

Trinity Broadcasting Network

Quarterly Report

June 2009

KPJR-TV Channel 38

Greeley/Denver, Colorado

Ascertainment List

Leading Community Issues

*Results of ascertainment from civic leaders, printed
media comprising newspaper and magazine publications whenever possible.*

Unemployment

Economy

Health/Mental Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Unemployment

Joy In Our Town #2	28:30	14:00	L	PA/O	06/19/2009	11:00AM
					06/29/2009	09:35AM
					06/30/2009	01:30AM

Host Sharon Neve talks with Marilyn Maslin, Senior HR Consultant, Maslin Group, about unemployment in the Denver area, which is at 9%. Marilyn shares which occupations are being impacted the most and which industries offer the most hiring opportunities. Marilyn also explains how to prepare for difficult job interview questions, such as: job departures, gaps in employment history, behavioral questions and more.

Unemployment

Joy In Our Town #2	28:30	13:00	L	PA/O	06/19/2009	11:00AM
					06/29/2009	09:35AM
					06/30/2009	01:30AM

Host Sharon Neve talks with Mark Siegrist (Director of Education) and Scott Lindsey (Career Development Coordinator) from the Denver Rescue Mission about how to keep your job in this economy. People are being laid off every day in our community so there is tremendous concern in keeping jobs. They note that, about a year ago, the unemployment rate in Denver averaged 4.3%; today it stands at 9% (according to the Bureau of Labor Statistics). They discuss causes of unemployment and offer advice on how to make yourself valuable to your employer. One of the tips: seek out ways to help your employer succeed, thereby making yourself valuable to them.

Economy

Joy In Our Town #3	28:30	14:00	L	PA/O	06/26/2009	11:00AM
					06/27/2009	01:30AM

Host Sharon Neve talks with Rusty and Frances Wehner, Certified Mortgage Planners from Cherry Creek Mortgage Company, about the housing problem and its impact on first-time home buyers. Because of the difficult economy, a provision in the stimulus program can help first-time home buyers in the Denver area purchase a home. They discuss the \$8,000 tax credit, how it works and how it can help first-time home buyers obtain their down payment. They also explained the difference between a tax credit versus a tax deduction.

Economy

Joy In Our Town #3	28:30	13:00	L	PA/O	06/26/2009	11:00AM
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Host Sharon Neve talks with Rusty and Frances Wehner, Certified Mortgage Planners from Cherry Creek Mortgage Company, about the increase in personal debt, credit issues and the tightening of the credit market as it relates to buying a home. Rusty and Frances share how to overcome personal debt and bad credit to prepare for buying a home thru debt management, budgeting and delayed gratification. They also give advice on how to get personal debt under control in the present economy.

Health/Mental Health

Doctor to Doctor 28:30 28:30 REC PA/O/E 06/16/2009 10:30 AM
#215

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

Health/Mental Health

Doctor to Doctor 28:30 **28:30** REC PA/O/E 06/23/2009 10:30 AM
#216

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

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July August September 2009

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Ascertainment List

Leading Community Issues

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Crime

Economy

Education

Youth

Health /Mental Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Crime

Joy In Our Town #4	28:30	14:00	L	PA/O	07/10/2009	11:00AM
					07/13/2009	09:30AM
					07/14/2009	01:30AM
					07/16/2009	01:30AM

Host Sharon Neve interviews Denver Policeman Officer Phillip Dudley a 20 year veteran who works in northeast Denver as a patrol officer, spent 5 years as a member of the Denver Police SWAT Team and 9 years as a School Resource Officer. They discussed what can be done to protect ourselves and help the community be a safer place during the summer months. Officer Dudley explained that the summer months had increased crime especially in the area of residential and business burglaries due to different factors such as youth being out of school, unemployment, and hot weather. Graffiti is another problem that increases. He also explains that summer is a time where people are away from their homes, open windows, work in the yard, etc. which creates more opportunity for thieves. Officer Dudley gave an explanation of what could happen to someone who is caught and gave a definition of burglary being a felony crime. He also shared that electronics and jewelry are the items most commonly stolen and gave us tips of how to protect our homes.

Joy In Our Town #4	28:30	13:00	L	PA/O	07/10/2009	11:00AM
					07/13/2009	09:30AM
					07/14/2009	01:30AM
					07/16/2009	01:30AM

Host Sharon Neve interviews Denver Policeman Officer Phillip Dudley a 20 year veteran who works in northeast Denver as a patrol officer, spent 5 years as a member of the Denver Police SWAT Team and 9 years as a School Resource Officer. They discussed theft out of motor vehicles and the fact that this type of theft is a crime of opportunity. The thief sees an item in the car that they want or think would be of value and so take it. Officer Dudley compared the criminal severity between theft from an auto to theft from a home. Laptop computers are the #1 item stolen from a car along with purses, backpacks, and cameras. He also shared simple tips how to avoid being burglarized in your car such as parking in lighted areas, locking doors and making sure windows are up, setting alarms, etc. Office Dudley shared the different scenarios of what could happen if one was caught stealing from a car. He shared with us a personal story of a theft that happened during the Christmas season.

Joy In Our Town #9	28:00	14:00	L	PA/O	08/28/2009	11:00AM
					08/29/2009	01:30AM
					08/31/2009	09:30AM
					09/01/2009	01:30AM
					09/03/2009	01:30AM

Host Janice Mount talks with U Count Campaign Director Lisa Christopherson and Barb Myers (pastor of Women's Ministries at Timberline Church and volunteer with U Count Campaign) about Human Trafficking. We learn that children are lured in as they are out walking alone or by false promises of pay for honest work. They say that, in Denver, 300 homeless youth are engaged in forced, trafficked, sexual exploitation each night. They explain that the I-25 / I-70 corridor is a major intersection for trafficking to Vegas and the West. In Colorado, Human Trafficking is the 3rd largest organized crime, after drugs and weapons.

Crime

Joy In Our Town #9	28:00	13:00	L	PA/O	08/28/2009	11:00AM
					08/29/2009	01:30AM
					08/31/2009	09:30AM
					09/01/2009	01:30AM
					09/03/2009	01:30AM

Host Janice Mount continues her discussion with U Count Campaign Director Lisa Christopherson and Barb Myers (pastor of Women's Ministries at Timberline Church and volunteer with U Count Campaign) about Human Trafficking. They mention that within 48 hours of running away 1 in 3 children are taken into trafficking. Traffickers know how to profile runaways and zero in on them. Barb tells how the Women's Ministry in her church became aware of this problem and began to inform their community. They discuss web resources and tell viewers not to shy away from this issue but to help bring about awareness.

Joy In Our Town #11	28:00	14:00	L	PA/O	09/18/2009	11:00AM
					09/19/2009	01:30AM
					09/21/2009	09:30AM
					09/22/2009	01:30AM
					09/24/2009	01:30AM

Host Janice Mount talks with Jay Charness the Executive Director and Founder of A.P.E. (Avoiding Predators Everyday) about how stranger safety for kids. He teaches that parents should learn and teach their children so they will know what to do if they are approached by a predator. Jay shares the different components of stranger safety and how it correlates when dealing with a predator the child may know versus a total stranger. He included definitions of "stranger" and "lure". By teaching our kids how to avoid potentially harmful situations, Jay says as parents we can be proactive in keeping our children safe.

Joy In Our Town #11	28:00	13:00	L	PA/O	09/18/2009	11:00AM
					09/19/2009	01:30AM
					09/21/2009	09:30AM
					09/22/2009	01:30AM
					09/24/2009	01:30AM

Host Janice Mount and Jay Charness of A.P.E (Avoiding Predators Everyday) discuss women's self defense tactics. Jay says that women are often the targets of attack and shares that the attacker is motivated by control and power. He teaches women to become aware and prepared and he shares tips as well as different types of physical self-defensive attacks that will empower women should they be approached by an attacker. Jay confirms that women are intuitive and often know when something isn't right and should act on those instincts.

Economy

Joy In Our Town #2	28:30	14:00	L	PA/O	07/17/2009	11:00AM
					07/18/2009	01:30AM
					07/21/2009	01:30AM
					07/23/2009	01:30AM

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Economy

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					07/18/2009	01:30AM
					07/21/2009	01:30AM
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					07/25/2009	01:30AM
					07/27/2009	09:30AM
					07/28/2009	01:30AM
					07/30/2009	01:30AM

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Joy In Our Town #3	28:30	13:00	L	PA/O	07/24/2009	11:00AM
					07/25/2009	01:30AM
					07/27/2009	09:30AM
					07/28/2009	01:30AM
					07/30/2009	01:30AM

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<i>700 Club CBN NewsWatch</i> #070609	1:00:00	6:00		REC	PA/O/E	7/06/2009	1:00 PM
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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

Joy In Our Town #6	28:30	14:00	L	PA/O	08/07/2009	11:00AM
					08/08/2009	01:30AM
					08/10/2009	09:30AM
					08/11/2009	01:30AM
					08/13/2009	01:30AM

Host Janice Mount talks with Marilyn Maslin of the Maslin Group about searching for jobs. Marilyn explains that the unemployment rate in Denver has doubled from a year ago due to the recession. She notes that Job Boards on the Internet have just a 4% success rate and more creative, successful ways to promote yourself are available on the internet. She shows samples of resumé business cards plus extreme examples of billboards. Job fairs and free seminars are also discussed.

Joy In Our Town #6	28:30	13:00	L	PA/O	08/07/2009	11:00AM
					08/08/2009	01:30AM
					08/10/2009	09:30AM
					08/11/2009	01:30AM
					08/13/2009	01:30AM

Host Janice Mount talks with Steve Walkup: Vice President of Programs at the Denver Rescue Mission. They start their discussion with statistics on how people become homeless and the increase in homelessness due to the downturn in the economy. Steve then talks about several of the programs available for women with children, single men and families. The Denver Rescue Mission helps with education, rehabilitation, job seeker skills and mentoring. They provide food, shelter and clothing. Viewers may get involved by being mentors, tutors and role models. Steve emphasizes their message to the homeless is one of hope.

Education

Joy In Our Town #5	28:30	14:00	L	PA/O	07/31/2009	11:00AM
					08/01/2009	01:30AM
					08/03/2009	09:30AM

Host Janice Mount talks with Tom Tillapaugh, Founder and Executive Director of Denver Street School. He mentions that the Denver area has a 50% minority dropout rate; 65% among male Hispanics. Tom talks about how they mentor students and what we can do to get involved. Tom explains how he started the school for homeless and dropout students which has since grown to 45 schools around the country. He gives examples of local student successes and reminds us that the key ingredient to the success of these kids is "you".

Joy In Our Town #5	28:30	14:00	L	PA/O	07/31/2009	11:00AM
					08/01/2009	01:30AM
					08/03/2009	09:30AM

Host Janice Mount talks with Dr. Julia Harper, Dean of Curriculum and Instruction Education at Colorado Christian University, on how to keep students motivated to stay in school. Dr. Harper expresses the importance of the teachers' role as well as parent involvement. Dr. Harper encourages engaging students at their level by challenging them and holding them accountable. She provides some student examples of how they gained the skill, will and motivation to persist in their education.

Education

Joy In Our Town #12	28:00	14:00	L	PA/O	09/25/2009 09/26/2009 09/28/2009 09/29/2009	11:00AM 01:30AM 09:30AM 01:30AM
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Host Janice Mount discusses with Lisa Scott of the Girl Scouts of Colorado about how the educational institutions are learning and dealing with Bullying Prevention. Lisa shares statistics of how many children are not attending school because of bullying. She also shares about a new word “bullycide” that represents suicides of those who have been bullied in school. Lisa also shares how the “Power Up” workshops are used to train teachers, parents, and children on school campuses in bully awareness and prevention. She also talks about important role of the bystander by explaining how teachers and students can intervene as a defender of a student who is being victimized by a bully.

Youth

Joy In Our Town #10	28:00	14:00	L	PA/O	09/05/2009 09/10/2009	01:30AM 01:30AM
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Host Janice Mount talks with Lisa Steven, Co-Founder and Executive Director of Hope House of Colorado on the topic of Teenage Mothers. Lisa says in Colorado 7,000 babies are born to teen mothers every year: 4,000 of them in the Denver-Metro area and there are no local shelters for mothers under the age of 18 with children. She explains how many of the teen moms they assist come from dysfunctional homes where there is physical and drug abuse. Through Hope House of Colorado these teen mothers learn that God loves them and they are provided with counseling, education and mentors. Hope House of Colorado gives these young mothers the skills they need to get and maintain a job, learn personal discipline and setting boundaries to keep those with negative influences at a distance. Lisa invites viewers to not judge these young mothers, to pray for them and consider becoming a volunteer.

Joy In Our Town #10	28:00	13:00	L	PA/O	09/05/2009 09/10/2009	01:30AM 01:30AM
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Host Janice Mount talks with Chaplin “Salt” Wall, Director of Urban Youth Ministries and part-time Coach at a local high school. He says that some 80% of the teens he works with are fatherless. He talks about adults in his high school believed in him and help him to turn him around. He emphasizes that kids want to belong to a group and if there are no adults guiding them they will most likely end up getting into trouble. Salt gives a list of things to look for in kids who may be at risk. He says kids need compliments and encouragement from an adult they can trust.

Joy In Our Town #12	28:00	14:00	L	PA/O	09/25/2009 09/26/2009 09/28/2009 09/29/2009	11:00AM 01:30AM 09:30AM 01:30AM
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Host Janice Mount introduces Lisa Scott of the Girl Scouts of Colorado who developed a workshop that teaches girls how to “Power Up” and learn Bullying Prevention and Awareness. Her motto “do nothing- not an option” has helped parents and their kids learn how to deal with situations where bullying is happening. Lisa shares how bullying affects children’s relationships, educational success, and sense of self.

Health/Mental Health

Doctor to Doctor 28:30 28:30 REC PA/O/E 07/07/2009 10:30 AM
#218

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

Doctor to Doctor
#219 28:30 28:30 REC PA/O/E 07/14/2009 10:30 AM

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 07/21/2009 10:30 AM
#220

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 07/28/2009 10:30 AM
#221

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 McAnnery** 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 CBN NewsWatch 1:00:00 5:00 REC PA/O/E 7/29/2009 1:00 PM

#072909

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 08/04/2009 10:30 AM
#222

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.

Doctor to Doctor 28:30 28:30 REC PA/O/E 08/11/2009 10:30 AM
#223

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

Joy In Our Town #8	28:00	13:00	L	PA/O	08/21/2009 08/22/2009 08/24/2009	11:00AM 01:30AM 09:30AM
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Host Janice Mount and Dr. Sheryl Strom, a board certified holistic nurse, discuss the concerns of H1N1: the Swine Flu. Dr. Strom explains that a blood test is the only way to confirm someone has H1N1 and not another flu virus. The most susceptible are the young, pregnant women and those with weak organs such as the heart, lungs or kidneys. Dr. Strom emphasizes not to be in fear but to serve as a role model to kids by regularly washing hands and covering your mouth when coughing or sneezing and to build up ones immune system.

Doctor to Doctor #225	28:30	28:30		REC	PA/O/E	08/25/2009	10:30 AM
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Dr. Fred Potts talked about obesity and how it can lead to high blood pressure, diabetes, high cholesterol and heart disease. 95% of people who lose weight gain it back within 5 years. There are treatments for losing weight like surgical for people who need to lose 100 pound or over and medical weight loss therapy. Fast diets don't work. Seek consultation from physician if you want to know more options to help lose weight. **Dr. Monica Allison** talked about computer vision syndrome. There is no perminate damage by using a computer. Symptoms are eye strain, headaches, blurred vision, neck and back strain depending on your computer. A way to eliminate CVS is by taking frequent rest brakes throughout the day and switching to different tasks. **Dr. Barbara 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.

700 Club CBN NewsWatch #091809	1:00:00	5:00		REC	PA/O/E	09/18/2009	1:00 PM
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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.

Health/Mental Health

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 09/21/2009 1:00 PM

#092109

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 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.

Doctor to Doctor 28:30 28:30 REC PA/O/E 09/01/2009 10:30AM
#226

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 09/15/2009 10:30 AM
#227

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 about ankle replacement surgery. People develop bad changes in their ankles often from post trauma, previous fracture or having had previous surgery. Patient may need to go get MRI to get diagnosis. **Dr. Steve Johnson** talked about special needs children. Special needs can mean children with learning disorders, ADD, cerebral palsy, down syndrome and autistic. To identify if your child has down special needs they have to get an M-CHAT scan. This procedure is a survey for parents that pediatricians use to see if the child fits in the category. It's important to identify early if the child has any special needs so that they can be put in therapy or given treatment.

Health/Mental Health

Doctor to Doctor
#228

28:30

28:30

REC

PA/O/E

09/22/2009

10:30 AM

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