00:00AM		early age. After studies in 1992 showed a discrepancy in literacy, the SMART program was formed to help address the problem. Children need to learn to read in kindergarten through grade 3 and afterwards read to learn. Literacy at an early age will make life easier for a child. Finding a job, a successful career and the ability to go to college are some advantages of literacy. School teachers do not have the time to provide individual training to a child in the classroom and the inability of a student to read is a distraction for others. Children who have immigrated are having difficulty in the classroom and SMART is always in need of volunteers to help children learn to read. The program is run inside the school setting.
EDUCATION	NW Focus #F07-09B	02-23-09 02-24-09 02-26-09 02-27-09 02-28-09 03-03-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	12:00	Host Renee Ward talked with Jan Abushakrah, Director of Gerontology Program at Portland Community College about education, particularly among seniors. 80 % of people in the '50's are not going to retire at age 65 and many are seeking more education to help their careers. The opportunity to continue formal education is increasing with more people 50 and older going back to college. Three reasons for continuing education are: wanting to learn, wanting to feel connected and the increase need to continue working. For many, they feel totally overwhelmed with the experience because it has been so many years since they were in school. Portland Community College has programs available specifically designed for seniors. Classes in long term health and horticultural therapy are popular. Certifications and online learning are also available and being utilized.
EDUCATION	NW Focus #F08-09B	03-02-09 03-03-09 03-05-09 03-06-09 03-07-09 03-10-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Bill Russell talked with Andrew Mason of Open Meadow Alternative School about education. A recent study found that 43% of students in Oregon will drop out of (public) high school before graduating. Some of the barriers of staying in school are the students don't see themselves as assets to the community, they may be homeless, ¼ of the drop outs live in poverty, they may have emotional or learning disabilities. As well, the, the reading scores are very low in students. In order to be a success, students need more individualized instruction and encouragement and feel like they are in a safe environment. Open Meadow is a fully accredited school and uses an integrated learning approach, with 96% of the graduating students receiving job placement. Andrew believes the key to learning is low class size, getting to know each student, encouragement and individualized attention.
EDUCATION	NW Focus #F10-09A	03-16-09 03-19-09 03-20-09 03-21-09 03-24-09	8:30AM 00:30AM 10:00AM 00:30AM 00:00AM	13:00	Host Renee Ward talked with Kathryn Hickok, Director of the Children's Scholarship Fund with the Cascade Policy Institute about education. Cascade Policy Institute is a research organization with one task being education reform. A recent survey found that 87% of the respondents would choose a different school option, opting for a private education. Parents need to choose a different option for the child's education. Some of the reasons why the public school is (may be) failing is that parents want their values supported and children have (specific) needs. There has been a drop in achievement standards and academic abilities in the public system. Taxpayers fund public education and the money for a private education should be able to follow the child. Kathryn suggested that some parents feel the public school doesn't challenge their children to learn.
SENIORS	NW Focus #F02-09A	01-19-09 01-20-09	8:30AM 00:30AM	13:00	Host Renee Ward talked with Leslie Foren, Director of Operations and Will Fuller, volunteer with Elders in Action about challenges facing senior citizens. Nationally, 10,000 people per day turn 60. Some of the concerns of elders are problems with

		01-22-09 01-23-09 01-24-09 01-27-09 01-29-09	00:30AM 10:00AM 00:30AM 00:00AM 1:00AM		contractors, fear of evictions, low income, problems with landlords, crime medical problems, housing, neighbor disputes and living in a high tech industry world. Many time seniors get isolated and become vulnerable to these problems. Elders In Action is a non profit group who helps seniors work out these various situations. They are in partnership with Multnomah County Aging and Disability Services, Legal Aid and various non profits. With budgetary cutbacks there is less funding for senior programs and services. It is important for people to watch out for signs that seniors in their neighborhood and family are having difficulty and may need help, such as garbage collection, lawn care, withdrawnness, no family.
SENIORS	NW Focus #F03-09B	01-26-09 01-27-09 01-29-09 01-30-09 02-03-09	8:30AM 00:30AM 00:30AM 10:00AM 00:00AM	13:00 2/18/ 2009	Host Bill Russell talked with Deputy District Attorney Annamarie Shoen about seniors and crimes against the elderly. Annie prosecutes cases where the victims are over 60 and are victimized because of their age. Seniors in this community have more money that in other areas and so become targets for financial predators. Violent crimes against seniors include robbery, assault, fraud, physical abuse and in most cases, the perpetrator is a caregiver or family member. Seniors are reluctant to report victimization because the feel betrayed and don't want to bring charges against family or friends. The only way to solve the problem is to prosecute, because it can help the victim and the cont.- perpetrator. Annie recently prosecuted a case involving a retirement home and criminal mistreatment of a patient who died. People can help by checking in on their senior neighbors, parents and grandparents to make sure they are okay and to keep up with their banking so they are not victimized financially.
SENIORS	NW Focus #F06-09B	02-09-09 02-10-09 01-12-09 02-13-09 02-14-09 02-19-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 1:00AM	13:00	Host Renee Ward talked with Diane Childs with the Oregon Department of Consumer and Business Services about seniors. Senior citizens tend to be more trusting, less cynical and sometimes isolated and not educated on new techniques of crime, which can make them especially vulnerable. As well they may have good established credit and have saved resources. They have also been told to carry their social security number with them, which is not the case anymore. All of these make them targets for them to be taken advantage of financially and many times it is family members or caregivers that are the perpetrators. Many of these crimes against seniors go unreported because they feel ashamed and/or don't want to turn in their family members. It is always good to check in on senior members of your family, neighborhood or community to see how they are doing.
SENIORS	NW Focus #F07-09	02-23-09 02-24-09 02-26-09 02-27-09 02-28-09 03-03-09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 00:00AM	14:00	Host Renee Ward talked with Jan Abushakrah, Director of Gerontology Program at Portland Community College about seniors and aging. People 65 years and older will soon outnumber children 5 and under with seniors 85 and older the fastest growing population. Partly because of the advances in medicine, people are living longer and healthier lives. The challenges facing seniors are the same as those facing the community as a whole and we must create a place where people can grow old and make livable communities for everyone. Seniors must see themselves as valuable in the community and realize that aging is a state of mind. Portland is considered one of the best places to retire as it is a livable community.
SENIORS	NW Focus #F09-09A	03-09-09	8:30AM 00:30AM	13:00	Host Bill Russell talked with Kristina John-Baptiste of the YWCA about seniors. All seniors need some support, whether in the home, housekeeping, health needs, buying

		00:30AM 10:00AM 00:30AM 00:00AM	groceries, or transportation, etc. Many times seniors can be isolated and have no support of family members, so it is important for neighbors and friends to offer help. Early intervention is vital as neglect can be costly. Seniors can be vulnerable to physical impairments, elder and financial abuse. For seniors who are living alone, Kristina acknowledged the importance of wearing an emergency device. Community involvement is important for seniors and the YWCA has many activities and is in need of volunteers.
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KNMT-TV PORTLAND, OREGON
LEADING COMMUNITY PROBLEMS

FOR
2nd Quarter of 2009

APRIL-MAY-JUNE

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

HEALTH/MENTAL HEALTH -20
ECONOMY -7
EDUCATION -6
CRIME -5
YOUTH -4
CIVIC AFFAIRS -2

ISSUE	PROGRAM	AIR DATE	TIME	LENGTH	DESCRIPTION
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Health/Mental Health	NW Focus #F1209A	04/07/09 04/10/09	00:30AM 10:00AM	13:3 0	Host Renee Ward talked with Chiquita Rollins with Multnomah County about health issues related to victims of abuse. health is always an issue in time of any crisis or stressful situation. Victims of domestic violence may have injuries from physical abuse which can lead to long term suffering including ongoing headaches and intestinal problems. They can also suffer from anxiety depression, grief, post traumatic stress disorder and other mental health problems. 30/40% of women who are victims of domestic violence have health issues as their greatest risk. There is medical screening done for domestic violence with culture and economic status playing a major factor in the outcome. African American women to not have good access to health care or may be discounted. Children who have been exposed to domestic violence suffer health risks as well including long term mental health problems, aggression and conflict problems. There is a need for more culturally specific health/Mental health councilors.
Health/Mental Health	700 Club	04/08/09	12:00	6:00	Lori Johnson, CBN News Reporter, says fad diets are popular because you do lose weight at first, but they're nearly impossible to stick to, so you gain back the weight. Nutritionist Joy Bauer says the diet that you can and should stick to for the rest of your life is one that promotes overall good health. "So the quality of what you eat, lean proteins, lots of fresh fruits, vegetables, high fiber, whole grains // those are the right foods that you want to be eating throughout the day that will leave you feeling energetic, empowered, while the weight comes off." Aim for nine servings of fruits and vegetables a day, which sounds like a lot, but really, it's just a cup and a half of veggies at lunch and again at dinner and two fruit snacks. The best cancer/fighting foods are colorful. The brighter the better: Red bell pepper, blueberries, strawberries, broccoli. Get a gorgeous

					<p>complexion with beta carotene, like spinach, kale, carrots, sweet potatoes, and pumpkin. And for your heart, the best foods are omega/3 fats. "Fatty fish like wild salmon, sardines are loaded and they're also nice and inexpensive when you buy them in the can in the grocery store. Ground flaxseeds contain omega 3s and walnuts can make a terrific omega 3 snack," she said. Omega 3s also boost your memory as does some produce. In fact, -cont.-</p> <p>foods that have been shown to slow down memory loss, sometimes even reverse it are cruciferous vegetables like cabbage, foods like berries that contain anthocyanin, and quercetin in foods like onions. Coffee's good, too. "Thankfully, the research on coffee is two thumbs up. We find that coffee increases your alertness, your focus, and your memory // it even reduces the risk for certain cancers. But you want to avoid it if you're pregnant, thinking about becoming pregnant or have insomnia," Bauer said. Millions of people think foods containing sugar, but nothing could be further from the truth. Sugar actually zaps your strength. It's deceiving, because sugar gives an energy boost moments after eating it, but minutes later, energy levels plummet lower than they were before eating sugar. The amount of water you need to drink varies on your size, the climate, how much you perspire and the foods you eat. For instance produce contains a lot of water so you don't need to drink as much. But generally you should drink 64 ounces each day.</p>
Health/Mental Health	Doctor To Doctor	04/14/09	09:30 AM	28:30	<p>Dr. Caroline Leaf talks about how our thoughts can impact our physical function. We can grow good or bad memory in the brain. Negative memory looks like thorns and can release toxins into the body. Toxins can block creativity, cause memory to be foggy and can create physical illness. It's important to choose to create positive memories. Dr. Robert Gear talks about sore feet. The</p>

					<p>foot is composed of many bones that work together through the joints and are held together by the muscles. A problem in the spine can cause problems in the muscles which can then cause problems in the feet. It's important to look at the whole system if there is a problem. Dr. Carl Schmidt talks about bone health. Calcium can be leached out of the bones to help the blood to maintain a ph balance. It's important we get the right minerals, proteins and good oils for the bones. Vitamin D, Calcium, raw salads, sea plants, certain hormones, exercise and light weights can help the bones.</p>
Health/Mental Health	700 Club	04/14/09	12:00 PM	6:00	<p>Heather Sells, CBN News Reporter, says today's media specialists are not just the librarian/turned/Internet/surfer at your child's school. It's parents. The job requirement? Monitor and mentor your child through often heavy use of cell -cont.- phone, Internet, and other technological gadgetry. Cell phones. They're just the tip of the new media iceberg you may fear is headed your way. One Harris poll says more than half of all teens say their cell phone is key to their social life. And, they're good. Forty/two percent say they could text blind/folded! Besides cell phones, parents must oversee Internet use, video games, music and TV.</p> <p>Bottomline: For most, it's an overwhelming amount of content to help children navigate. When they go on/line, kids are always just a click away from danger. A recent Kaiser study found seven out of 10 kids accidentally view porn on the Internet. Ironically, much of the help to protect against dangerous new media can be found on the new media. For instance, Focus on the Family and Web/wise kids both have reliable, inexpensive filters you can download in minutes onto your computer. Other options // you and your child</p>

					can click onto Cyberbully for tips on online harrassment. When it comes to TV, ControlYourTV.org shows you how to block entire channels or just specific programs using your TV and cable equipment. And when it comes to cell phones, there's WebWiseKids / a new interactive cell phone game teaches safety to middle school age kids.
Health/Mental Health	Doctor To Doctor	04/21/09	09:30 AM	28:30	Dr. Asa Andrews talks about how healthy hearts results in healthy blood. High blood pressure can be treated with Potassium, L/Arginine, L/Citralline, NADH, CoQ10, Vitamin B12, Folic acid, using sea salt and jumping on a trampoline. High Cholestrol can be helped by eating organic eggs and exercise. Dr. Thomas Distefano talked about the common conditions of the elbow Tennis elbow and Golfer' s elbow. The terms used for these conditions are Lateral Epicondylitis and Medial Epicondylitis. Symptoms are mainly pain either inside, outside or a combination. Conservative treatment for it is Anti/Inflammatory medication, physical therapy and cortisone injections. Dr. Yvonne Sanders talked about childhood obesity. Overweight and obesity causes type 2 diabetes, hypertension and high cholesterol. Children should have a consistent diet, exercise 2 hours a day, receive at least 50% to 65% of carbohydrates and 30% of lean protein to prevent overweight and obesity.
Health/Mental Health	700 Club	04/22/09	12:00 PM	5:00	Lori Johnson, CBN News reporter, says hospital errors such as infections, surgical slip/ups and medication mistakes claim the lives of thousands each year. The good news is there are lots of things patients themselves can do to drastically minimize the chance of becoming the victim of hospital error. The most important thing is knowledge. Learn as much as you can about the

				<p>reason you're being hospitalized and learn as much as possible about your treatment plan. Ask questions and if you don't understand the answer continue asking until you do. Since two heads are better than one, also get yourself a support system. It's best to have a friend or family member by your side as much as possible, particularly at discharge when patients are given lots of instructions about what to do when they get home. Be sure that you understand exactly how much of which medications you need to take, and when. Also, discuss other medications, vitamins and herbal remedies. Good communication is essential in the prevention of hospital errors. If a patient has blood work, cultures or an X/ray, he or she should ask about the results. To reduce the chance of medication error, patients should ask their nurse to double/check their medication with their wristband nametag. Many medication mix/ups occur between patients with similar names or when drugs that sound or look alike are accidentally switched. Patients should be aware of what medications they're taking, the dose and the frequency. Many hospital/acquired infections are the result of bacteria on catheters, particularly urinary catheters. Patients can reduce their risk of getting an infection from a catheter if they ask their nurse to remove the catheter as soon as possible. In some cases, patients can negotiate with their doctor pre/operatively to avoid using a catheter altogether. Sometimes if a patient promises not to eat or drink several hours before a procedure the doctor will deem it unnecessary to use a urinary catheter. Sometimes infections are the result of poor hygiene, so before anyone touches you, make sure you see them clean their hands//and it's okay to ask. Unfortunately, there is no national "scorecard" that rates hospital patient safety scores. The reporting of adverse events varies from state to state, and so far there is nothing</p>
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					<p>nationally mandated. But there are some things you can do to get an idea of a hospital's level of patient safety. The most basic indicator is what's -cont.- known as the "mortality ratio." It's the actual death rate compared with the expected death rate within a hospital. If the actual death rate is higher than the expected death rate, there are some problems at that hospital. However, if the actual death rate is lower than the expected death rate, that means the hospital has been putting extra effort into improving safety.</p>
Health/Mental Health	Doctor To Doctor	04/28/09	09:30 AM	28:30	<p>Dr. Gene James talked about the introduction to chiropractic, what chiropractors do and the origin. He briefly discussed the connection of the spine, nervous system and the person's health. Chiropractors assess your condition through x/ray examination, studies and what adjustments need to be done. Dr. Randy Burden talked about blood clots. If a person has been diagnosed with blood clot they may be at risk for another blood clot. Warfarin is given to patients to make their blood thinner to prevent risks. Dr. Tonya Lyons Anderson talked about Pediatric concerns with children in the dental office. Children should be taken to the dentist at age 2 because at that age children should already have 20 of their primary teeth present in the mouth. Parents should also teach their children good habits and make sure they are brushing their teeth.</p>
Health/Mental Health	Doctor To Doctor	05/05/09	09:30 AM	28:30	<p>Dr. Craig S. Travis talked about the functionality of anxiety and depression as a stress reaction. Stress is the body's emergency reaction, it's like an alarm system that we have in our body, and it's highly adaptive and very functional. The core feature of</p>

					<p>anxiety is vulnerability. Dr. Bettye Alston talked about how our body's talk to us before something catastrophic happens. You always want to get checked by your physician. Headaches or migraines increase magnesium. Drink more water, probiotics and detox get all the bad stuff out. Dr. Carolina Ceron/Canas talked about pediatric nutrition. A child should be given a hug every morning. Four hugs a day for maintenance, eight for growth and twelve to maintain that. Exercise regularly with your children. Outdoor activities give us vitamin D. Children are required about 25% of their total carbohydrates in a day just to use for their brains.</p>
Health/Mental Health	700 Club	05/06/09	12:00 PM	5:00	<p>Gailon Totheroh, CBN News Science & Medical Reporter, reports that the prospect of surgery usually causes fear, if not outright panic, for many patients. But what if doctors didn't have to make a single cut? A procedure is being tested that uses high/tech images and beams of sound to do the cutting. It's known as "focused ultrasound surgery" and some believe it to be the greatest leap in medicine since the scalpel. Surrounded by a standard MRI machine, the patient lies down with the ultrasonic surgery device immediately below the abdomen. The multiple ultrasound beams come up from there and destroy the fibroid tissue with controlled heat. Everything on the monitors is color coded. For instance, the blue spots are areas of the tumor already done; the green circles are future targets; and the red circles tell that an area is too close. Despite that 2004 FDA approval, insurance companies aren't paying. Patients can expect to pay more than \$10,000 out of pocket. In other words, focused ultrasound is unique in that the procedure could be used time and again to keep cancer in check. Radiation and invasive surgeries have a narrow limit</p>

					because of the collateral damage they produce. One potential heart application is to zap life/threatening clots blocking blood vessels. Another possibility is using the ultrasound beams to pinpoint and release injected medicine. That is, medicine can be micro/encapsulated in heat/sensitive "envelopes." The ultrasound is focused right where it's needed with just enough heat to dispense the drug, herb, or nutrient // fighting tumors or promoting healing of many kinds. The medicine is released no where else and the rest of the body remains free of side effects.
Health/Mental Health	Doctor To Doctor	05/12/09	09:30 AM	28:30	<p>Dr. David Sklar talked how to prevent injuries. Always where your seats belts and go the speed limit when you're driving. Pedestrian injuries often occur around areas where there is a lot of walking. At each age group the risks are different and the same is true with driving. Dr. Ace Anglin talked about Bromhidrosis and Hyperhidros. The meanings of these two terms are sweaty and smelly feet. The increase of bacterium can cause foot odor. It's important to wear socks that are made from synthetic material it has properties that allow them to wick away moisture from the feet. Dr. Eric Braverman talked how to stay thin. The brain burns 25% to 50% of your calories if you feed your brain chemistry. Spices will</p> <p>-cont. -</p> <p>build the brain chemical dopamine and cut your appetite for sugar and carbohydrates. Teas will cut your appetite for junk food and add appetite for many other important healthy foods. -cont. -</p>
Health/Mental Health	Doctor To Doctor	5/19/06	09:30 AM	28:30	Dr. Carl Schmidt talked about cold and flu preventions. People that supplement with vitamin C, a good quality supplement or multivitamin do much better. Grapefruit seed extract is in a

					<p>little bottle and can be used to put in water or soap and it increases how things can be sterilize to prevent symptoms. Dr. Caroline Leaf talked about detoxing our brain through controlling our thought life. You need to evaluate what kind of thoughts you have, how many bad ones, how many if only' s, how many negative things that you say and have a conscious decision to detox your thought life. Dr. Robert Gear talked about the autonomic nervous system and how it is sympathetic and parasympathetic. The sympathetic is the part that goes out of the spinal cord and in the neck. Parasympathetic is the part that comes out of the brain and out of the sacrum area. Seek doctor' s consultation if you have any issues.</p>
Health/Mental Health	Doctor To Doctor	05/26/09	09:30 AM	28:30	<p>Dr. Stefan Flink talked about chiropractic adjustment and how a thrust is put upon the spinal cord or spinal column. Activator methods are used in an instrument and this is a hand held instrument its either manual operated or they come in an electrical which is more a sensor that allows doing a quicker adjustment. Dr. Dale Peterson talked about multiple scierosis. Symptoms are brief episode of blurred or double vision, vague numbness or tingling on one side of the body and unexplained muscle weakness. OPC allows nutrients to get the nervous system more effectively. Dr. Hale Akamine talked about road rage and how it puts people at risky behaviors. Talking to one self eventually unleashes angry and often dangerous responses. Talk to love ones if they have road rage it should be brought up to their attention but never during a road rage situation.</p>
Health/Mental Health	Doctor To Doctor	06/02/09	09:30 AM	28:30	<p>Dr. Tonya Lyons Anderson talked about illnesses that show signs in the month. Diabetes, high blood pressure and HIV are the types of</p>

					<p>illnesses that have oral manifestation. See dentist at least twice a year get a complete exam so that they can catch any bacteria or decay in time. Dr. Armando Pineda/Velez talked about high blood pressure and how it's not a disease it only means that you have your blood pressure higher than normal, which puts you at risk of a heart attack or stroke. High blood pressure can be treated with medication. Dr. Carl Schmidt talked about junk food. You make a product more acidic when it has fructose corn syrup. Natural ingredients sound good but it could have MSG or other preservatives that have chemicals that can harm us. Train yourself to eat healthy and make better choices.</p>
Health/Mental Health	Doctor To Doctor	06/09/09	09:30 AM	28:30	<p>Dr. Ace Anglin talked about plantar warts and how they are caused by a virus that may affect the foot. It affects the bottom or the plantar surface of the foot. It's not dangerous but is extremely painful. To prevent warts keep foot moist and dry. If you have warts and they do not go away see your physician. Dr Caroline Leaf talked about how our mind can affect the way we function. Attitude is a state of mind that will influence the brain. There are three places in the brain we can control our attitude, the outer part, the middle which is a very strong physical reaction and in the front where we have a free will. Dr. Randy Burden talked about diabetes and how it is characterized by an increase in your blood glucose or blood sugar levels that can be above normal. It can also cause a heart attack or stroke. Diabetes can be prevented or delay by incorporating a lifestyle change and increasing your activity and losing 5% to 10% of your body weight.</p>
Health/Mental	700 Club	06/10/09	12:00	5:00	Gailon Totheroh, CBN News Science & Medical Reporter, a number

Health				<p>of leading doctors, especially cardiologists, are especially keen on this quartet consisting of magnesium, Coenzyme Q10, carnitine, and ribose. In medical circles, magnesium is often overlooked. For instance, magnesium as an intravenous (IV) drip used to be a standard and effective treatment following heart attack. In that same intravenous form, magnesium has also demonstrated effectiveness following concussions. -cont.-</p> <p>Supplements are the most reliable way to get magnesium, but a diet rich in broccoli, peanuts, halibut, plantains, and leafy greens not only provides magnesium but many other nutrients as well. Another of the fantastic four is Coenzyme Q10, widely known and available in supplement form. It not only helps the body make ATP but serves as an antioxidant as well. We get small amounts of CoQ10 from foods such as beef, chicken, herring, and canola oil. That may be enough for many people. CoQ10 becomes especially important for those taking certain drugs which interfere with its production. Those pharmaceuticals include statins, beta blockers, some blood pressure medications, and all hypoglycemic agents used for Type II diabetes. The third energy booster is L/carnitine. Carnitine is found in the highest concentration in tissues that use fats as a primary fuel. Not surprisingly, that means the heart as well as skeletal muscles. In other words, cardiology and exercise applications are the most common. Some carnitine is found in beef, pork, and cow's milk. For battling diseases, a dose of several hundred milligrams is often recommended. Finally, there's is a relatively new kid on the block: ribose. Though other sugars are burned for body fuel, this six/sided sugar is not. Ribose actually provides the raw material for the central portion of the ATP molecule. Another aspect is that ribose works quickly / in about half an hour after consumption. That speed of action helps enable longer workouts. This could be especially useful for</p>
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					the frail elderly who may need a boost to exercise at all. Others who could benefit include young moms whose heart valves don't have the energy to close properly (mitral valve prolapse) and anyone trying to exercise longer for better workouts . On a foundation of omega/3 fats, increasing evidence shows that magnesium, Coenzyme Q10, carnitine, and ribose can combine to fight disease and help people feel energized. And that could be a true awesome foursome for better health.
Health/Mental Health	Doctor To Doctor	06/16/09	09:30 AM	28:30	Dr. Chauncey Crandall talked about Diet. Most people start a diet when they are diagnosed with diabetes or hypertension. We should be eating 3 to 4 small meals a day. Focus on the number of calories. You should be taking 1200/1400 calories a -cont. - day for weight reduction. Dr. C. Mack Sewell talked about the pandemic influenza. Influenza becomes pandemic when there is a novel influenza strain without natural immunity it can be transmitted person to person. To avoid influenza avoid exposure, get vaccinated, get anti/viral treatment, wash your hands and cover your mouth when you cough or sneeze. Dr. Monica Allison talked about orthokeratology (Ortho/K). The cornea is the front surface of the eye it' s the clear part of the eye were we see through. Ortho/K is a process where they reshape the front surface of the eyes using special contact lenses that you can sleep in at night. People that are nearsighted can get this treatment. It is a safe process and can see an immediate improvement in your vision.
Health/Mental Health	Doctor To Doctor	06/17/09	09:30 AM	28:30	Dr. Zev Mellman talked about posture. Structure determines function. If someone' s head is tilted that is compressing their nerve system and how those cells and cellular posture your heart

					and lungs. Exercise and seek advice from your physician. Dr. Glen Steele talked about Infant see. If a baby don' t look, don' t follow, and are not aware of their parents the baby may have a vision problem. Glasses can take care of the problem, but other times you want to monitor and prescribe guidance activities like putting babies on their stomach. Dr. Margaret Nagib talked about duel diagnosis and co occurrences. These can cause eating disorder, substance abuse or alcohol problems. Treatment for eating disorder and OCD involves medication and behavioral management. Effective treatments also involves thorough assessment.
Health/Mental Health	NW Focus #F1909A	06/01/09 06/02/09 06/04/09 06/05/09 06/06/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:30	Host Mark Jackson talked with Martha Brooks, State Director of Fight Crime: Invest In Kids about mental health concerns. Physical health problems can be seen but many times mental health problems go undetected and undiagnosed. Many mental health issues start early on in life and it' s possible that 60% of kids go undiagnosed and it will later develop into a critical type issue. Many times mental health issues will manifest through drug use or criminal activity later on in life. Prison is a chief mental health institution. Children with emotional issues such as -cont. - abuse or neglect could possibly fall into this category. Law enforcement personnel see mental health issues/cases everyday that is manifest in homelessness, crime and prison. Incarceration is more expensive to the state than dealing with the issues early on through professionals. There are programs available such as the Incredible Program that helps children 2/8 years of age deal with aggressive behavior.
Health/Mental	NW Focus	06/01/09	08:30	13:0	Host Bill Russell talked with Gail Shibley, Administrator with the

Health	#F1909B	06/02/09 06/04/09 06/05/09 06/06/09	AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	0	<p>Department of Human Services, Environmental Public health Division about health concerns. The environment and public health are 2 sides of the same coin as it is biologically impossible to maintain health in an unhealthy environment. This is why our focus should not just be in individual medical attention, as there are many environmentally contributing factors to our health. Soil, air, water, plastic, flame retardants in our clothing and furniture, nail polish, wiper fluid and even plastic shower curtains are toxic and impacting our health. Such toxins in our everyday life may lead to chronic disease later on and each of us must become educated and take responsibility for personal choices that can affect our health. Gail mentioned how several organizations are working together to help with these choices. We must make sure that the price of a product is truly reflective of the cost (ie: health problems related to their usage.)</p>
Health/Mental Health	NW Focus #F2309A	06/22/09 06/23/09 06/25/09 06/26/09 06/27/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:1 5	<p>Host Renee Ward talked with Katie Gotch, Clinical Coordinator with the Department of Community Justice/Sex Offender Division about mental health issues relating to sex offenders. Sex offenders cross all socio, economic and racial boundaries with only 1 in 10 sexual crimes committed by strangers. Sexual offense is a public health problem. The pathology of juvenile offenders is more fluid than adult offenders, which is more fixed. Young people who sexually offend may be more experimental, with the majority of juvenile offenders not continuing as an adult, if they receive proper treatment. The motivation to offend is more seizing upon an opportunistic situation, problems with relationship issues, reaching out to connect or an issue with impulsivity, rather than setting out to commit and offense. -cont.-</p> <p>In Oregon, treatment is required for an offender. Risk factors are targeted in group and individual settings. Intensive treatment</p>

					is used and is individual specific. 2 factors are necessary in treatment to reduce recidivism; a good social support network and the need for basic care such as shelter.
Health/Mental Health	NW Focus #F28039	06/29/09 06/30/09	08:30 AM 00:30 AM	12:00	Host Nancy Cole talked with Sarah Gourde, Lead Grant Program Coordinator with the Portland Development Commission about health problems relating to homes with lead paint. Lead was put in paint to help it dry faster, but is now found to cause illness due to poisoning because it is toxic. Often times, when there is low exposure, there are no symptoms of poisoning, but fatigue and upset stomach can be good indicators. Portland Development Commission offers a free lead testing kit for the home and a blood test from the doctor is necessary to determine if someone has lead poisoning. Medical results are given a number, with 0/10 being in the reasonable limit.
EDUCATION	NW Focus #F1209B	04/06/09 04/07/09 04/10/09	08:30 AM 00:30 AM 10:00 AM	13:30	Host Bill Russell talked with Andrew Mason of Open Meadow Alternative School about education. A recent study found that 43% of students in Oregon will drop out -cont.- of (public) high school before graduating. Some of the barriers of staying in school are the students don't see themselves as assets to the community, they may be homeless, $\frac{3}{4}$ of the drop outs live in poverty, they may have emotional or learning disabilities. As well, the reading scores are very low in students. In order to be a success, students need more individualized instruction and encouragement and feel like they are in a safe environment. Open Meadow is a fully accredited school and uses an integrated learning approach, with 96% of the graduating students receiving job placement. Andrew believes the key to learning is low class size, getting to know each student,

					encouragement and individualized attention.
EDUCATION	NW Focus #F1009A	04/06/09	08:30 AM	13:3 0	Host Renee Ward talked with Kathryn Hickok, Director of the Children' s Scholarship Fund with the Cascade Policy Institute about education. Cascade Policy Institute is a research organization with one task being education reform. A recent survey found that 87% of the respondents would choose a different school option, opting for a private education. Parents need to choose a different option for the child' s education. Some of the reasons why the public school is (may be) failing is that parents want their values supported and children have (specific) needs. There has been a drop in achievement standards and academic abilities in the public system. Taxpayers fund public education and the money for a private education should be able to follow the child. Kathryn suggested that some parents feel the public school doesn' t challenge their children to learn.
EDUCATION	NW Focus #F1409A	04/13/09 04/17/09	08:30 AM 10:00 AM	13:3 0	Host Renee Ward talked with Dr. W.G. Hardy about challenges in the education system. Recent statistics show that 40/45% of young people entering grade 9 will drop out of school before they graduate. Dr. Hardy believes that in the '90' s, more African American people were involved in challenging the system, but the issues regarding education went unaddressed and today the concerns are not racially related, but economic. Although parents are uninvolved and to blame for the problem, the responsibility rests on everyone. School drop outs will affect universities and other higher education institutions and the community as a whole. Early intervention is very important. Children in grade 3 need to meet benchmarks and the way the current system is, they have been set

					up for failure. Dr. Hardy stated that if these young people are not properly educated to specific standards by grade 3, a percentage are being setup for a future in prisons. More funding is needed for this kind of early intervention as well as involvement of the community as a whole.
EDUCATION	NW Focus #F1609A	05/04/09 05/05/09 05/07/09 05/08/09 05/09/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	Host Renee Ward talked with Mark Jackson, Executive Director of R. E. A. P. (Reaching and Empowering All People) and Zanele Mutepfa about education. Zanele, a junior of Lincoln High School thinks that recent budget cuts will mean bigger classrooms. Most students want more one on one time with their teachers -cont.- and larger class sizes will be harder to accomplish this. She had attended a private school where there were more resources available, but likes the public school. Zanele believes that teachers should put more pressure on students to do more. They need higher expectations from students. The REAP program allows students to be creative learners by exposing them to the real world, including attending business meetings. The program is implemented in several school districts. Mark stated that (quality) education is directly linked to the work force and affects the economy. There needs to be more investments in programs that are centered on students, helping to empower their character and parents need to become more involved with their child' s education.
EDUCATION	NW Focus #F1709B	05/11/09 05/12/09 05/14/09 05/15/09 05/16/09	08:30 AM 00:30 AM 00:30	13:3 0	Host Mark Jackson talked with Martha Brooks, State Director of Fight Crime: Invest In Kids about how essential early education is. High school drop out rates are high and are a big concern. Martha stated that early childhood education is necessary to prevent later drop out of students as children in the Head Start

			AM 10:00 AM 00:30 AM		program are more likely to complete grade 12. Statistics show that 70% of people in jail have no high school diploma. If children are behind at a kindergarten level and their issues not properly addressed, they will most likely have problems later and drop out of school. The Head Start program works with kids to see if they have social, emotional or learning issues, as well as if they have health care needs or specific family problems. Head Start is a program for high at risk children. With the new stimulus package, there is hope that teachers slots will be filled.
EDUCATION	NW Focus #F2109A	06/08/09 06/09/09 06/11/09 06/12/09 06/13/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	<p>Host Bill Russell talked with Christina Martin, Policy Analyst with the Cascade Policy Institute about education and the importance of school choice. Often times, when a child lives with his parents, will determine what school district and school they must attend. Many parents cannot afford a private education for their children, even though the average private school costs less (per student) than what the public school costs. Tax credits would be better than a tax deduction and should be applied to education of choice, whether public, private or home school. A poll taken last -cont. -</p> <p>year indicates that the majority of parents want choices when it comes to their child' s education; 44 % preferring private school and 24 % charter. The current drop out rate is around 40%. In a DC study, the number one reason why parents preferred private to public education for their children was based on a safety (for the child) issue. Once the parents felt their child was safe at school, then the actual education issue became more important.</p>
CRIME	NW Focus #F1309A	04/20/09 04/24/09	08:30 AM	13:3 0	Host Bill Russell talked with Geoff Spalding, Chief of Police of Beaverton about crime in Beaverton. He discussed a recent homicide

		04/28/09	10:00 AM 00:00 AM		in which a husband killed his wife and the affects on the children. Certain types of crime affect the police officers, leaving an impact on them for the rest of their life. There has been a shift in the philosophy and law regarding domestic violence over the years. The aggressor needs to be identified and the victim removed. Follow/up counseling is important as well. Chief Spalding mentioned the partnership of the police department with Tri/Met to reduce crime on the Max and how the police depend on citizens for tips. Community policing is essential in fighting/reducing crime and when the economy is down, there is a rise in white collar crime (frauds, scams, ID theft). Chief also mentioned different programs available for the citizens to become involved.
CRIME	NW Focus #1509A	04/27/09 04/28/09 04/30/09 05/01/09 05/02/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	Host Bill Russell talked with Stacey Womack, Executive Director of A. R. M. S. (Abuse Recovery Ministry and Service) about domestic violence. Incidents of abuse seem to be rising, most likely due to the current economic situation. Domestic violence can include behavior other than physical violence, such as verbal abuse, financial abuse, emotional abuse, instilling fear in another person; basically, any pattern of behavior used to gain power and control over another person. Often times, a person who was abused as a child will become abusive later on. It is important that boundaries are set and abuse is identified before violence takes place. Prosecutors and the probation department use the services of A. R. M. S. for victims and the abusers.
CRIME	NW Focus #F1709A	05/11/09 05/12/09 05/14/09 05/15/09	08:30 AM 00:30 AM	13:3 0	Host Mark Jackson talked with Martha Brooks, State Director of Fight Crime: Invest in Kids about child abuse and neglect. Last year there were 32,000 reported cases of neglect in Oregon. Most cases involve children up to 2 years of age, and many under the

		05/16/09	00:30 AM 10:00 AM 00:30 AM		age of 5. Cases of abuse and neglect seem to be generational and there are many lasting implications, socially and emotionally that beget problems for life. There is a tremendous economic impact of not having early intervention in many of these cases that can lead a young person to later incarceration. To place a young person in a corrections facility costs the state of Oregon about \$65,000 per year. Fight Crime: Invest in Kids program works with police chiefs, sheriffs and prosecutors to help with early intervention in young people' s lives that can save them from criminal activity later on.
CRIME	NW Focus #F1809B	05/18/09 05/19/09 05/21/09 05/22/09 05/23/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	Host Bonnie Goulding talked with Alan Edwards, Public Affairs Specialist with the Social Security Administration about crime. Identity theft is the fastest growing and social security numbers are the prime target. The result of stolen identity has a real impact for years on the victim' s credit. People do not protect their important documents which leaves them vulnerable to identity theft. To help protect yourself from identity theft, Alan stated that social security number/cards should be kept in a secure place and not carried with you, as well, people should pay close attention to the yearly statement that is sent out by their office. The SSA actively pursues prosecution of identity theft through their Inspector General' s office. Other crimes that are prosecuted are making false statements on any documents and misusing money paid to someone other than yourself.
CRIME	NW Focus #F2309B	06/22/09 06/23/09	08:30 AM	13:5 5	Host Renee Ward talked with Katie Gotch, Clinical Coordinator with the Department of Community Justice/Sex Offender Division about

		06/25/09 06/26/09 06/27/09	00:30 AM 00:30 AM 10:00 AM 00:30 AM		<p>perpetrators of sexual crime. Sexual offenders do not fall into one category as sexual crime covers a wide variety of behavior. Reporting (suspected) sexual abuse is mandatory for professionals and often time the victims will not report due to fear, shame or -cont. -</p> <p>confusion, or may later recant a reported crime. It is important for parents to</p> <p>educate their children about the subject. Victims may block the reality of abuse and face a greater risk of drug abuse or mental health issues later on. The statute of limitations and the DNA law has been extended. One misconception about sexual abuse is that victims will later become offenders. Sexual crime has a domino affect as it is abusive behavior towards someone vulnerable by using violence against them. Victims should always report the crime. Sexual offenders are required by law to register, depending on the conviction and can be convicted for failure to do so. Katie believes that sometimes these laws can drive the offenders underground and may actually increase the risk of more problems.</p>
YOUTH	NW Focus #F1409B	04/13/09 04/17/09	08:30 AM 10:00AM	13:3 0	<p>Host Renee Ward talked with Dr. W.G. Hardy about challenges facing youth today. Youth today are becoming involved in gangs and the word "gang" is almost always perceived as negative. The media is partly to blame for the problem. Young people want a sense of belonging and support and often times there is status to belong to a gang. Unfortunately, today they want a reputation to be known and they take pride in violence, knowing that the media will cover it. They will commit horrible crimes because there are no boundaries or accountability. Young men lack male role models and from Dr. Hardy' s perspective, a lot of men in prison today did not have one. Parents do not understand technology and kids are exposed to a lot. Adults need to be educated to help bridge the</p>

					gap between young people and themselves.
YOUTH	NW Focus #F1509B	04/27/09 04/28/09 04/30/09 05/01/09 05/02/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	<p>Host Bill Russell talked with Matthew Singleton, Director of Youth Services with A. R. M. S. (Abuse Recovery Ministry and Service) about youth and abusive dating practices. Many mid to late adolescence are the target of domestic violence, with 1 in 5 dating relationships becoming violent or physically abusive. Dating abuse is a pattern of behavior to gain power and maintain control in a casual or serious dating relationship. Although a young woman may feel that her boyfriend really cares for her because he is jealous or controlling, it is not the case. Some warning signs in a dating relationship that indicate abuse are: demands to spend all their time together, -cont. -</p> <p>a push for quick involvement/commitment, extreme jealousy, constant phone calls, isolation, not allowing time to be spent with other friends, lack of respect and verbal put downs. Parents and friends need to become involved to encourage an end to unhealthy relationships and remind the young person that feelings of value should not come from another person.</p>
YOUTH	NW Focus #F1609B	05/04/09 05/05/09 05/07/09 05/08/09 05/09/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	<p>Host Renee Ward talked with Mark Jackson, Executive Director of REAP (Reaching and Empowering All People) and Eldrin Richard, a student of Lincoln High and participant in the African American Students Class. Eldrin believes the media has an influence over young people. Kids want to be like rap stars and actors and are trying to find themselves. Things don't just happen one way, it is important to be authentic and not limit creativity. Young people can learn from their past ancestors. Mark stated the importance of listening to young people. Adults can limit the development of a child by not</p>

					listening to them.
YOUTH	NW Focus #F2109B	06/08/09 06/09/09 06/11/09 06/12/09 06/13/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	Host Bill Russell talked with Kathryn Hickok, Publications & Development Director/Children's Scholarship Fund with the Cascade Policy Institute about youth. Many lower income parents live in neighborhoods that they consider dangerous and do not offer the kind of education/schools they would like. The environment helps shape their formative years. The children's Scholarship Fund through Cascade Policy Institute offers a \$1500/year scholarship to help parents send their child to a school of their choice. Young people need role models who provide inspiration. Kathryn noted some of the letters that youth had written who had been recipients of the scholarship fund and how it changed their (outlook on) life. Young people can achieve a lot more than they think, but they need an environment where they can develop their strengths and overcome their weaknesses. They need to be a peer group and see others succeed to be successful themselves.
ECONOMY	700 Club	04/27.09	12:00 PM	5:00	Carolyn Castleberry , CBN News reporter, says besides being out of work, many Americans are now upside down in their homes. Their houses aren't worth what they paid for them. But there are options to simply not paying your mortgage. It begins with a phone call and that's the hardest part, admitting there's a problem. And timing is everything. Option one: a short sale. This is where the lender agrees to take less for the property, releasing their lien and allowing you to sell it. But like every financial transaction, you have to read the fine print. This type of sale releases the lien against the property, but doesn't necessarily release the individuals from the obligation to pay the debt. For example, if someone owes \$300,000 and the bank says we'll take

					<p>\$200,000 to release the lien, so that your buyers can buy the property, you still may owe the lender the \$100,000 difference. And lenders may not tell you that which is why you need to negotiate a "release" from the remaining debt. The company may not let you out of all of it, but you can negotiate it down. Option two: deeding the home back to the lender. This is called a deed in lieu of foreclosure. This still goes on your credit, but you can make the argument that you were willing to work with your lender on this problem. Option three: a loan modification. A loan modification begins with a call to the lender, which is something you can do yourself to reduce the rate you're paying or to extend you time to pay it back. Bankruptcy and foreclosure should be your last options. Bankruptcy may keep you in your home, but it will stay on your credit for 7 years. Foreclosure sends another damaging message that you weren't cooperating with the lender and they had to go through the judicial process to take the property back.</p>
ECONOMY	NW Focus #F1809A	05/18/09 05/19/09 05/21/09 05/22/09 05/23/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	<p>Host Bonnie Goulding talked with Alan Edwards, Public Affairs Specialist with the Social Security Administration about the current state of the economy. Because of economic difficulty, there is more interest in available income and the SSA office is seeing more inquires about people's benefits and filing for retirement before retirement age. People currently receiving social security payments will be issued a one time economic recovery payment through the government's recent stimulus. These payments are going out in the month of May in the hopes of helping people -cont. -</p> <p>through the economic difficulty and to help rebuild it. Oregon unemployment rate is higher than the national average, which indicates a more troubled economy. Another program available to</p>

					help lower income people on Medicare, is a benefit of up to \$3900 to help with prescription drug cost. Alan' s stated the importance of educating yourself on the type of income you have and to plan for the future.
ECONOMY	NW Focus #F2009B	05/25/09 05/26/09 05/28/09 05/29/09 05/30/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	Host Bill Russell talked with Jim Kight, Mayor of Troutdale about the current affairs of the economy in the city of Troutdale. Troutdale is doing extremely well economically and the situation will only improve in the coming months and years as a new Fed/Ex site with be built in the Troudale Reynolds Industrial Park. This will be strictly for ground services and will be the 7 th Fed/Ex hub in the United States. The payroll should be approximately \$24 million in the first year and there will be 650/750 new jobs. This will attract other industries/businesses as well. Troutdale has a lot of retail sales and with people not travelling out of country during this economic downturn, locally, the economy is benefiting. A steady flow of truckers is also stabilizing to the local economy.
ECONOMY	700 Club	06/01/09	12:00 PM	5:00	It starts with something called your FICO score which can impact everything from how much you pay for a loan / the lower your score the higher your interest rate / to how fast you can get out of debt / the higher your interest rate, the higher your monthly bills. It can even impact whether or not you get your next job. This equation starts with something simple, paying your bills on time. Payment history accounts for 35 percent of this score. The next part of the puzzle hurts people the most. It's the amount you owe on revolving debt, like credit cards, which adds up to 30 percent of your score. Go above that 30 percent limit and your score will go down. It's a sign that you may start maxing out

					<p>your cards, so here's a new strategy for tackling your debt. This is different; something you've probably never heard before. Bring all of your balances down, then tackle them one/by/one. If not, your score will stay low and your interest rates will stay high, costing you money. Bureaus also look at your credit mix which is 10 percent of your score, because not -cont. -</p> <p>all credit is the same. It's important to understand the type of credit you have and having a good manageable mix. For example, that car payment is considered installment debt, because there is an end in sight, as opposed to credit cards. These are known as revolving debt because, if you're not careful, they may never go away. Rounding out your score is "pursuit of new credit," which adds up to 10 percent of your score. In other words, think twice before opening new department store accounts, no matter what kind of discount these stores are offering. Finally, your length of credit history accounts for 15 percent of your FICO score. It is an indication of how long you have had that creditor and how well you have paid them.</p> <p>-cont. -</p>
ECONOMY	NW Focus #F2209	06/15/09 06/16/09 06/18/09 06/19/09 06/20/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	<p>Host Mark Jackson talked with Tom Potiowsky, Oregon State Economist with the Oregon Department of Administrative Services/Office of Economic Analysis. The economy is in bad shape in Oregon, which is not unique, but is deeper than some other states. When the housing market bubble burst, the downturn turned into a financial crisis. The wood product industry was hit the hardest and some timber towns now have unemployment as high as 20%. There is sign of some stabilization and people need to hold out. Consumer confidence is low, but the stimulus package by the federal government will help. Oregon has its own stimulus which will benefit universities and human services. Local communities depend on property taxes and with the high unemployment rate the</p>

					state is losing personal income tax which affects the economy. After tax day, April 15 th , it always takes a year for the new taxes to roll in, which keeps things behind.
ECONOMY	NW Focus #F2209	06/15/09 06/16/09 06/18/09 06/19/09 06/20/09	08:30 AM 00:30 AM 00:30 AM 10:00 AM 00:30 AM	13:3 0	Host Mark Jackson talked with Tom Potiowsky, Oregon State Economist with the Oregon Department of Administrative Services/Office of Economic Analysis about the economy. There are a lot of new economic programs to take advantage of, but there is a wait for consumer confidence. The credit freeze is slowing thawing and a new credit card bill was recently signed by the President. Americans spend beyond their means and when they get into financial trouble, they are reluctant to seek help -cont. - and may hide their problems by using their credit card. The credit card bill is designed to protect the consumer. Tom stated that wealth is a mirage and people need to be educated about finances and need to learn to save. He discussed the pros and cons of taking social security benefits early due to unemployment. All recession comes to an end and people need to keep hope and be proactive and especially get education. Oregon is very well positioned in the world in the manufacturing and sustainability sectors.
ECONOMY	NW Focus #F28039	06/29/09 06/30/09	08:30 AM 00:30 AM	12:0 0	Host Nancy Cole talked with Jennifer Nolfi, Manager with the Portland Development Commission about how the local economy has been affected. In Jennifer's opinion, Portland is behind the national trends with regards to economic problems, although some businesses are struggling. The O/Waste Alliance helps businesses be more "green", which reduces business costs, is more sustainable, making consumer items more affordable and thus helping the economy. Portland has many large companies employing people, which helps attract other companies

					to locate to the northwest. The Portland Development Commission is looking to help boost the local economy through workforce training, helping businesses with financial resources, creating a network with various companies and doing outreach to attract businesses to the Portland area. PDC is an independent city economic development agency that is government appointed and board approved by the mayor and council.
CIVIC AFFAIRS	NW Focus #F1309B	04/20/09 04/24/09 04/30/09	08:30 AM 10:00 AM 00:00 AM	13:3 0	Host Bill Russell talked with Geoff Spalding, Chief of Police of Beaverton. Chief Spalding stated that there is growing diversity in Beaverton and it is important to have a police force that reflects the community. There is a large Hispanic population and cultural sensitivity is necessary. The police department works well with schools and it is needful to get into schools early on. Gang related crimes are up and intervention and prevention programs are less expensive than dealing with the problem later on. Chief briefly discussed the public transportation situation in Beaverton, his concern for rising white collar crime, possibly due to the economic -cont.- situation and the need for resources. At the last city council meeting, the citizens expressed concern about a situation with pit bulls and their fear for their children regarding these dogs.
CIVIC AFFAIRS	NW Focus #F2009A	05/25/09 05/26/09 05/28/09 05/29/09 05/30/09	08:30 AM 00:30 AM 00:30 AM 10:00	13:3 0	Host Bill Russell talked with Jim Kight, Mayor of Troutdale about civic affairs. Mayor Kight served on the city council for 13 years, prior to becoming mayor in January, 2009. He described the changes in the "scenery" in Troutdale over the past few years, including a project that moved a sewage treatment plant. Although the bond measure failed at first, it was later passed. Downtown Troutdale and become developed and took 6 years to recover the

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initial costs after a subdivision took place. Troutdale borders the city of Gresham and Wood Village. The main concern of citizens is safety, which is the number one job of any government, local, state or federal; keeping citizens safe. Troutdale recently had its first murder in 10 years, with the case being solved within five days. Besides good shopping venues, Troutdale has one of the largest parks in Multnomah County.

KNMT - KNMT DT PORTLAND, OREGON

LEADING COMMUNITY PROBLEMS

**FOR
3rd Quarter of 2009**

JULY-AUGUST-SEPTEMBER

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

**HEALTH-19
SENIORS-5
CRIME-5
DRUGS/ALCOHOL-5
YOUTH-5
ECONOMY-4
CIVIC AFFAIRS-2**

Description of Issue	Program Name	Date	Time	Min.	Narration of Type and Description of Program
YOUTH	NW Focus #F24-09A	07/06/09 07/07/09 07/09/09 07/10/09 07/11/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	Host Bonnie Goulding discussed the issue of youth with Caroline Miller who is an author, former educator and Multnomah County Commissioner. Technology is a big factor in way young people relate and tends to isolate youth from the adult culture. It seems hard to get kids attention and they seem dismissive of older people. The high rate of high school drop outs could be related to the media's display of instant gratification and education is hard work, not offering instant gratification. The structure of education is not meeting the needs of young people. (Creative) Arts are seen as frivolous, but are necessary in developing healthy brain function. Caroline stressed the importance of not putting children in front of a television set as passive watching makes the brain just a receptor. Play is a form of creativity and creative thinking helps develop intuition. Caroline's advice to parents is not to educate just one part of the brain in your child, be a good listener, learn to stretch and grow with your child and get involved in their life.
YOUTH	NW Focus #F25-09A	07/20/09 07/21/09 07/23/09 07/24/09 07/25/09 07/30/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 1:00AM	13:30	Host Renee' Ward talked with Tom Johnson, Field Coordinator with the Oregon Youth Authority (OYA) about youth who enter the criminal justice system. OYA is the state agency overseeing youth correction and young people who have come through juvenile court. It is important to keep youth and their families united once they are "in the system" and so services need to be provided to the families as well. From the moment a youth enters OYA, a priority is placed on their transition out and preparations are made for this; who is important in their life and what are their needs. There are many reasons why youth enter the system; drug issues, family problems, special ed issues and mental health issues. It is important that youth have an opportunity to develop skills and have a place to live when they get out, especially if they have no family. There has been an increase in the number of female youth in the system. Prevention can happen if parents ask the hard question such as who their child is hanging around, do they have certain behaviors and always ask for help through the various agencies.
YOUTH	NW Focus #F27-09A	08/03/09 08/07/09	8:30AM 10:00AM	13:30	Host Bonnie Goulding talked with Kathleen Sawyer, Counselor and local author about challenges facing youth today. Young people don't know what to do with the emotions they have so they stuff them and consequently they may come out in inappropriate ways. The world they live in is very complex and very visual, with the media impacting them through visual stimulation. They have no one to tell about their problems and struggle with them. A great tool for parents and their children is journaling, which helps express what they are feeling. Young people today are involved in sexual activity and have become desensitized to sex. It is not seen as something special, but rather, casual, sometimes becoming a form of entertainment. There are some tell tale signs that a child may be depressed or sad: isolation, lack of interest, "closed" body language, anger, a change in food habits, friendships and sleeping habits.
YOUTH	NW Focus #F30-09B	08/24/09 08/25/09 08/27/09 08/28/09 08/29/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	Host Adolfo Carbajal talked with Aveyrey Hongel, Clinical Supervisor and Ken Davis, Milieu Supervisor of Daybreak Youth Services about youth. The average age a young person uses drugs/alcohol is 13, although some start at 10 or earlier. Once a young person starts abusing a substance, their developmental stage gets derailed, resulting in stunted psychological and emotional growth. Most of the young people participating in the inpatient program at Daybreak are already in the court system. Young people need structure and to know there are consequences for their actions. Motivational enhancement therapy is used to help them overcome their addictions. A lot of kids have no "regular" family and see a family in gangs. Youth are addicted to meth, pills and heroin. The use of marijuana and alcohol are prevalent because they

					are easily accessible and more culturally accepted
YOUTH	NW Focus #F32-09B	09/07/09 09/08/09 09/10/09	8:30AM 00:30AM 00:30AM	13:30	Host Bill Russell talked with Deputy Robert Hughes of the Washington County Sheriff's Office about youth. Law enforcement should be the final line when dealing with young people. The front line should be the parents, churches and community as a whole. In Deputy Hughes experience as a school resource officer, young people care about someone putting guidelines on them. Youth need to know there are consequences for their actions and behavior. 90% of kids in high school are good kids, but every youth will try and push the envelope some time. They need clear, consistent boundaries or they feel vulnerable. Young people will get involved in gangs because of the structure and consequence. Three status offenses are minor possession of alcohol, tobacco or breaking curfew. Using alcohol while young causes damage to the brain by attacking developing cells that affect reason and judgment. The use of tobacco while young has obvious health risks, but also increases the chances of using something else. Curfew for youth in Washington County during summer months is 11:59PM
SENIORS	NW Focus #F24-09B	07/06/09 07/07/09 07/09/09 07/10/09 07/11/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	Host Bonnie Goulding discussed the issue of seniors with Caroline Miller, author, former educator and Multnomah County Commissioner. Seniors should not be seen as a throw away generation. The culture is youth oriented and seniors tend to fade into the background. They can isolate themselves by going to seniors communities and become less flexible with age. Families become separated geographically which can add to isolation. Technology scares seniors as it offers a lot of constant information which cannot be processed quickly. Because of the good healthcare system, people are living longer and healthier lives. Seniors can feel vulnerable and fearful, because they are aware of their inabilities and the media promotes this attitude. Caroline's advice was that seniors need to remember they are important because of all they have experienced in life and have a lot to give others. Statistics show that the older you get, the happier you get, and so age is a badge of honor.
SENIORS	NW Focus #F02-09A	07/13/09 07/14/09 07/16/09 07/17/09 07/18/09	8:30AM 00:30AM 00:30AM1 0:00AM 00:30AM	13:00	Host Renee Ward talked with Leslie Foren, Director of Operations and Will Fuller, volunteer with Elders in Action about challenges facing senior citizens. Nationally, 10,000 people per day turn 60. Some of the concerns of elders are problems with contractors, fear of evictions, low income, problems with landlords, crime medical problems, housing, neighbor disputes and living in a high tech industry world. Many time seniors get isolated and become vulnerable to these problems. Elders In Action is a non profit group who helps seniors work out these various situations. They are in partnership with Multnomah County Aging and Disability Services, Legal Aid and various non profits. With budgetary cutbacks there is less funding for senior programs and services. It is important for people to watch out for signs that seniors in their neighborhood and family are having difficulty and may need help, such as garbage collection, lawn care, withdrawnness, no family.
SENIORS	NW Focus #F26-09	07/27/09 07/28/09 07/30/09 07/31/09 08/01/09	8:30AM 00:30AM 00:30AM1 0:00AM 00:30AM	13:30	Host Bonnie Goulding talked with Joyce DeMonnin, Director of Public Outreach with the AARP about seniors. Recent challenges in the economy have caused seniors to lose their investments and reduced their retirement and 401k's, which is forcing many to go back to work. There are opportunities to work no matter how old you are. For those seniors who are looking for a job, it is important to update their resumes and keep the information current. Portland Community College and the AARP did a survey and found that 79% of the students over 40 were enrolled to acquire job skills with many needing computer training. Some employers desire to hire people 50 and older as they tend to be more dependable although there has been a large increase in complaints of age discrimination in the work force. The biggest users of health care are 50+ and health care reform is needed for them to be able to access quality care.

SENIORS	NW Focus #29-09A	08/17/09 08/18/09 08/20/09 08/21/09 08/22/09	8:30AM 00:30AM 00:30AM1 0:00AM 00:30AM	13:30	Host Adolfo Carbajal discussed the issue of seniors with David Kelly, Director and Mike Reardon, Community Services Program Coordinator of the Southwest Washington Agency on Aging and Disabilities (SWADD). A senior is considered anyone 60 years and older and one of their challenges is not knowing where to turn for help. Seniors desire to be able to stay at home and not be subjected to nursing facilities or homes for the elderly. Washington State has implemented a program several years ago to help get Medicaid funds diverted to enable seniors the ability to stay in their own homes. The savings of not sending a senior to a nursing home and providing in home caregivers instead, saves the state \$600 million a year. Washington Senator Maria Cantwell is hoping to get this program implemented nationwide. Transportation issues are another concern for seniors. There is a strain on government services because as the economy goes down, needs go up.
SENIORS	NW Focus #29-09B	08/17/09 08/18/09 08/20/09 08/21/09 08/22/09	8:30AM 00:30AM 00:30AM1 0:00AM 00:30AM	13:30	Host Adolfo Carbajal discussed the issue of seniors with David Kelly, Director and Mike Reardon, Community Services Program Coordinator of the Southwest Washington Agency on Aging and Disabilities (SWADD). There is an increase in the number of elderly people in need of services. Currently, 1 in 8 Americans is a considered and elder/senior. The senior population has the highest population and is the fastest growing. During economic difficulties, there has been an increase in elder financial exploitation and often times they are victimized by their own family members. Elder abuse through financial scams happens in grocery stores, banks, nursing homes etc; because the elderly are more vulnerable. The police take elder abuse very seriously. There are programs available to help the caregivers of seniors. 60% of caregivers are employed and volunteer their care giving in spare time.
HEALTH/ MENTAL HEALTH	NW Focus #F28039	07/02/09	00:30AM	12:00	Host Nancy Cole talked with Sarah Gourde, Lead Grant Program Coordinator with the Portland Development Commission about health problems relating to homes with lead paint. Lead was put in paint to help it dry faster, but is now found to cause illness due to poisoning because it is toxic. Often times, when there is low exposure, there are no symptoms of poisoning, but fatigue and upset stomach can be good indicators. Portland Development Commission offers a free lead testing kit for the home and a blood test from the doctor is necessary to determine if someone has lead poisoning. Medical results are given a number, with 0-10 being in the reasonable limit.
HEALTH/ MENTAL HEALTH	NW Focus #F23-09A	07/02/09	01:00AM	13:15	Host Renee Ward talked with Katie Gotch, Clinical Coordinator with the Department of Community Justice/Sex Offender Division about mental health issues relating to sex offenders. Sex offenders cross all socio, economic and racial boundaries with only 1 in 10 sexual crimes committed by strangers. Sexual offense is a public health problem. The pathology of juvenile offenders is more fluid than adult offenders, which is more fixed. Young people who sexually offend may be more experimental, with the majority of juvenile offenders not continuing as an adult, if they receive proper treatment. The motivation to offend is more seizing upon an opportunistic situation, problems with relationship issues, reaching out to connect or an issue with impulsivity, rather than setting out to commit and offense. In Oregon, treatment is required for an offender. Risk factors are targeted in group and individual settings. Intensive treatment is used and is individual specific. 2 factors are necessary in treatment to reduce recidivism; a good social support network and the need for basic care such as shelter.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	07/07/09	9:30AM	28:30	Dr. Scott Hanan talked about Potential of Hydrogen (PH). PH can be too acidic it can cause chronic infections, or you wake up throughout the day with no energy, chronic pain syndromes, and headaches or

					stiff and tight. There are certain foods and nutrients you can put in your body to help balance PH. Dr. David Sklar talked about Emergency medical services system. Emergency physicians produced a report card broken up into 5 main areas. If you're getting seen in a timely manner, safety and quality, injury prevention, liability and state providing support for disasters. Dr Ace Anglin talked about leg cramps. This can occur if your experiencing heavy exercising, heavy lifting, dehydration and in many cases experience leg cramps when taking certain medications. It's very important you stretch before and after exercising, massage the affected area, take a warm shower and if necessary contact your physician.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	07/14/09	9:30AM	28:30	Dr. Dino Prato talked about Men's health. Men suffer from prostate issues, overweight, cardiovascular disease and diabetes. Estrogens are an epidemic for men because they have too much. The harmful estrogen's can cause mutations and changes the DNA in the prostate gland and can lead to cancer. By losing weight and eating healthy it can prevent diseases. Dr. Robert Hromas talked about four phases for new cancer drugs. First they need to test drug to see if it's effective or not. Two if it's effective against cancer being tested against. Three is how does it compare against alternative. Four how large of a dose should be given to patient. Dr. Caroline Leaf talked about how stress is a body's reaction to what's going on in deep in the limbic system which is in the middle of the brain. When we think negative we have a toxic memory. It is important to choose to create positive memories.
HEALTH/ MENTAL HEALTH	NW Focus #F25-09B	07/20/09 07/21/09 07/23/09 07/24/09 07/25/09 07/30/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM 1:00AM	13:30	Host Renee' Ward talked with Tom Johnson, Field Coordinator with the Oregon Youth Authority (OYA) about mental health issues of young people who are in the juvenile corrections system. Many youth today are in pain because they are pressured to grow up too fast. They may feel like a failure and that they have no future and no hope. Many may come from unhealthy homes and are in of need for solid relationships, function or purpose. Mentally healthy young people have direction and purpose and usually have a good healthy support system. Some indicators of mental health issues in a child may be the potential to isolate themselves, a lack of social skills, a change in moods with no leveling out, and their performance at school and in the home is not good. Self harm such as cutting is a problem that is being seen at younger ages. Tom stated that the suicide rate among young people is alarming but does not seem to be raising or falling nationally. 60% of young people in OYA have had a mental health diagnosis.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	07/21/09	9:30AM	28:30	Dr. Glen Steele talked about vision therapy. Therapy is usually done if there is difficulty using both eyes together, sustained focusing ability, and eye movement control. You have to have a full comprehensive examination where all of these areas are evaluated to determine if they are sufficient to meet the task. It's best to identify the condition on time so that it can be treated faster. Dr. Dale Peterson talked about first aid. Treatment for burns that work effective is spray burn immediately with catalyst treated water then wrap it with gauze and keep moisturized. For cuts and scrapes apply pressure, cleanse wound thoroughly, avoid anti bacterial soaps and hydrogen peroxide on open wounds. Always have a first aid kit handy. Dr Armando Pineda-Velez talked about cholesterol and how we need it because it's a molecule that helps build our hormones. The bad cholesterol produces high blood pressure, hardening of arteries, or heart attacks, which is caused by saturated fat and stress management. Keep your cholesterol in balance by eating healthy, exercising and losing weight.
HEALTH/ MENTAL HEALTH	NW Focus #F26-09	07/27/09 07/28/09 07/30/09 07/31/09 08/01/09	8:30AM 00:30AM 00:30AM1 0:00AM 00:30AM	13:30	Host Bonnie Goulding talked with Jim Dameron, Administrator with the Oregon Patient Safety Commission about health care oversight. The OPSC was created in 2003 by the state to try and reduce medical errors, after a study, "To Err is Human" in 1999 found that 44-98,000 deaths occur in the US from medical errors. Jim disclosed that his own mother's died in 2002 due to negligence, after she had elective knee surgery. Deaths due to medical error are unanticipated, but usually preventable. Some of the

					causes of death are related to infections caught during a hospital stay, medication errors, falls and pressure ulcers. While there is a natural tendency to place blame on one individual such as the doctor, nurse or anesthesiologist, it would be incomplete to do so, as there are progressive problems. OSPC does not deal with negligence issues. People need to know that the health care system is complex and need to be active participants in their own health care and become advocates for those who can not advocate for themselves
HEALTH/ MENTAL HEALTH	Doctor to Doctor	07/28/09	9:30AM	28:30	Dr. Asa Andrew talked about the males and females hormonal issues. 80% of our health challenges are lack of diet and lifestyle. Males should get blood test or PSA tested by physician, take 100milgrams of zinc a day and 2 milgrams of copper to help testosterone levels increase. Females should get blood work done by physician and take organic iodine everyday and about 150 micrograms for ovaries and thyroid gland and overall health. Dr Ace Anglin talked about the three types of arthritis which are osteoarthritis, rheumatoid and gouty arthritis. The symptoms for arthritis are pain, swelling, maybe even redness in the particular joint and as well as limitation of movement. There are medication, treatments, and physical therapy. Dr Barbara McAnney talked about the Medicare system. Medicare is a way to help senior citizens with healthcare. Medicare part "A" is the hospital insurance trust fund. Part "B" is added on outpatient services. Medicare payments are not covering the cost of senior citizens so therefore it's affecting our economy and patients because doctors are only taking a number of people on Medicare.
HEALTH/ MENTAL HEALTH	700 Club	07/29/09	12:00PM	5:00	Lori Johnson, CBN News Reporter, says vaccines can be a touchy subject. But most doctors are solidly behind them. And in most places, it's the law: in order to attend school, children must be vaccinated. But there are exceptions. All states allow medical exemptions, many offer religious exemptions, and an increasing number offer philosophical exemptions. In some school districts, as many as 20 percent of students are opting-out of vaccines, which has led to disease outbreaks. But many parents are wary of vaccines because they believe they cause autism. However in February, the U.S. Court of Federal Claims ruled that vaccines do not cause autism, examining several studies brought forth by the Institute of Medicine that failed to prove any connection. The Department of Health and Human Services, the Centers for Disease Control and Prevention, The Food and Drug Administration, and The American Academy of Pediatrics all agree that vaccines do not cause autism. In addition to childhood vaccines, there's also debate about adult vaccines, particularly for the seasonal flu. Most physicians recommend the flu shot for seniors and women of childbearing age. A Columbia University study showed getting the flu in the first half of pregnancy results in three times the risk of schizophrenia in the baby. If she gets the flu in the first 13 weeks, that risk jumps seven-fold. In fact, 14 percent of all schizophrenia cases are linked to the flu virus in the womb. Having the flu while pregnant is also linked to other developmental disorders like low I.Q. But flu shot critics say it doesn't work, citing an American Medical Association study that found that three percent of unvaccinated adults got the flu, but two percent of those who were vaccinated also got it. Right now, vaccine makers are planning for this fall, when the flu season begins. This year they have a new challenge: a swine flu vaccine. They're developing a vaccines, but they have to decide which will be needed most: a swine flu or seasonal flu vaccine. Making one takes away from making the other. Only a finite number can be manufactured, and it takes months to do it. The seasonal flu kills 36,000 Americans a year. So far, the swine flu has killed 300. But it's unknown whether the swine flu will become widespread. So when it comes to vaccines, whether for kids or adults, doctors overwhelmingly agree, they're not perfect, but we need them
HEALTH/ MENTAL HEALTH	NW Focus #F27-09B	08/03/09 08/07/09	8:30AM 10:00AM	13:30	Host Bonnie Goulding talked with Kathleen Sawyer, Counselor and local author about mental health issues. Many people are afraid of emotions but they can be positive and give us information about ourselves. People who have moved to the Pacific Northwest have found they can have a form of

					depression because of the (dark) rainy weather. Years ago, mental illness was not talked about, but it is okay today to speak about it. Even men today are becoming more open to discussing their feelings. Some different mental health issues are personality disorder where people experience real highs followed by real lows and panic disorder (anxiety attacks). Sometimes a psychiatrist and medication are necessary if it is not just a situational problem. Suicide among young people and veterans is a problem due to post traumatic stress. Even women who have experienced an abortion can have PTSS. Some simple tips to keep you mentally healthy are getting exercise, having a good diet, being mindful of visual input and examining your relationships.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	08/04/09	9:30AM	28:30	Dr. Caroline Leaf talked about stress in children and how it affects a child even more than an adult. Most time what may seem like a mild stress to adults may be a major catastrophe for a child. Stress activates by some kind of trigger. In order to control stress start to change your brain pattern by controlling stress levels, academic situations, and give your child lots of love. You may also seek consultation from physician. Dr. Scott Hannen talked about weight loss. Blood sugars are what dictate those cravings therefore you start to gain weight. If we eat the right food in the proper balance we don't get disruption in the blood sugar and we don't have canines and gain weight. To keep the weight off the Keto Diet is recommended as well as eating 4 to 6 meals a day with small meals that have protein, complex carbs and fruit or vegetables. Dr. Melissa Walker talked about colon cancer. Cancer makes cells form clumps also known as tumors. There are two types of tumors benign tumor which is non-cancerous and malignant tumor which is cancerous. In colon cancer the cells invade the colon which is large intestant in the body. If you experience diarrhea or constipation of any length of time you should go to the doctors to be examined. Early testing offers 92% cure rate.
HEALTH/ MENTAL HEALTH	NW Focus #F28-09A	08/10/09 08/11/09 08/13/09 08/14/09 08/15/09	8:30AM 00:30AM 00:30AM1 0:00AM 00:30AM	13:30	Host Bonnie Goulding talked with Dr. Michelle Berlin, Director of Oregon Health and Science University, Center for Excellence for Women's Health, about women's health. Heart attack symptoms are different for women than men. We need to get away from the "bikini" area (reproductive) and focus on other issues. Dr. Berlin discussed the reason for early delivery stating that infections can cause preterm delivery. Adolescent pregnancy has decreased but young girls may be getting their cycles earlier. The biggest killer among women is not breast cancer as many believe, but heart disease, which is the same as men. Lung and cervical cancer are preventable and obesity is on the rise, which can lead to other problems such as diabetes, heart disease and stroke. Good nutrition is needed to combat obesity, but it is not always available. Good health for young girls requires getting calcium, eating correctly, and getting exercise and immunizations. People should pay attention to what their legislators are doing and what research is being done in the area of medicine.
HEALTH/ MENTAL HEALTH	NW Focus #F28-09	08/10/09 08/11/09 08/13/09 08/14/09 08/15/09	8:30AM 00:30AM 00:30AM1 0:00AM 00:30AM	13:30	Host Bonnie Goulding talked with Dr. Michelle Berlin, Director of Oregon Health and Science University, Center for Excellence for Women's Health, about cervical cancer. There are about 11,000 women diagnosed with cervical cancer each year and much of it is preventable through getting pap tests. Usually, there are no symptoms of the cancer until it is too late. Two age groups should be more attentive to getting screened, women (girls) who have had (sexual) relationship for 3 years and older women. Many women do not get pap smears after child bearing years and should continue to do so. Dr. Berlin discussed the Human Papilloma Virus and the vaccines available. The HPV vaccine does not stop STD's and pap smears should still be done even if you have had the vaccine. Men should (can) get the vaccine as well, as women get HPV from men. Research shows that head and neck cancer is associated with HPV. The vaccine is expensive and the best age to receive the vaccine is 12-13 years old. Dr. Berlin talked about medical research and programs available in the local area that helps screen women.

HEALTH/ MENTAL HEALTH	Doctor to Doctor	08/11/09	9:30AM	28:30	Dr. Craig Thomas talked about attitude in health. How you think is the impact you have on your health through chemistry and gene expression. Subsequently it gets translated into things in our body and promotes health or will help to have an illness. Three ways to boost up your confidence is count your blessings, have an attitude of gratitude and train your brain to be positive. Dr Chauncey Crandall talked about hypertension also known as the silent killer. Some people are born with hereditary defects and others are not living a good lifestyle, so they develop diseases. By lowering you blood pressure, eating better and losing weight it can help you live a healthier live. Dr. Monica Allison talked about dry eyes. Having a lack of tears can cause dry eyes. Tears wash away debris, prevent infections and provide a clear comfortable smooth surface as well as lubrication. You can get over the counter medication as long as there not for red eyes and preservative free.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	08/18/09	9:30AM	28:30	Dr. Eric Braverman talked about the brain being the most important part of the body. As we get older there are herbs that will keep the brain chemical dopamine high so that you can have energy and not go into menopausal madness. Get as much nutrients as possible and change your lifestyle because it can reverse diseases. Dr. Carolina Ceron-Canas talked about walking pneumonia. Typical or walking pneumonia comes more slowly feeling achy, cold, or scratch throat. Symptoms for pneumonia are high fevers and difficulty breathing. Take antibiotics, drink plenty of water, get rest and eat healthy fresh foods. Check with physician if symptoms get worst. Dr. Armando Pineda-Velez talked about the three different kinds of arthritis osteo arthritis which is seen in the elderly, juvenile arthritis is seen in young people and rheumatic fever is the arthritis people get called rheumatism. See a doctor to determine what kind of arthritis you have. There is over the counter treatment but try to exercise, take hot showers, take vitamin C and fish oils to help prevent pain and other affects.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	08/25/09	9:30AM	28:30	Dr. Fred Potts talked about obesity and how it can lead to high blood pressure, diabetes, high cholesterol and heart disease. 95% of people who lose weight gain it back within 5 years. There are treatments for losing weight like surgical for people who need to lose 100 pound or over and medical weight loss therapy. Fast diets don't work. Seek consultation from physician if you want to know more options to help lose weight. Dr. Monica Allison talked about computer vision syndrome. There is no perminate damage by using a computer. Symptoms are eye strain, headaches, blurred vision, neck and back strain depending on your computer. A way to eliminate CVS is by taking frequent rest brakes throughout the day and switching to different tasks. Dr. Barbara McAnney talked about getting the most out of your doctor's visit. To help the doctor bring your medications and the dose of how much your taking, explain the medical treatments you had in the past, write down and prioritize your questions so you don't for get to ask doctor and bring someone you trust to be there with you just in case you forget some of the thing the doctor tells you. These procedure help save you and the doctor time since there are storages in doctors.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	09/01/09	9:30AM	28:30	Dr. Donna Novak talked about how to prevent backpack injuries. The type of backpack injuries are pinched nerves in the neck, tingling, numbness, shoulder, back and low back pain. Backpacks should be no more than 2/3 of the distant between shoulders and waist. The width of their backpacks should be no wider then their backs. It's important that straps are worn on both shoulders to help balance and prevent injuries. Dr. Dale Peterson talked about attention deficit disorder (ADD or ADHD). Children shown to have ADD/ADHD have low PST enzymes and have lower levels of minerals, including magnesium, copper, zinc, calcium and iron. Vitamins, omega 3 fatty acid are and a good diet is recommended with ADD/ADHD. Dr. Carl Schmidt talked about pain. Pain occurs in our body by signaling different sequences and trying to tell us what were dealing with. Many foods can cause inflammation. Sugars or carbohydrates that are processed with high fructose, corn syrup or artificial sweeteners can cause the body

					to be more acidic and the more acidic the more pain. By drinking more water it and eating right it helps the pain not to be as strong.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	09/15/09	9:30AM	28:30	Dr. Jeremy Martin talked about chiropractic care. The body's physical stress, poor posture, mental stress and chemical stress can cause serious conditions in our bodies called subluxation, it's when there's a breakdown in your brain and body due to stress on the spinal nerves or spinal cord. It's important to get checkups by chiropractor just in case you need to have therapy. Dr. Thomas Destephano talked ankle replacement surgery. People develop bad changes in their ankles often from post trauma, previous fracture or having had previous surgery. Patient may need to go get MRI to get diagnosis. Dr. Steve Johnson talked about special needs children. Special needs can mean children with learning disorders, ADD, cerebral palsy, down syndrome and autistic. To identify if you r child has down special needs they have to get an M-CHAT scan. This procedure is q survey for parents that pediatricians use to see if the child fits in the category. It's important to identify early if the child have any special needs so that they can be put in therapy or given treatment.
HEALTH/ MENTAL HEALTH	Doctor to Doctor	09/22/09	9:30AM	28:30	Dr. Chauncey Crandall talked about stress. Being overweight can cause stress. By improving you habits you at home you can live to have a predictable day. Sleep is important so get 8 to 10 hours every night. Stay away from negative things and focus on the positive, also having quite time brings out stress levels so by reading a book can help you relax. Dr. Dale Peterson talked about prostate cancer. The prostate gland is approximately the size and shape of a walnut that is located near the outlet of the bladder. If the prostate enlarges it blocks the urine flow. Prostate cancer does not show any signs or symptoms until it is advance. Prostate trauma can cause inflammation. To prevent prostate cancer start checking prostate at age's 30's or 40's, take omega 3 oils and resveratrol which are grape skin. Dr. Barbara McAnneny talked about family history with cancer. Cancer develops because a mutation occurs and an error happens in the DNA. Sporadic cancers not related from generation to generation but you still need to do early screening because if early cancer is detected there is a much greater chance of healing.
CRIME	NW Focus #F23-09B	07/02/09	01:00AM	13:55	Host Renee Ward talked with Katie Gotch, Clinical Coordinator with the Department of Community Justice/Sex Offender Division about perpetrators of sexual crime. Sexual offenders do not fall into one category as sexual crime covers a wide variety of behavior. Reporting (suspected) sexual abuse is mandatory for professionals and often time the victims will not report due to fear, shame or confusion, or may later recant a reported crime. It is important for parents to educate their children about the subject. Victims may block the reality of abuse and face a greater risk of drug abuse or mental health issues later on. The statute of limitations and the DNA law has been extended. One misconception about sexual abuse is that victims will later become offenders. Sexual crime has a domino affect as it is abusive behavior towards someone vulnerable by using violence against them. Victims should always report the crime. Sexual offenders are required by law to register, depending on the conviction and can be convicted for failure to do so. Katie believes that sometimes these laws can drive the offenders underground and may actually increase the risk of more problems.
CRIME	NW Focus #F02-09B	07/13/09 07/14/09 07/16/09 07/17/09 07/18/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	Host Renee Ward talked with Leslie Foren, Director of Operations and Will Fuller, volunteer with Elders in Action about crimes against the elderly. There are many scams and predatory actions taken against seniors because they often are more vulnerable and may live alone. These may be befriended by an individual who does not have their best interest in mind and exploit them financially. Most often, they are family members or caregivers who know that their mental or physical faculties are reduced. The elderly who have been victimized are ashamed to come forward so many times abuse is not reported. As well, seniors are victims of emotional and physical abuse. Will shared a story of a woman who was a victim of

					a financial scam that involved a processing fee and one involving a predatory loan. There are slick, new and creative ways for people to take advantage of seniors and most scams are started on seniors to see if they work. In an effort to safeguard seniors against crimes, they should keep active in a group where there is plenty of interaction and neighbors and family members should check in with them often.
CRIME	NW Focus #F31-09B	08/31/09 09/01/09 09/03/09 09/04/09 09/05/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	Host Adolfo Carbajal talked with Bill Russell, Executive Director of Union Gospel Mission about crime. When people are addicted to drugs or alcohol, they become criminalized. This is also the case for prescription addictions. For an addict, their only objective is to get their next hit. Usually, the first criminal conviction is for a possession of a controlled substance and the next step is for criminal activity such as stealing or scamming. Many girls/women will prostitute themselves because of their addictions. Bill stated that we need to show dignity to other people and let them know that have value, regardless of what they have done. It cannot be a “we” vs. “they”. We need a different solution than putting addicts in prison. We need reform for them and should possibly look at cities of refuge rather than jail.
CRIME	NW Focus #32-09A	09/07/09 09/08/09 09/10/09	8:30AM 00:30AM 00:30AM	13:30	Host Bill Russell talked with Deputy Robert Hughes of the Washington County Sheriff’s Office about crimes committed by young people. Status offenses are an offense that is against the law because of someone’s age, such as a minor in possession of alcohol, tobacco or breaking curfew. Juveniles tend to commit crimes such as shoplifting or graffiti, while burglaries are mostly committed by young adults. Young people who drink and drive usually have a crash earlier as they are not skilled drivers. There are several reasons why curfews are important such as victimization happens when people/youth are alone; when young people are in groups there is a greater tendency for criminal mischief; larger groups together can lead to parties where drugs and alcohol are used leading to fighting and use of weapons; larger groups can lead to more sexual activity. There is more youth violence in today’s society and more people using weapons. Police don’t seem to be respected anymore and all the blame cannot be placed media as parents must assume responsibility as well. Gang activity is stabilizing, although more females are turning to violent behavior.
CRIME	NW Focus #F36-09	09/28/09 09/29/09	8:30AM 00:30AM	13:30	Host Mark Jackson talked with Martha Brooks, State Director of Fight Crime: Invest in Kids about child abuse and neglect. Last year there were 32,000 reported cases of neglect in Oregon. Most cases involve children up to 2 years of age, and many under the age of 5. Cases of abuse and neglect seem to be generational and there are many lasting implications, socially and emotionally that beget problems for life. There is a tremendous economic impact of not having early intervention in many of these cases that can lead a young person to later incarceration. To place a young person in a corrections facility costs the state of Oregon about \$65,000 per year. Fight Crime: Invest in Kids program works with police chiefs, sheriffs and prosecutors to help with early intervention in young people’s lives that can save them from criminal activity later on.
DRUGS/ ALCOHOL	NW Focus #F30-09A	08/24/09 08/25/09 08/27/09 08/28/09 08/29/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	Host Adolfo Carbajal talked with Aveyrey Hongel, Clinical Supervisor and Ken Davis, Milieu Supervisor of Daybreak Youth Services about drug and alcohol addiction. Many young people begin abusing substances because they are angry at their family situation. There are many levels that contribute to drug/alcohol use such as family problems, parents who are users themselves, genetic issues or learned behaviors. Kids can come from a good family and begin abusing substance because of rebellion or peer pressure. The influence of the media is also a contributing factor with many advertisements suggesting that meds/drugs are a way to fix a problem. Prevention is not the answer or solution to drug/alcohol addiction. Early education is important, but community involvement is essential. If kids are kept busy and involved, they are less likely to become addicted.

DRUGS/ ALCOHOL	NW Focus # F31-09A	08/31/09 09/01/09 09/03/09 09/04/09 09/05/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	Host Adolfo Carbajal talked with Bill Russell, Executive Director of Union Gospel Mission about drug and alcohol addiction. Bill suggested that there are four dynamics that create addiction: isolation vs. community; materialism; vanity/insecurity; and the craving of pleasure. Pain is a warning light and people try to kill their pain through drug/alcohol use. In our society, we have zero pain tolerance and substances give us boldness to deal with our problems. A few years ago, meth was the drug of choice, but today, people are becoming more addicted to pain killers. Bill believes that this will result in a rise of heroin use in the near future. Addicts are terrified of living without chemicals and consequently unwilling criminals have been created.
DRUGS/ ALCOHOL	NW Focus # #F33-09A	09/14/09 09/15/09 09/17/09 09/18/09 09/19/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	1330	Host Bill Russell talked with Dr. Martin Seppala, Chief Medical Officer of Hazelden, a drug and alcohol treatment center about (prescription) drug/alcohol addiction. There is pervasive prescription drug use/addiction, even among youth. Research has shown that some people are more prone to addition, that addictions may be genetic. As well, people who have faced a trauma in childhood or have mental illness issues could be subject to addictions. Opiate addiction causes extreme withdrawal problems. Some signs that someone may be addicted to prescription drugs are when you find that the drug is not being taken as prescribed and the person is hiding from others what they are doing. Family members need to be aware of what is going on. Even after a person stops abusing drugs, the brain cells can be triggered by one pill. We must work towards reducing the harm of addiction.
DRUGS/ ALCOHOL	NW Focus # #F33-09B	09/14/09 09/15/09 09/17/09 09/18/09 09/19/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	Host Bill Russell talked with Dr. Martin Seppala, Chief Medical Officer of Hazelden, a drug and alcohol treatment center about addictions. People should not be ashamed of addiction as it is not a “moral” problem. Addictions affect the “reward center” of the brain and research in rats has proven that some become addicted and some do not. The reward center of the brain is driven by dopamine. The frontal lobe of the brain that is affected by drugs/alcohol is the part of the brain that is used for judgment and decision making. Addiction lays down “new tracks” in the brain which changes the architecture of the brain. Addicts want to stop but they cannot make the right choice. Treatment and recover may be life long and a healing process is required for the moral issues and consequences of their addiction. Addiction should be addressed on a biological, psychological, social and spiritual level. Alcohol addiction is possibly the hardest to overcome and getting support from groups and community is essential for any type of addiction.
DRUGS/ ALCOHOL	NW Focus # #F36-09B	09/28/09 09/28/09	8:30AM 00:30AM	13:30	Host Adolfo Carbajal talked with Dr. Mark Yerby, Director of Providence St.Vincent’s Epilepsy Program about the abuse of prescription drugs. Meds are very powerful and can have side affects. An addiction (habituation) can occur because people like the positive feeling it gives, or because of the pharmacological change in the body, a biochemical problem. In our society, we have an insensitivity to discomfort and don’t want to deal with it, so we can tend to overmedicate. Two classes of meds that are most addictive and can be overused are narcotic analgesics which are designed for pain management and benzodiazepines, which are prescribed for mental illnesses such as depression. These drugs can be overused and your body can build up a (type of) immunity to their effectiveness, which will cause people to use even more. Dr. Yerby stated that (media) advertising is misplaced and advised people to consider other alternatives, not just meds for the answer. It is important to tell your doctor about all the meds you are taking so you are not over prescribed.
ECONOMY	NW Focus # #F28039	07/02/09	00:30AM	12:00	Host Nancy Cole talked with Jennifer Nolfi, Manager with the Portland Development Commission about how the local economy has been affected. In Jennifer's opinion, Portland is behind the national trends with regards to economic problems, although some businesses are struggling. The O-Waste Alliance helps businesses be more “green”, which reduces business costs, is more sustainable, making consumer items

					more affordable and thus helping the economy. Portland has many large companies employing people, which helps attract other companies to locate to the northwest. The Portland Development Commission is looking to help boost the local economy through workforce training, helping businesses with financial resources, creating a network with various companies and doing outreach to attract businesses to the Portland area. PDC is an independent city economic development agency that is government appointed and board approved by the mayor and council.
ECONOMY	700 Club	07/06/09	12:00PM	6:00	Carolyn Castleberry, CBN News Reporter, says according to one financial aid source, two-thirds of all undergraduates leave college in the hole financially. Graduate students can be saddled with more than \$100,000 in debt before they ever start their careers or even think about buying a house. Instead consider a school you can actually afford. It's also called scholarships and grants. Sources of funding that won't put you in the hole financially. But what will kill students financially is the mindset of entitlement. Now, for you students who are in college. Don't put any of the extras on credit cards, like pizza and parties. Now, for students and graduates who are already buried in debt, here's your financial plan for the next few years. Consider getting a second job just to pay for your debt. Don't try to get out of it or put it off until later.
ECONOMY	700 Club	09/18/09	12:00PM	5:00	Paul Strand, CBN News Reporter, says according even in these tough economic times, the average American family is still budgeting almost \$900 for vacationing this year. The thinking seems to be you need to get up and get really far away to have a really good time. Families will spend a small fortune to come and enjoy beautiful wilderness areas like the ones that can be found in Oregon. In fact, the highest quality entertainment for a family comes from being simple. Have a board game marathon, with everyone pulling out their favorite game and playing them all. To mix it up, let the person who picked that game change one major rule. Get out the family photo books and reminisce. Share family history. Make a family tree with a photo for everyone on it. Divvy pictures up into fun categories, including weirdest, coolest, most embarrassing, happiest. The point is to share time and create your own good times. If you just have to turn on the TV, here's a way to make it extremely interactive. Put on a movie, mute the sound and make up the dialogue yourselves. The cheesier the movie, the better. Make Hollywood wish you had been the screenwriters. Let's dwell now on sunnier times -- namely those days sunny or warm enough to escape the house and enjoy the big world outdoors. Grab neighbor kids and hold a mini-Olympics. Come up with all your own competitions -- the wackier the better. Run backward all the way around the house. Toss everyone's stuffed animals in wagons and take them for an expedition. Here's one for getting your kids to think about others -- do secret good deeds, such as gathering up litter or fixing something a neighbor needs repaired behind their back. Camp out in the backyard. Sleep there. Cook there. Eat there. If you have some woods or waters nearby, go to them often, enjoy them, let them change you. Study the plants, the animals, the rocks and the stars. Other tips include reading together -- making stories a big part of your family. Do mental games like build your perfect home or plan your perfect vacation. It will widen your horizons and ignite your imaginations. Write your own family history a day at a time. If you cannot afford a fancy vacation, you may think you have to splurge on stay-cations to make them really fun. But it turns out your biggest profits could come from doing the things that have no price tag at all. And because they're free, you can do them any time. So think about it. You can have happier kids, stronger family ties, and a better outlook on life. While reaping all of these rewards, you could also save a few thousand dollars in the process.
ECONOMY	700 Club	09/21/09	09/21/09	5:00	Charlene Israel, CBN News Reporter, says one in 10 Americans are struggling to pay their mortgage. A growing number have also fallen behind on their credit card bills. Tight economic times have some people turning to companies that promise to reduce or eliminate debt. But while some of these programs are legitimate, some could leave you even deeper in debt. During the country's recession, many

					<p>Americans are having a hard time paying their bills and that has created a boom in businesses that promise quick and easy debt relief. Debt settlement is a perfectly legal solution for consumers who have fallen behind on their bills. But having a debt-settlement company do the legwork for you is risky -- and it can be expensive. Here's how debt settlement companies work: The company gets your creditors to accept less than the full amount you owe. They promise to knock 50 percent or more off of the debt you have to pay back, with repayment taking between two and four years. The company then sets up a savings account for you, and you make monthly payments to that account. When you've made all the payments, the debt settlement company settles with your creditors in one lump sum. You are told to stop making payments to your creditors and not to contact them. Leave the negotiating to the debt settlement company. When you go this route, you could end up owing more than when you started, and your credit suffers because you stop paying your bills. And that's not all. Some debt settlement companies charge advance fees that can run up to \$1,000 or more. Attorney Sarah Gottovi of the Federal Trade Commission says the agency is concerned about misleading and abusive practices in the debt settlement industry."Many companies will charge upfront fees that might be the first of several payments, the first several monthly payments that's paid to the company and that will go to the companies fees instead of into the savings account to pay the creditors," Gottovi told CBN News. She mentioned that other fees could also be added in. "The debt settlement company may charge a monthly fee, an account maintenance fee, and they also might charge you a fee at the end of the program when they've settled an account," she said. Gottovi said the FTC has received hundreds of complaints about the claims of some debt settlement companies. But if you're considering signing up with a debt settlement company, you need to pay attention to the red flags such as: Does the company charge an upfront fee? Do they tell you to stop making payments to your creditors? Do they claim they can eliminate your debts? Are they licensed in your state? Has the Better Business Bureau received complaints about the company? And read the fine print -- the money you save through negotiation could be considered income that you have to claim on your taxes. And many people don't realize they can negotiate with their creditors themselves. Creditors are usually willing to work with consumers to pay back their debt. But if you choose to have a debt settlement company negotiate your debt for you, experts say make sure you ask lots of questions, read the fine print, and know exactly what you're getting into before you take the plunge.</p>
CIVIC AFFAIRS	NW Focus #34-09A	09/21/09 09/22/09 09/24/09 09/25/09 09/26/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	<p>Host Adolfo Carbajal talked with Denny Doyle, Mayor of Beaverton, Oregon about civic issues in Beaverton. The citizens want to revitalize the downtown area. Light rain is coming in and traffic needs to be managed. 1 in 10 people in Washington County live in poverty and there has been good community response to helping and the city is looking to set up a mobile food bank. 700-1100 high school students in Beaverton are without a permanent home. Many faith based groups are helping with these issues. Mayor Doyle stated that 22% of the residents in Beaverton were born outside the United States and the city is planning diversity summits. The long term goals of the city are urban renewal, developing the downtown area and making the city more sustainable/green. Mayor Doyle believes that difficult times are the perfect time to plan.</p>
CIVIC AFFAIRS	NW Focus #34-09B	09/21/09 09/22/09 09/24/09 09/25/09 09/26/09	8:30AM 00:30AM 00:30AM 10:00AM 00:30AM	13:30	<p>Host Adolfo Carbajal talked with Denny Doyle, Mayor of Beaverton, Oregon about civic issues relating to the city of Beaverton. Mayor Doyle would like to get the city more involved in a regional role. Three counties provide over 1/2 of the state government income and cities need to work together for regional success. With the outbreak of flu, the state has sponsored education about it the city is developing campaigns to help educate the public and better handle the (potential) crisis. The government is formulating a plan for a possible pandemic. Older people will be the first to be offered vaccination. As</p>

					<p>well, with the economy, some businesses are leaving Beaverton and the city needs to be proactive and reach out to them. Certain crimes such as assault and rape are on the decline, however property crime is up, possibly due to the state of the economy and desperation of people. There have been more DUI arrests this year than before and more non person to person crimes such as identity theft. Homelessness is not a large problem in Beaverton and the police and faith based community try to help with finding shelter. Mayor Doyle exhorted people to call the city if they knew someone who is hurting.</p>
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