

# Trinity Broadcasting Network

## *Quarterly Report*

January February March 2011

KPJR-TV

Greeley/Denver, Colorado

Ascertainment List

Leading Community Issues

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

*Family*

*Health*

*Education/Schools*

*Civic*

*Environment*

*Economy*

<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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## *Family*

Joy In Our Town #71	30:00	15:00	L	PA/O	01/14/2011	11:00AM
					01/15/2010	01:30AM
					01/17/2010	09:30AM
					01/18/2010	01:30AM
					01/20/2010	01:30AM

Our guest, Bill McLeod, founder of Single Parents Town, spoke with Host, Joyce Zounis, regarding the struggles parents face in raising children, and especially those of single parents. Mr. McLeod talked about what led him to be so passionate about helping single parents succeed. He related how he himself became a single parent and was in need of information on single parenting, but discovered there was not a lot of good material available. In the process of doing his own research, he was convinced to write a book to inform and encourage all parents. He went on to talk about the skills he has uncovered along the way, gleaned insights from those who have experienced it firsthand.

Joy In Our Town #71	30:00	15:00	L	PA/O	01/14/2011	11:00AM
					01/15/2010	01:30AM
					01/17/2010	09:30AM
					01/18/2010	01:30AM
					01/20/2010	01:30AM

Host, Joyce Zounis, and guest Bill McLeod, discussed some great tips and ideas to make the job of parenting successful. Mr. McLeod explained how he determined the tips mentioned in his book, and ways to implement them. He talked about the "action steps" and the importance they hold if change is to take place in one's parenting skills. He shared about the secret hand-shake he has with his children, giving his children the phone number of a trusted friend to contact if they feel they cannot talk to him about something, and the importance of touching the child's face of head when conversing with them. They also discussed getting finances back in shape and taking time for yourself. Mr. McLeod expressed things a parent should never do, such as speaking negatively about the ex-spouse, or using the child as a messenger.

Joy In Our Town #72	30:00	15:00	L	PA/O	01/21/2011	11:00AM
					01/22/2010	01:30AM
					01/24/2010	09:30AM
					01/25/2010	01:30AM
					01/27/2010	01:30AM

Today's guest, David "Bo" Sosa, Senior Pastor of New Life Worship Center, and founder of Federal Heights Community Center, and our host, Joyce Zounis, talked about the significant number of families within Federal Heights who are living at or below the poverty level. They discussed the issues the children in these families face. Pastor Sosa is also on the Board of the Senior Hub in Federal Heights and is acquainted with the problems poverty imparts to the seniors in the community as well. He also alluded to the problems brought on by certain industries that exist in areas where poverty abounds. Pastor Sosa explained how the Police Chief contacted him regarding beginning a Community Center. He talked about the programs already in place and operating from New Life Worship Center, and how they will be expanded and added to when the new facility opens.

Joy In Our Town #75	30:00	15:00	L	PA/O	02/11/2011	11:00AM
					02/12/2010	01:30AM
					02/14/2010	09:30AM
					02/15/2010	01:30AM
					02/17/2010	01:30AM

Host, Theresa Melaragno and guest, Kerri Williams, talk about depression in general and how it affects the family members of those suffering with depression. Whether it is seasonal depression or a longer-term mood disorder, it can be very difficult for family members to know how to support a loved one suffering from the disorder, and equally difficult to cope with their own distress at watching someone struggle with it. Dr. Williams stated that the problem of depression is very wide spread, affecting one in every five people. She mentioned several signs of depression to watch for and suggested ways of offering help to the depressed person without being judgmental. She also talked about ways that family members, friends, co-workers or those close to the depressed person can avoid becoming overwhelmed by their loved one's struggle.

<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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## *Family (cont.)*

Joy In Our Town #76	30:00	15:00	L	PA/O	02/18/2011	11:00AM
					02/19/2010	01:30AM
					02/21/2010	09:30AM
					02/22/2010	01:30AM
					02/24/2010	01:30AM

Our guest, Lynn Martinez, Mentoring Program Coordinator of Hope House of Colorado, and our host, Theresa Melaragno, discuss the issue of teen moms and their need for mentors. Ms. Martinez stated that there are a number of organizations in our community that assist pregnant teens, but there are very few organizations helping the teen mom with parenting skills and teaching them how to become self sufficient. Ms. Martinez described how Hope House got started in 2003 when two teenaged moms began looking for a mentoring program and found nothing out there. She described the program and the requirements for entering Hope House. Ms. Martinez talked about the needs of the young moms, from simply needing love and support, to needing positive role models to show them how to parent, to needing to get their GED. She described how these and other needs are met at Hope House.

Joy In Our Town #76	30:00	15:00	L	PA/O	02/18/2011	11:00AM
					02/19/2010	01:30AM
					02/21/2010	09:30AM
					02/22/2010	01:30AM
					02/24/2010	01:30AM

Host, Theresa Melaragno, and our guest, Lynn Martinez of Hope House of Colorado, begin with letting the viewer know just how they can become involved with Hope House. The needs range from providing transportation for the girls to supplying personal items for the moms and the children. Ms. Martinez explained how the mentoring program got started at Hope House and the time commitment required of the mentors. Ms. Martinez also discussed the role of the mentors in modeling what healthy relationships look like. They discussed the process of the mentors helping the teens set realistic goals and reaching those goals. Ms. Martinez related how the content of the various classes taught at Hope House interfaced with reaching those goals. She talked about the personal goals she has for Hope House and her desire to search out those needing the services of Hope House of Colorado.

## *Health*

Joy In Our Town #73	30:00	15:00	L	PA/O	01/28/2011	11:00AM
					01/29/2010	01:30AM
					01/31/2010	09:30AM
					02/01/2010	01:30AM
					02/03/2010	01:30AM

Peggy Mercorella, Health and Safety Education Specialist from the American Red Cross Mile High Chapter, and our host, Theresa Melaragno, talked about the recently revised guidelines for administering CPR. Research has found that compression-only is as effective as compression with rescue breaths in an emergency. They also discussed the benefits of taking a Red Cross life saving class. Ms. Mercorella explained that for various reasons, an ambulance may not always be readily available, and when seconds count, the person with CPR training may be the difference between life or death for the person in need. They also discussed the special training required to become a Red Cross Volunteer Instructor, and how to enroll in one of the health and safety classes.

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## *Health (cont.)*

Joy In Our Town #73	30:00	15:00	L	PA/O	01/28/2011	11:00AM
					01/29/2010	01:30AM
					01/31/2010	09:30AM
					02/01/2010	01:30AM
					02/03/2010	01:30AM

Host, Theresa Melaragno, and guest, Gwen Wernersbach, Save A Life Denver Program Administrator, from the American Red Cross Mile High Chapter, discuss sudden cardiac arrest and how it differs from a heart attack. Ms. Wernersbach stressed the need for immediate action for those experiencing sudden cardiac arrest, and explained that, unfortunately, the only treatment is defibrillation. She is part of a preparedness team building the Save A Life Denver Public Access to Defibrillation (PAD) program. This team is working to place AEDs (Automated External Defibrillator) in as many public places as possible. This would include venues such as sports arenas, schools, churches, shopping malls, and anywhere crowds of people are likely to gather. She brought an AED to demonstrate just how easy the device is to operate, and to alleviate any fears a person might have in using the device. Ms. Wernersbach explained how to go about getting an AED placed in a public facility, and the volunteer opportunities at the Red Cross.

Joy In Our Town #74	30:00	15:00	L	PA/O	02/04/2011	11:00AM
					02/05/2010	01:30AM
					02/07/2010	09:30AM
					02/08/2010	01:30AM
					02/10/2010	01:30AM

Our guest, Chef Ann Cooper, Director of Nutrition Services for Boulder Valley School District, and our host, Theresa Melaragno, addressed the issue of childhood obesity and the standard school lunch which is served across America today. Chef Cooper talked about the highly processed foods and the lack of fruits and vegetables and the health issues associated with eating this type of lunch every day. She suggested ways a school could change its lunch program and the length of time it would take for that change to be implemented. She talked about getting fresh vegetables and meats locally rather than getting the already prepared, processed food. Chef Ann also talked about the Great American Salad Bar Project and the Let's Move Salad Bars to Schools Program.

Joy In Our Town #75	30:00	15:00	L	PA/O	02/11/2011	11:00AM
					02/12/2010	01:30AM
					02/14/2010	09:30AM
					02/15/2010	01:30AM
					02/17/2010	01:30AM

Our guest, Kerri Williams, a psychotherapist in private practice, and our host, Theresa Melaragno, discussed the form of depression that affects so many at this particular time of year, called Seasonal Affective Disorder, or SAD. Dr. Williams explained the causes of the disorder, what its symptoms are and who is affected by it. She also talked about the seriousness of the disorder and when someone should seek help. Dr. Williams stated that, fortunately, almost all people with SAD can be helped with available therapies, but that it is important to be diagnosed and treated before symptoms become severe. She went over the things one should do if they suspect they might have SAD, and the possible treatment a doctor might prescribe. She also talked about things a person can do on their own to get through the depression, such as effectively managing stress and regularly getting out of doors during mid-day for some exercise.

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## *Health (cont.)*

Joy In Our Town #80	30:00	15:00	L	PA/O	03/25/2011 03/26/2010 03/28/2010 03/29/2010 03/31/2010	11:00AM 01:30AM 09:30AM 01:30AM 01:30AM
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Our guest, Suzanne Bragg-Gamble, the Executive Director of Cover Colorado, and our host, Joyce Zounis, discussed the large number of Coloradans who are unable to obtain health insurance. Ms. Gamble stated that according to a recent study done by the Colorado Health Institute, at least 700,000 Coloradans have been denied medical insurance because of pre-existing conditions. Ms. Zounis asked what would exclude someone for coverage, to which Ms. Gamble replied that anything from taking acne medication when a teenager to having cancer, and everything in between. When asked what these people do to get medical treatment, Ms. Gamble stated that there are federally qualified health care clinics they can use, but there aren't enough of those facilities or staff to treat the number needing care. Given the high cost of medical care, and the lack of financial resources, most don't seek treatment until they are so bad they must go to the hospital emergency room. At this point, the cost is passed on to the general population. Ms. Gamble explained there is a newly instituted program called GettingUSCovered, part of the national health reform bill, that will help some of these people. The cost is about the same as a traditional insurance premium, but if the requirements are met, they cannot be denied coverage.

700 Club CBN NewsWatch	1:00:00	6:00	REC	PA/O/E	01/06/2011	01:00PM
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#010611

Lori Johnson, CBN News Reporter, says resolving to live healthier in the new year is a great decision! If that's your goal, you should know studies show that the more specific you can be, the more likely you will reach your goal.

Here are the top ten healthy habits for the new year: 1. Exercise. Exercising has both short-term and long-term benefits. Right away, it can improve your mood, reduce stress, and even make your brain work better. Over time, exercise can prevent health problems ranging from obesity and diabetes to heart disease and even cancer. Even with all these benefits, some 60 percent of Americans stay on the couch. If you'd like to be in the 40 percent of regular exercisers, psychologists say to focus on the first three weeks. Be encouraged that it will get easier! Studies have shown that any activity repeated daily becomes a habit after three weeks. 2. Eat a healthy breakfast. Preferably with protein, within 90 minutes of waking-up. This starts your metabolism for the day and also prevents you from getting too hungry and overeating later in the day. 3. Eat five servings of fruits and vegetables a day. One serving equals a 1/2 cup of cooked vegetables or a full cup of raw or leafy vegetables or one small whole fruit. 4. Avoid trans fats. Trans fats are found mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated," stay away. 5. Eat good fats. Omega-3s are found in foods like fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds, and flaxseed. These have been shown to reduce the risk of heart disease, improve your immunity, and reduce inflammation. 6. Avoid sugar.

This is one of the toughest. Its negative laundry list runs from obesity to diabetes to heart disease and cancer. The average American consumes 135 pounds of sugar a year, compared with 109 pounds 20 years ago and only five pounds in the late 1800s! 7. Cleanse your hands often. Eating right and exercising aren't the only habits that keep you healthy. Did you know the best way to avoid getting sick is to keep your hands clean? When using hand sanitizer, make sure it's at least 60 percent alcohol, get in all those nooks and crannies, and rub your hands until they're dry. When using soap and water, lather-up for a full 20 seconds. 8. Practice good dental health.

Believe it or not, periodontal infection contributes to heart disease, diabetes, and even premature, underweight births. 9. Get regular screening. The type of screenings you need depend on your age and gender, so consult with your doctor about which ones you need. Some of the most important ones include an annual physical, blood pressure, and cholesterol test, colonoscopy, mammogram, pap test, and prostate and skin cancer screening. 10. Get enough sleep. So at this time of year, when many of us vow to start afresh, take note of these habits to make 2011 your healthiest year yet.

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## *Health (cont.)*

700 Club CBN NewsWatch	1:00:00	6:00	REC	PA/O/E	01/06/2011	01:00PM
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#020811

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

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	03/22/2011	01:00
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#032211

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

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## *Health (cont.)*

Doctor to Doctor #280	28:30	28:30	REC	PA/O/E	01/11/2011	10:30AM
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**Dr. Don Colbert** talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

Doctor to Doctor #284	28:30	28:30	REC	PA/O/E	01/18/2011	10:30AM
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**Dr. Dan Collins** talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. **Dr. Clark Gerhart** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest. There can be additional years of specialized study. It can take quite a few years to become a doctor.

Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	01/18/2011	10:30AM
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**Dr. James Krystosik** talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or a food intolerance. It's important to identify the food and eliminate it from the diet. **Dr. John Fischer** talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. **Dr. Martin Finkelstein** talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.

Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	01/25/2011	10:30AM
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**Dr. Eric Braverman** talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.

Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	02/01/2011	10:30AM
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**Dr. Jessica Setnick** talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. **Dr. Teresa Carlson** talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. **Dr. Karen Bierman** talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.

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## *Health (cont.)*

Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	02/08/2011	10:30AM
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**Dr. Bettye Alston** talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. **Dr. James Mittelberger** talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. **Dr. David Cawley** talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

Doctor to Doctor #289	28:30	28:30	REC	PA/O/E	02/15/2011	10:30AM
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**Dr. Mike Ronsisvalle** talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. **Kay Spears** talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. **Dr. Dale Peterson** talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.

Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	02/22/2011	10:30AM
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**Lisa Buldo** talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. **Dr. Ace Anglin** talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. **Dr. Glee Steele** talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in copying information off of the board.

Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	3/08/2011	10:30 AM
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**Dr. Brian Nimphius** talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. **Dr. Bob DeMaria** talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. **Dr. Bernice Gonzalez** talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.

**Dr. Don Colbert** talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves,

Doctor to Doctor #292	28:30	28:30	REC	PA/O/E	3/15/2011	10:30 AM
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vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. **Dr. Malcolm Hill** talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. **Dr. Kelafo Collie** talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## *Health (cont.)*

Doctor to Doctor #293	28:30	28:30	REC	PA/O/E	3/22/2011	10:30 AM
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**Dr. Tonya Lyons** talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. **Dr. Gerard Guillory** talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. **Dr. Chris Lewis** talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.

## *Education/Schools*

Joy In Our Town #72	30:00	15:00	L	PA/O	01/21/2011	11:00AM
					01/22/2010	01:30AM
					01/24/2010	09:30AM
					01/25/2010	01:30AM
					01/27/2010	01:30AM

Our host, Joyce Zounis, and guest, David "Bo" Sosa, Senior Pastor of New Life Worship Center, discussed the various programs available to those in need. Pastor Sosa talked about the educational opportunities available but so many are unaware of them. He addressed the high drop-out rate among children living in poverty. He also talked about programs for the seniors to have meals delivered to them, but few are aware that they are eligible for them. Pastor Sosa explained that the Federal Heights Community Center will serve these people by connecting them with the programs they are eligible for. The Center will also be available to teach courses on financial responsibility, healthy lifestyles, character and leadership. He shared some uplifting and encouraging stories of successes they have already experienced.

Joy In Our Town #77	30:00	15:00	L	PA/O	02/25/2011	11:00AM
					02/26/2010	01:30AM
					03/07/2010	09:30AM
					03/08/2010	01:30AM
					03/10/2010	01:30AM

Our host, Sherry Jones, and guests, Sarah Johnson, Children's Librarian, and Kathy Klatt, Assistant Children's Librarian, both from Mamie Doud Eisenhower Public Library in Broomfield, talk about some of the reasons why some kids are unprepared to start school, and how it's so different from times past. They discussed the need for parents to begin focusing on social and emotional development before a child reaches school age. They talked about the six early literacy skills that are taught through the library's children's program, and how simple it is for parents to incorporate these lessons in the everyday things they do with their child. They discussed four components of early learning, and the importance of letting children play and explore their world.

Joy In Our Town #77	30:00	15:00	L	PA/O	02/25/2011	11:00AM
					02/26/2010	01:30AM
					03/07/2010	09:30AM
					03/08/2010	01:30AM
					03/10/2010	01:30AM

Guests, Sarah Johnson and Kathy Klatt of the Mamie Doud Eisenhower Public Library talk with our host, Sherry Jones, about the role that libraries play in our communities today and how they differ from just a few years ago. Libraries today offer so much more than just a place to check out a book, or to do research. The community can request specific programs be brought to their library, and the library personnel attend state and national conferences to keep informed of programs to offer the public. The Mamie Doud Eisenhower Public Library offers literacy classes for every age group, and even provides a time when older elementary kids can come read to a dog in order to improve their reading skills in a safe, non-judgmental environment. Also offered are art and drama classes, as well as clowns, mimes and music, cultural and science programs and signing classes to facilitate communicating with the hearing impaired. They also provide weekend education and health classes for adults. Lastly, they shared five easy steps for sharing books with kids in order to start a life-long love of reading and learning.

<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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## *Civic*

Joy In Our Town #74	30:00	15:00	L	PA/O	02/04/2011	11:00AM
					02/05/2010	01:30AM
					02/07/2010	09:30AM
					02/08/2010	01:30AM
					02/10/2010	01:30AM

Host, Theresa Melaragno and guest, Chef Ann Cooper, of the Boulder Valley School District, talked about how Chef Ann and her partner, Chef Beth Collins, were brought to the BVSD and asked to transition the lunch program to healthier options. Chef Ann described the concept of cooking from scratch rather than using pre-packaged foods, using fresh, local fruits and vegetables whenever available, and involving the students in "tastings", cooking classes and "iron chef" competitions and using the winners' recipes in the school lunches. She stated that many schools are involved in letting the students grow a school vegetable garden to enjoy the harvest. She also talked about cutting portion sizes and encouraging students to cut out so much T.V. and other electronic pastimes and get outside to play. Chef Ann also talked about the funds raised by the community to support these changes, the process of training the staff to cook from scratch and the changes needed in the kitchens and equipment to accommodate the changes.

Joy In Our Town #80	30:00	15:00	L	PA/O	03/25/2011	11:00AM
					03/26/2010	01:30AM
					03/28/2010	09:30AM
					03/29/2010	01:30AM
					03/31/2010	01:30AM

Host, Joyce Zounis, and our guest, Bob Briggs, City Councillor, discussed many of the significant highlights that have happened in Westminster over the past 100 years. Mr. Briggs told about Westminster University, a building that still stands today, and how the city took its name from that university. He described the parameters of the original downtown area and compared it to today. Mr. Briggs talked about the population growth, giving statistics and the spelling out specific reasons for the city's growth. He told several stories about the early settlers and various locations still recognizable on today's landscape. Ms. Zounis asked him what the thought Westminster will be remembered for one hundred years from now. He responded that the new development of what once was Westminster Mall will likely still be going strong 100 years from now. They discussed the various celebrations planned throughout the coming months, and the numerous lectures the community can attend to gain a better understanding of where the City has come from and where it is going.

## *Environment*

Joy In Our Town #79	30:00	15:00	L	PA/O	03/18/2011	11:00AM
					03/19/2010	01:30AM
					03/21/2010	09:30AM
					03/22/2010	01:30AM
					03/24/2010	01:30AM

Guest, Rick Grubin, of Colorado Avalanche Information Center, and our host, Sherry Jones, talked about the increasing number of people enjoying winter sports. Many of these activities take place in the backcountry and wilderness areas where safety needs to be the primary concern. Mr. Grubin listed a number of backcountry activities and addressed the safety concerns associated with those activities. He also talked about the types of accidents and injuries that are most often sustained in the backcountry and the causes of those injuries. He then explained what steps should be taken if an emergency arises, such as having a first aid kit and the skills to use it, and relying on experienced companions to go for help. Mr. Grubin explained that education and awareness of backcountry dangers help to mitigate the risks and improve the safety and enjoyment of the outdoor experience and suggested different organizations that offer training. When asked what basic safety equipment one should take, he reiterated that equipment is not a substitute for skills and training, but noted the necessary equipment everyone should carry with them when going to the backcountry.

<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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## *Environment (cont.)*

Joy In Our Town #79	30:00	15:00	L	PA/O	03/18/2011	11:00AM
					03/19/2010	01:30AM
					03/21/2010	09:30AM
					03/22/2010	01:30AM
					03/24/2010	01:30AM

Host, Sherry Jones, and guest, Ethan Greene, Director at the Colorado Avalanche Information Center, talked about recognizing the signs of avalanche danger to avoid placing themselves at risk. Mr. Greene explained that Colorado leads the country in avalanche fatalities since 1950, and in the last 15 years, avalanches have killed more people on average in Colorado than any other natural hazard, such as floods, lightening, or tornados. He suggested that if someone knows they are going into the backcountry, they should first call the avalanche center to hear the latest report. They should also take some training courses on how to recognize the types of slopes that produce avalanches. Mr. Greene also described weather conditions that increase the likelihood of avalanches. He then demonstrated several items of safety equipment that those who travel in the back country should carry with them. Ms. Jones asked him about what triggers an avalanche and what one should do if caught in one. Mr. Greene summed up the discussion by reviewing the safety tips and especially the need to avoid avalanche prone areas.

## *Economy*

Joy In Our Town #70	30:00	15:00	L	PA/O	01/07/2011	11:00AM
					01/08/2010	01:30AM
					01/10/2010	09:30AM
					01/11/2010	01:30AM
					01/13/2010	01:30AM

Guest, Mag Strittmatter, Executive Director of Jeffco Action Center, Inc., discussed with host, Joyce Zounis, the fact that the downturn in the economy has touched nearly everyone in one way or another, but some have experienced its effects more severely than others. Ms. Strittmatter explained who the face of poverty is in the suburbs, and some of the misconceptions or stigmas about poverty or homelessness. She also talked about the increase in demand for their services in the past few years. Ms. Strittmatter described the services they are able to supply and those they partner with in order to meet the needs of these families. She talked about the processes of "Intervention", "Prevention", and "Connection" as they serve their clients.

Joy In Our Town #70	30:00	15:00	L	PA/O	01/07/2011	11:00AM
					01/08/2010	01:30AM
					01/10/2010	09:30AM
					01/11/2010	01:30AM
					01/13/2010	01:30AM

Host, Joyce Zounis, and guest Mag Strittmatter, Executive Director of Jeffco Action Center, Inc., talked about the difficulties that take place when unexpected circumstances come about, and how hard it is to get back on track once that happens. Ms. Strittmatter described the kind of help that is needed by those who are struggling to get back on their feet, and what the pathways to self-sufficiency look like for their clients. She also explained the difference between a hand-out and a hand-up. Ms. Strittmatter talked about the various ways someone might become involved with the Jeffco Action Center and partner with them in meeting the needs of the homeless and those needing assistance.

<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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## *Economy (cont.)*

Joy In Our Town #78	30:00	15:00	L	PA/O	03/11/2011	11:00AM
					03/12/2010	01:30AM
					03/14/2010	09:30AM
					03/15/2010	01:30AM
					03/17/2010	01:30AM

Host, Joyce Zounis, spoke with today's guest, City Manager of Commerce City, Jerry Flannery, about the global economic crises. He stated that the high unemployment, stock market volatility, and ambiguous federal and state policy direction have created an uncertain business climate, and local governments must face the challenges of how best to attract and retain businesses. Mr. Flannery talked about the challenges facing business operation today, saying we are experiencing the greatest economic downturn since the Great Depression in the 1920s. He discussed how federal and state policies impact business operations, and specifically addressed the innovative plans and developments now in place in Commerce City, from residential planning and home designs to interactive on-line progress reports for the Customer Response Management System. Mr. Flannery described the Business Advancement Task Force and the Business Advisory Committee, giving business a voice in the City. He explained that the City Hall is a result of public private partnership, and that open communication is an important tool to change the business environment.

Joy In Our Town #78	30:00	15:00	L	PA/O	03/11/2011	11:00AM
					03/12/2010	01:30AM
					03/14/2010	09:30AM
					03/15/2010	01:30AM
					03/17/2010	01:30AM

Our guest, Jerry Flannery, City manager of Commerce City, and Joyce Zounis, our host, discuss how business incentives have long been a tool of the trade to lure companies to new locales, and how public sector incentives can provide a more competitive economic climate for business. Supporters tout the need to entice and reward businesses for risk taking, while critics question the deals and potential loss of long-term tax benefits. Mr. Flannery explained what business incentives are and how the process typically works. He explained the safeguards local governments can put in place to protect taxpayers. Mr. Flannery and Ms. Zounis also discussed how a robust incentive program can level the playing field for attracting businesses and retaining existing businesses. He noted examples of Commerce City's unique programs and explained what other municipalities could learn from their experiences.

# Trinity Broadcasting Network

## *Quarterly Report*

April·May·June·2011

KPJR-TV

Greeley/Denver, Colorado

Ascertainment List  
Leading Community Issues

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

*Crime*

*Economy*

*Education/Schools*

*Homeless*

*Public Safety*

*Civic*

*Previous quarter and Network programs aired this quarter:*

*Health*

*Environment*

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Crime**

Joy In Our Town #82	30:00	15:00	L	PA/O	04/08/2011	11:00AM
					04/09/2011	01:30AM
					04/11/2011	09:30AM
					04/12/2011	01:30AM
					04/14/2011	01:30AM

Guest, Dr. Harl Hargett, Executive Director of Lost and Found Inc., and our host, Anitha Jones, discussed the problem of growing violence among adolescent girls. Dr. Hargett stated that the typical age of these young offenders has gone down over the last 10 years, and the nature of their crimes has become increasingly violent. They discussed the types of crimes being committed, as well as what Dr. Hargett believes is causing the increased violence in these young adolescents. He explained the methods of intervention and redirection employed for these girls, and the length of time it might take before a change in behavior is recognized. He also had encouraging statistics regarding the recidivism rate of the girls coming through their program.

Joy In Our Town #82	30:00	15:00	L	PA/O	04/08/2011	11:00AM
					04/09/2011	01:30AM
					04/11/2011	09:30AM
					04/12/2011	01:30AM
					04/14/2011	01:30AM

Host, Anitha Jones, and our guest, Dr. Harl Hargett, discussed the sensitive subject of sexual violence among teens today. He explained that everything in our society, from advertising, movies, even music, seems focused on sex, and it only stands to reason that our teens "act out" sexually. He talked about the chemicals released in the brain when teens are subjected to sexually explicit materials and the dangers and problems that result. He also discussed the many avenues teens now have to access such material that facilitates the problem. Many teens are being charged and convicted as sex offenders because of sending inappropriate pictures of themselves via their cell phones. He talked about specific steps parents and schools can take to minimize the exposure our teens get to sexually explicit materials. He emphasized the importance of parents talking with their teens and being sensitive to what they are exposed to.

Joy In Our Town #84	30:00	15:00	L	PA/O	04/22/2011	11:00AM
					04/23/2011	01:30AM
					04/25/2011	09:30AM
					04/26/2011	01:30AM
					04/28/2011	01:30AM

Guest, Krista Flannigan, JD, Director of Public Information and Community Partnerships of the District Attorney's office, and our host, Dr. Sherry Jones, addressed the problem of identity theft and the fact that there is no such thing as being too careful when it comes to protecting our identity nowadays. It seems every day we hear of another scheme or device invented to rob someone of their identity. Ms. Flannigan explained that a few years ago, those most at risk of identity theft were seniors, but that soon shifted to those who were between the ages of 18 and 25. Now, the fastest growing number of incidents is for those under the age of 18. She stated that there are approximately 9 million people annually who have their identity stolen. She went on to talk about the most common sources of stolen information and the difficulty in cleaning up the problems ID theft causes. Ms. Flannigan described the process of getting your credit rating back to "pre-theft" status, and where one can go for help if their identity is stolen.

Joy In Our Town #84	30:00	15:00	L	PA/O	04/22/2011	11:00AM
					04/23/2011	01:30AM
					04/25/2011	09:30AM
					04/26/2011	01:30AM
					04/28/2011	01:30AM

Host, Dr. Sherry Jones, and our guest, Krista Flannigan, JD, Director of Public Information and Community Partnerships, of the District Attorney's office, discuss how thieves use another person's identity when committing a crime, and the problems that causes for the victim. She explained that it is essentially up to the victim to prove they are not the one who committed the crime, which can be very time consuming and expensive. She also described the problem of medical ID theft and how this is used to acquire health insurance, file fraudulent claims, or even to get surgeries and prescriptions under the victim's name. This can cause the victim to be denied medical care because their benefits have been maxed out.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Crime (cont.)**

Joy In Our Town #87	30:00	15:00	L	PA/O	05/13/2011	11:00AM
					05/14/2011	01:30AM
					05/16/2011	09:30AM
					05/17/2011	01:30AM
					05/19/2011	01:30AM

Guest, Ann Edenfield Sweet, author of *Family Arrested: How to Survive the Incarceration of a Loved One*, and Executive Director/Founder of Wings Ministry and Wings for Life, and our host, Theresa Melaragno, discuss the difficulties the entire family must face when a loved one is incarcerated and how to navigate the prison system. Ms. Edenfield Sweet stated that for every person incarcerated, there are between 32 and 38 family members that are directly affected. She also stated that 7 out of 10 children of prisoners will also become incarcerated. She related her own story of being ostracized in her church of 12 years, and being relieved of a teaching position she had held for 6 years in another church when their new pastor became aware her husband was in prison. She said it was incidences like these that can cause a family to want to disconnect from church altogether. That is why she started Wings Ministry. She wanted to make sure prisoners and their families became aware of Christ's love and forgiveness and involve them in the community, knowing that would be their best chance of breaking the cycle of recidivism. She also suggested we stop using terminology such as "ex-con" or "former inmate" and instead use the term "returning citizen" in order to help them feel more a part of society.

Joy In Our Town #91	30:00	15:00	L	PA/O	06/10/2011	11:00AM
					06/11/2011	01:30AM
					06/13/2011	09:30AM
					06/14/2011	01:30AM
					06/16/2011	01:30AM

Our guest, Philip J. Baca, Chief of Police in Commerce City, and host, Dr. Ben Carlson, discuss how Chief Baca got into law enforcement. He also holds a J.D. degree, and Dr. Carlson asked Chief Baca if such a degree was now a requirement to be in law enforcement, and if politics might be in his future. Dr. Carlson asked how different law enforcement is now compared to when he first started. Chief Baca stated he sees a lot more sharing of information between cities and departments. Chief Baca was asked to describe his duties. When asked if crime was on the increase, he stated that there was actually a 5.5% drop in business crime since the implementation of the Business Watch program. There are now over 300 participants in the program, with a very positive response from the participants. Businesses have formed partnerships and relationship to keep each other informed of various crimes and criminal activity in the community, which has resulted in the decrease. When asked if the economy had any effect on crime, Chief Baca replied there was actually a 31% decrease between 2006 to 2009. He stated the most prevalent crimes being committed now are fraud and ID theft.

Joy In Our Town #91	30:00	15:00	L	PA/O	06/10/2011	11:00AM
					06/11/2011	01:30AM
					06/13/2011	09:30AM
					06/14/2011	01:30AM
					06/16/2011	01:30AM

Host, Dr. Ben Carlson, and our guest, Philip J. Baca, Chief of Police in Commerce City, talked about whether his department was required to wear uniforms or business attire. Dr. Carlson also asked Chief Baca about what is required of his department in the event of a tornado. Dr. Carlson asked Chief Baca about how the individual communities within Commerce City were served, to which Chief Baca explained there were sub-stations in those communities, employing what he termed "community policing." He described it as the communities being the eyes and ears for the police; being participants in law enforcement. They communicate to the police department what they see as problems and what the needs of the community are. The police department has regular meetings with the community to discuss their concerns and give the community a say in crime prevention and problem solving. The police department also has many programs they offer various segments of the community, like Citizen's Academy, Shop with a Cop (taking disadvantaged children on shopping trips), Coffee With a Cop, School Resource Officer, Cops vs. Kids, and other programs that involve and engage the community. When asked for any final thoughts, Chief Baca advised the community not to fear the downturn in the economy, but to become involved with your local police department.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Economy***

Joy In Our Town #45	30:00	15:00	L	PA/O	04/01/2011	11:00AM
					04/02/2011	01:30AM
					04/04/2011	09:30AM
					04/05/2011	01:30AM
					04/07/2011	01:30AM

Our guest, Brad Hawkins, of Integrity Financial, discussed with host, Anitha Jones, how people who are seeking alternatives to employment can begin a home-based business. He shared how many people in our community have lost jobs through a turn in our economy and are looking for ways to make a living and/or supplement their income. He talked about the financial challenges families will be facing in the future and why there are fewer employment opportunities for teenagers and young adults to find part-time work. He shared valuable tips and ideas for starting an in-home family business and where resources for beginning this venture can be found.

Joy In Our Town #78	30:00	15:00	L	PA/O	04/14/2011	02:00AM
					04/21/2011	10:30AM
					05/03/2011	02:30AM
					05/10/2011	02:30AM
					06/09/2011	02:30AM

Host, Joyce Zounis, spoke with today's guest, City Manager of Commerce City, Jerry Flannery, about the global economic crises. He stated that the high unemployment, stock market volatility, and ambiguous federal and state policy direction have created an uncertain business climate, and local governments must face the challenges of how best to attract and retain businesses. Mr. Flannery talked about the challenges facing business operation today, saying we are experiencing the greatest economic downturn since the Great Depression in the 1920s. He discussed how federal and state policies impact business operations, and specifically addressed the innovative plans and developments now in place in Commerce City, from residential planning and home designs to interactive on-line progress reports for the Customer Response Management System. Mr. Flannery described the Business Advancement Task Force and the Business Advisory Committee, giving business a voice in the City. He explained that the City Hall is a result of public private partnership, and that open communication is an important tool to change the business environment.

Joy In Our Town #78	30:00	15:00	L	PA/O	04/14/2011	02:00AM
					04/21/2011	10:30AM
					05/03/2011	02:30AM
					05/10/2011	02:30AM

Our guest, Jerry Flannery, City manager of Commerce City, and Joyce Zounis, our host, discuss how business incentives have long been a tool of the trade to lure companies to new locales, and how public sector incentives can provide a more competitive economic climate for business. Supporters tout the need to entice and reward businesses for risk taking, while critics question the deals and potential loss of long-term tax benefits. Mr. Flannery explained what business incentives are and how the process typically works. He explained the safeguards local governments can put in place to protect taxpayers. Mr. Flannery and Ms. Zounis also discussed how a robust incentive program can level the playing field for attracting businesses and retaining existing businesses. He noted examples of Commerce City's unique programs and explained what other municipalities could learn from their experiences.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Economy (cont.)***

Joy In Our Town #85	30:00	15:00	L	PA/O	04/29/2011	11:00AM
					04/30/2011	01:30AM
					05/02/2011	09:30AM
					05/03/2011	01:30AM
					05/05/2011	01:30AM

Guest, Ali Recek, Sr. Marketing and Visibility Consultant for the South Metro Chamber of Commerce, and host, Theresa Melaragno, discuss the economic climate of today, and the critical need for investing in higher education. They talked about the relationship between higher education, business and the economy. Because we now compete in a global economy that is driven by knowledge, information, ideas and technology, we must explore opportunities to become competitive. Ms. Recek said that having a well educated workforce will attract a company to a geographical area. She stated that educational institutions are now offering on-line degrees in order to accommodate the needs of students. Developing a more competitive workforce will strengthen our economy and maintain our competitive edge. She talked about bringing the workforce development leaders together with employers because companies look closely at the level of educational achievement of a state's workforce. Ms. Recek stressed the importance of identifying and getting students into STEM (science, technology, engineering and mathematics) courses in order to better their chances of going on to higher educational institutions.

Joy In Our Town #89	30:00	15:00	L	PA/O	05/27/2011	11:00AM
					05/28/2011	01:30AM
					05/31/2011	01:30AM
					06/02/2011	01:30AM

Honorable Nancy McNally, Mayor of the City of Westminster, and host, Dr. Sherry Jones, discussed the economic issues of the state and how they affect the cities within the state. Mayor McNally described the need for good communication between the City's elected officials and State legislators that represent Westminster. Dr. Jones asked if there were many layoffs due to the economy, to which Mayor McNally stated there were 70 positions that had to be cut, but it involved only 22 people having to be let go. She also described the voluntary furlough days and the amazing cooperation and generosity of the staff that has carried the City through a difficult year. They also discussed some of the services to the public that had been trimmed back. The City's unemployment picture mirrors the State's average, but a number of businesses are expanding, providing a positive outlook. The Mayor explained that thoughtful planning a decade ago has put the City on a sound path today. She talked about the long-term plans for the City. When asked about a most satisfying project she has worked on, the Mayor replied it has been most satisfying to work with such a great team throughout her term as Mayor, and that she believes her most important job has been as a "connector" -- getting the right people together and then stepping out of the way.

Joy In Our Town #92	30:00	15:00	L	PA/O	06/17/2011	11:00AM
					06/18/2011	01:30AM
					06/20/2011	09:30AM
					06/21/2011	01:30AM
					06/23/2011	01:30AM

Host, Dr. Sherry Jones, and our guests, Barbara Kirkmeyer, William Garcia and Sean Conway, all Commissioners for Weld County, discuss the fact that Weld County is the only county in Colorado to be debt free. In 1976 the Weld County citizens petitioned for and passed a Home Rule Charter, putting in place a spending cap, much like TABOR (the Taxpayer's Bill of Rights), but even more strict in many respects. They have no county sales tax, no use tax, and even refund to the citizens 5.25 mils on property taxes, yet maintain a contingency fund of more than \$27 million, as well as a capital improvement fund that allows them to pay cash for needed improvements. Weld County is considered Colorado's energy nexus, employing such industries as oil and gas, solar and wind energy, livestock, and is the largest agricultural county outside of CA and FL. In the near future, they plan to bring to Weld County one of only 14 or so data centers that will exist in the entire country. Weld County's "energy cluster" has been credited with keeping Colorado's unemployment rate lower by one full percentage point.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Education/Schools***

Joy In Our Town #68	30:00	15:00	L	PA/O	05/03/2011	02:00AM
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Host, Theresa Melaragno, and guest, Dr. Charles King, J.D., MBA, Dean Emeritus of the School of Business and Leadership of Colorado Christian University talk about the lack of ethics teaching and difference between ethics and character. Dr. King explained that every college and university has added an ethics course to their School of Business, but they do not teach character. He stated that only eight percent of students coming out of high school believe in absolute truth, and without absolutes to guide an individual, there is no morality. They discussed the importance of determining a "world view" before entering into employment. He correlated the current melt-down in American economics to the lack of solid values by company leaders, and the misconception that being successful means cutting corners. He stressed the importance of knowing where a company stands morally before accepting a position with them.

Joy In Our Town #68	30:00	15:00	L	PA/O	05/03/2011	02:00AM
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Guest, Dr. Charles King, J.D., MBA, Dean Emeritus of the School of Business and Leadership of Colorado Christian University, and host, Theresa Melaragno, discuss the imbalances between ethical and unethical behavior. They talked about the moral collapse in our society and the damage done by it. Dr. King stated that it has become so important that Colorado Christian University no longer offers Ethics as a stand-alone course, but has instead incorporated it into every course taught. He emphasized the importance of peer groups to help with making decisions, stating that no organization has a mission statement that it intends to be dishonest. He explained the downward slide of cutting a corner here, then a corner there, until it grows incrementally into collapse.

Joy In Our Town #60	30:00	15:00	L	PA/O	05/13/2011	11:00AM
					05/14/2011	01:30AM
					05/16/2011	09:30AM
					05/17/2011	01:30AM
					05/19/2011	01:30AM

Mr. Tillapaugh, our guest today, and Host, Bill McLeod discuss the dropout situation in the U.S. and the affect it has on all of us. Mr. Tillapaugh believes we are creating an underclass in America because of the increasing dropout situation. Because dropouts are under educated, they cannot take advantage of the free-enterprise system that runs our country. He stated that human tendency is to destroy what we can't take advantage of. If the under educated cannot take advantage of free enterprise, we are in danger of having our free-enterprise system destroyed. Bill McLeod asked about the correlation between dropouts and the racial and cultural gap in society, and Mr. Tillapaugh agrees that minorities have a higher dropout rate. Mr. McLeod noted that there is a positive trend with the Street Schools and the number of their students going on to college. Mr. Tillapaugh shared some of the success stories he has witnessed. Mr. McLeod asked Mr. Tillapaugh how someone would start a street school and how long it might take. He also asked about the Street School's goals for the future. Mr. Tillapaugh stated that the goal is to have 100 Street Schools in ten years.

Joy In Our Town #93	30:00	15:00	L	PA/O	06/24/2011	11:00AM
					06/25/2011	01:30AM
					06/27/2011	09:30AM
					06/28/2011	01:30AM
					06/30/2011	01:30AM

Our guest, Bill Garcia, Weld County Commissioner, and our host, Dr. Sherry Jones, discussed the problem of growing waistlines of children in Weld County. Their obesity rate has surpassed Colorado's average. In recent years, schools all over the country have served frozen, processed, high-fat and high sodium meals to our children. Dr. Jones asked Commissioner Garcia if it was cost prohibitive to serve fresh food in our schools, and his reply was that it is not. In fact, they have contracted with five local growers to supply the schools with fresh produce. In one district alone, they plan to have 75% of school lunches prepared from scratch and with non-processed foods. They also discussed the responsibility parents have in making sure children eat healthy. Commissioner Garcia talked about the various programs in the Weld County schools, such as the Farm-to-Schools, Harvest of the Month, Waste Not Scott, and Live Well programs

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Homeless*

Joy In Our Town #90	30:00	15:00	L	PA/O	06/03/2011	11:00AM
					06/04/2011	01:30AM
					06/06/2011	09:30AM
					06/07/2011	01:30AM
					06/09/2011	01:30AM

Guest, Alexxa Tavlarides, Public Relations Coordinator of the Denver Rescue Mission, and our host, Joyce Zounis, discuss the staggering statistics of homelessness. Approximately 11,000 people are homeless in the Denver-Metro area. Fifty percent of those are families with children. This new demographic does not fit the stereotypical image of the single person standing on the corner of a busy intersection asking for money. Another surprising statistic is that 45 percent of the 11,000 are homeless for the first time. Only 4.5 percent of homeless are chronically so. Ms. Tavlarides described the various reasons a family might become homeless, stating that it is rarely a single event, but rather a ripple effect. The economy is an important factor, and can lead to a loss of a job, which can in turn lead to foreclosure, but often substance abuse or mental illness plays a part in the slide into homelessness. They discussed the various programs the Denver Rescue Mission has to offer, and the various other organizations that work with them to meet the needs of the homeless.

Joy In Our Town #90	30:00	15:00	L	PA/O	06/03/2011	11:00AM
					06/04/2011	01:30AM
					06/06/2011	09:30AM
					06/07/2011	01:30AM
					06/09/2011	01:30AM

Host, Joyce Zounis, and our guests, Steve Swihart, Sr. Chaplain of the New Life Program of the Denver Rescue Mission, and Don Apuzzo, Dispatcher/Driver Safety Coordinator and former client of the Denver Rescue Mission, talk about what the New Life Program offers and the need for this type of program. Chaplain Swihart discussed the types of struggles facing those who come to the program seeking help. Mental health issues, addictions and lack of education are some of the areas he sees most. When asked what is different about this program, he stated it is not the typical "drug and alcohol" program, but the Denver Rescue Mission wants to see lives changed from the inside out. Christ is not forced on anyone, but the opportunity to accept Christ is put before the clients. Also, the program is between 13 and 27 months in duration. Chaplain Swihart states that there is a 35% - 45% success rate among the graduates, meaning they are employed, pay for their own housing, remain sober and are connected within the faith community. Mr. Apuzzo shared his experiences coming to the Denver Rescue Mission addicted to meth and homeless. He stated he owes his success in the program because it is long-term, it met his spiritual needs and it emphasized the importance of relationships. He is now married, helped raise four children, is a member of a church, mentors others, and is "straight, solid and firm."

## *Public Safety*

Joy In Our Town #86	30:00	15:00	L	PA/O	05/06/2011	11:00AM
					05/07/2011	01:30AM
					05/09/2011	09:30AM
					05/10/2011	01:30AM
					05/12/2011	01:30AM

Guest, Tracy Rossbach, State Coordinator of the Colorado Operation Lifesaver, and our host, Dr. Sherry Jones, discussed the issue of railroad safety. Statistics indicate there is a train incident every three hours in the U.S. When Operation Lifesaver started in 1972, there were approximately 12,000 collisions per year. In 2009, that number had been reduced to 1,900 collisions per year, an 84% decrease, due to efforts to educate the public on railroad crossing safety. Ms. Rossbach addressed the dangers of going around railroad crossing gates after they have lowered, playing/exploring in railroad tunnels, or how something as simple as placing an object on the tracks to have it flattened by the train could instead become a bullet and kill someone. She went on to explain that it takes at least one mile for a train to stop. Ms. Rossbach talked about the educational programs they offer to police and first responders, as well as K-12 students and their teachers. She stressed the importance of never using a cell phone while driving. Pedestrians also need to give full attention to where they are going and avoid using cell phones when approaching light rail tracks.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Public Safety (cont.)**

Joy In Our Town #86	30:00	15:00	L	PA/O	05/06/2011	11:00AM
					05/07/2011	01:30AM
					05/09/2011	09:30AM
					05/10/2011	01:30AM
					05/12/2011	01:30AM

Host, Dr. Sherry Jones, and our guest, Maureen Martin, founder of Future Hope Foundation and survivor of a car/train collision, talked about Ms. Martin's horrific accident and the many changes it brought about in her life. Ms Martin was a varsity high school cheerleader and very involved in her church youth group. She was on her way to school one morning when the unthinkable happened. Her car stalled on the railroad tracks with a train coming. The resulting accident brought her active life to a halt, leaving her in a coma and on life support. Not only did her life change, but her family's lives were also changed. She likened her life as being a 16 year old new-born, having to learn to walk and take care of herself all over again. She credits her family and the support of the community for providing the help and strength she needed to overcome the struggles she faced at that time. She went on to earn an Associate degree, and wanted to use her education to give back to the community. Her father helped her start a non-profit organization called Future Hope Foundation, which raises money each year to provide scholarships to high school seniors who have faced adversity and are going on to college. They also talked about the things people can do to help those who are facing adversity.

Joy In Our Town #93	30:00	15:00	L	PA/O	06/24/2011	11:00AM
					06/25/2011	01:30AM
					06/27/2011	09:30AM
					06/28/2011	01:30AM
					06/30/2011	01:30AM

Host, Dr. Sherry Jones, and our guest, Barbara Kirkmeyer, Weld County Commissioner, discuss the county's 911 Emergency Response System. The county realized they needed to combine the regional communications centers, which ultimately saved the county funds, and provided for a more efficient dispatching communication system. It brought about 48 agencies together to form an authority and provided a regional communication system to better serve the community. Weld County now has the largest communication center in the state. They also discussed the availability and testing of warning sirens, since Weld County is 5<sup>th</sup> in the nation for the number of tornadoes. Commissioner Kirkmeyer talked about emergency preparedness and what items a person should have available in case of a natural disaster.

## **Civic**

Joy In Our Town #85	30:00	15:00	L	PA/O	04/29/2011	11:00AM
					04/30/2011	01:30AM
					05/02/2011	09:30AM
					05/03/2011	01:30AM
					05/05/2011	01:30AM

Our host, Theresa Melaragno, and our guest, Ali Recek, an expert in developing strategic alliances for the business community, talk about the gaps that exist between the benefits of higher education to society and the access to college. Ms. Recek stated that it is important to start students early in STEM (science, technology, engineering and mathematics) courses, groom them to go on to technological colleges, and then bring them back to Colorado to join our local high-tech companies. She addressed the government budget cuts and the threat that poses to higher education. In response, some larger corporations will offer tuition reimbursement. Ms. Recek expressed pride in Colorado's Small Business Development Center for being the number one nominee for the national award for training new and existing businesses to advance their companies to the next level. In addressing the role of family finances in obtaining higher education, she praised our local colleges and universities as being some of the finest while not having to pay the higher tuition costs. She also described Colorado's quality of life as being responsible in part for attracting quality businesses and bringing economic vitality to our state.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Civic (cont.)*

Joy In Our Town #88	30:00	15:00	L	PA/O	05/20/2011	11:00AM
					05/21/2011	01:30AM
					05/23/2011	09:30AM
					05/24/2011	01:30AM
					05/26/2011	01:30AM

Host, Joyce Zounis, and our guest, Bob Briggs, City Councillor, discussed many of the significant highlights that have happened in Westminster over the past 100 years. Mr. Briggs told about Westminster University, a building that still stands today, and how the city took its name from that university. He described the parameters of the original downtown area and compared it to today. Mr. Briggs talked about the population growth, giving statistics and the spelling out specific reasons for the city's growth. He told several stories about the early settlers and various locations still recognizable on today's landscape. Ms. Zounis asked him what the thought Westminster will be remembered for one hundred years from now. He responded that the new development of what once was Westminster Mall will likely still be going strong 100 years from now. They discussed the various celebrations planned throughout the coming months, and the numerous lectures the community can attend to gain a better understanding of where the City has come from and where it is going.

Joy In Our Town #88	30:00	15:00	L	PA/O	05/20/2011	11:00AM
					05/21/2011	01:30AM
					05/23/2011	09:30AM
					05/24/2011	01:30AM
					05/26/2011	01:30AM

Our guest, Linda Graybeal, from the Westminster Historical Society, and our host, Dr. Sherry Jones, talked about some of the historical events that have taken place in Westminster over the last 100 years. Ms. Graybeal is also a teacher at a private school in Westminster, and she shared her enjoyment in taking her classes to the numerous local historical sites and retelling the significance of the site. By telling the students they are the "owners" of the sites because they are publicly owned, she is able to encourage the students to take ownership and pride in the sites. When asked about what the land was like even before the settlers came, she explained that where we sit today was a large inland sea, and some of the dinosaur skeletons found here are on display at the Museum of Nature and Science. Even our Colorado Rockies baseball team's mascot is fashioned after one of the dinosaur skeletons. Ms. Graybeal was asked to talk about some of the upcoming events and the activities we can expect to participate in over the remainder of the year.

Joy In Our Town #89	30:00	15:00	L	PA/O	05/27/2011	11:00AM
					05/28/2011	01:30AM
					05/31/2011	01:30AM
					06/02/2011	01:30AM

Host, Dr. Sherry Jones, and our guest, The Honorable Nancy McNally, Mayor of the City of Westminster, spoke briefly about the celebrations that will be held throughout the remainder of the year to commemorate the centennial. Dr. Jones asked about the plans for the future of Westminster, and the anticipated growth of the city. Mayor McNally talked about the coming light rail, and the types of businesses that choose to come to Westminster. She also talked about the need to match growth with the water the city is able to provide, and assured us that we are in good shape. The future of the property that was the Westminster Mall was discussed, and Mayor McNally described it as becoming the "downtown" of Westminster. Dr. Jones asked the Mayor about other redevelopment projects that have taken place recently, and also asked if she had a favorite historical site in the City, to which the Mayor replied it would be the Semper farm with its 100 year old apple tree and the public gardens. She also touched on the schools and parks and recreational facilities available to the public.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Civic (cont.)*

Joy In Our Town #92	30:00	15:00	L	PA/O	06/17/2011 06/18/2011 06/20/2011 06/21/2011 06/23/2011	11:00AM 01:30AM 09:30AM 01:30AM 01:30AM
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Our Guests, Weld County Commissioners Barbara Kirkmeyer, Sean Conway, and Bill Garcia, and our host, Dr. Sherry Jones, talk about Weld County's 150<sup>th</sup> anniversary being celebrated this year. They talked about the first settlers being fur traders and military settlements, with Ft. Lupton actually celebrating its 175<sup>th</sup> anniversary this year. Weld County's history was well documented in James Michener's book, "Centennial", and the town of Cornish is where the famous prehistoric "Folsom Man" was discovered. When asked about the reasons for growth in Weld County they believe it is because of the abundant water supply, as well as the low taxes and "open for business" philosophy, and small town feel of the communities within the county, yet close to downtown Denver and all the amenities it has to offer. They also described some of the celebrations surrounding the anniversaries of some of the towns in Weld County, and invited anyone with ties to the county to go their website and share their stories.

## *Health*

Joy In Our Town #81	30:00	15:00	L	PA/O	04/01/2011 04/02/2011 04/04/2011 04/05/2011 04/07/2011	11:00AM 01:30AM 09:30AM 01:30AM 01:30AM
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Our guest, Dr. David Ehrenberger, Chief Medical Officer at Avista Adventist Hospital, and our host, Theresa Melaragno, discussed the difficulties of the homeless and unemployed when in need of medical care. Dr. Ehrenberger explained that even if there is a clinic offering free care, transportation to the clinic is often difficult or impossible. Dr. Ehrenberger described a program called Medicine in Motion that brings care to those who cannot get to a clinic. Medicine in Motion sends out a vehicle equipped like a doctor's office, called the CareVan. They talked about the types of services the CareVan can and cannot supply. Dr. Ehrenberger also explained that the doctors and nurses are volunteers, described how they are selected, and talked about what motivates them. He explained their partnership with a local shelter and a typical evening the CareVan might experience. He also talked about how those needing more specialized care than the CareVan can provide are cared for.

700 Club CBN News Watch #061611	1:00:00	6:00	REC	PA/O/E	06/16/2011	1:00 PM
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Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## *Health (cont.)*

Doctor to Doctor #295	28:30	28:30	REC	PA/O/E	04/05/2011	10:30 AM
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**Dr. Eric Braverman** talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

Doctor to Doctor #296	28:30	28:30	REC	PA/O/E	04/12/2011	10:30 AM
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**Dr. Scott Hannen** talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. **Dr. John Fisher** talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. **Dr. Ross Dorsett** talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.

Doctor to Doctor #297	28:30	28:30	REC	PA/O/E	04/26/2011	10:30 AM
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**Dr. Mike Ronsisvalle** talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. **Dr. James Mittelberger** talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. **Dr. Glen Steele** talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

Doctor to Doctor #298	28:30	28:30	REC	PA/O/E	05/03/2011	10:30 AM
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**Lisa Buldo** talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

Doctor to Doctor #299	28:30	28:30	REC	PA/O/E	05/10/2011	10:30 AM
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**Dr. Christopher Chen** talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## *Health (cont.)*

Doctor to Doctor #300	28:30	28:30	REC	PA/O/E	05/17/2011	10:30 AM
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**Dr. Marc Unterman** talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

Doctor to Doctor #301	28:30	28:30	REC	PA/O/E	05/24/2011	10:30 AM
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**Dr. Doreen Lewis** talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. **Dr. George Alonso** talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. **Dr. Abinash Achrekar** talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.

Doctor to Doctor #302	28:30	28:30	REC	PA/O/E	05/31/2011	10:30 AM
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**Eric Braverman** talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. **Dr. Nicole Gordon-Moton** talked about colon cancer. It is the 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. **Dr. David Cawley** talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.

Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	06/07/2011	10:30 AM
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**Dr. Tonya Lyons Anderson** talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. **Dr. Randy Burden** talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. **Dr. Bernice Gonzalez** talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.

Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	06/14/2011	10:30 AM
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**Dr. Ace Anglin** talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. **Dr. James Krystosik** talked about the pH system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. **Jannie Wolff** talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## *Health (cont.)*

Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	06/21/2011	10:30 AM
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**Dr. Valerie Saxon** talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. **Dr. Bill Williams** talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. **Dr. Dale Peterson** talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.

## *Environment*

Joy In Our Town #83	30:00	15:00	L	PA/O	04/15/2011 04/16/2011 04/21/2011	11:00AM 01:30AM 10:00AM
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Mr. Donald Roche, Senior Environmental Compliance Specialist for the City of Aurora, and our host, Anitha Jones, discuss the fact that nearly every home in America has at least one electronic device containing elements that are harmful to the environment if disposed of improperly. Mr. Roche noted some of the elements in those appliances and the problems they cause once they find their way into our water supplies. He also noted the various appliances we all have and use daily that contain hazardous materials. Mr. Roche pointed out that these elements are not harmful to the consumer while they remain in the appliance. It is only when the elements are broken down in our landfills and find their way into our water supplies that they become harmful. He stressed the importance of not throwing these appliances in the regular trash or even in the recyclable trash. They must be taken to a facility specifically designed to recycle electronics. He explained the laborious process in recycling these appliances and that it does cost to have them recycled.

Joy In Our Town #83	30:00	15:00	L	PA/O	04/15/2011 04/16/2011 04/21/2011	11:00AM 01:30AM 10:00AM
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Our host, Anitha Jones, and guest, Mr. Donald Roche of the City of Aurora, talked about the problem of overcrowded landfills and the few workable solutions currently available. Mr. Roche described the kinds of problems caused by those overcrowded landfills and stated that at least seventy percent of the trash the average household throws out can be recycled. He identified a number of items that should never be placed in our landfills, but recycled instead. He discussed the Pay-As-You-Throw concept and explained that the name is misleading. People would only pay for their non-recyclable trash, referring back to the thirty percent he mentioned previously. He explained Single-Stream recycling and mentioned drop-off locations.

# Trinity Broadcasting Network

## *Quarterly Report*

July·August·September·2011

KPJR-TV

Greeley/Denver, Colorado

Ascertainment List  
Leading Community Issues

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

*Crime*

*Health*

*Substance Abuse*

*Unemployment*

*Youth*

*Civic*

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Crime*

Joy In Our Town #84	30:00	15:00	L	PA/O	08/18/2011	02:00AM
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Guest, Krista Flannigan, JD, Director of Public Information and Community Partnerships of the District Attorney's office, and our host, Dr. Sherry Jones, addressed the problem of identity theft and the fact that there is no such thing as being too careful when it come to protecting our identity nowadays. It seems every day we hear of another scheme or device invented to rob someone of their identity. Ms. Flannigan explained that a few years ago, those most at risk of identity theft were seniors, but that soon shifted to those who were between the ages of 18 and 25. Now, the fastest growing number of incidents is for those under the age of 18. She stated that there are approximately 9 million people annually who have their identity stolen. She went on to talk about the most common sources of stolen information and the difficulty in cleaning up the problems ID theft causes. Ms. Flannigan described the process of getting your credit rating back to "pre-theft" status, and where one can go for help if their identity is stolen.

Joy In Our Town #84	30:00	15:00	L	PA/O	08/18/2011	02:00AM
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Host, Dr. Sherry Jones, and our guest, Krista Flannigan, JD, Director of Public Information and Community Partnerships, of the District Attorney's office, discuss how thieves use another person's identity when committing a crime, and the problems that causes for the victim. She explained that it is essentially up to the victim to prove they are not the one who committed the crime, which can be very time consuming and expensive. She also described the problem of medical ID theft and how this is used to acquire health insurance, file fraudulent claims, or even to get surgeries and prescriptions under the victim's name. This can cause the victim to be denied medical care because their benefits have been maxed out.

Joy In Our Town #102	30:00	15:00	L	PA/O	08/26/2011	11:00AM
					08/27/2011	01:30AM
					08/29/2011	09:30AM
					08/30/2011	01:30AM
					09/01/2011	01:30AM

Our host, Dr. Sherry Jones, and guest, Trevor Materasso, Investigator with the Westminster Police Department, talked about the impact gangs have on our community. Investigator Materasso described how typically, existing gangs come here from other states rather than new gangs springing up. When asked how many gang members are actually in the Westminster and surrounding area, he stated that about 180 individuals meet the criteria of being in a gang, and that there are about 25 to 30 different known gangs locally. He explained the reason we don't have much of a problem with gang "territories," and why and how gang members leave a gang. Investigator Materasso talked about why kids get into gangs and the general age of a gang member. He also described some of the educational/intervention programs the department has to discourage kids from becoming part of a gang. He described behaviors to watch for and strongly encouraged family involvement to discourage gang enticement.

Joy In Our Town #102	30:00	15:00	L	PA/O	08/26/2011	11:00AM
					08/27/2011	01:30AM
					08/29/2011	09:30AM
					08/30/2011	01:30AM
					09/01/2011	01:30AM

Investigator Trevor Materasso, our guest from the Westminster Police Department, and host Dr. Sherry Jones, discussed the issue of road rage. Investigator Materasso explained that as our roadways become more congested, drivers can become more irritated. He also said some drivers are just high-stress individuals, and it doesn't take much to aggravate them. When we do become irritated, he suggested that we all keep in mind there may be other factors involved -- loss of a job, economic or family issues -- that have nothing to do with what just occurred on the road, and we should take those into consideration before reacting negatively and in anger. He also expressed concern over the seriousness of road rage incidents that are escalating to homicide and vehicular assault. He suggested if you encounter someone tailgating you, let them pass, even if you have to exit the road you're on. He also recommended calling \*CSP or 911 to report an aggressive driver. He stressed the need to step back and think of the consequences of yielding to road rage. He talked about the various legal charges that may result from an act of road rage, some even being criminal charges, not just traffic.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Crime (cont.)**

Joy In Our Town #107	30:00	15:00	L	PA/O	09/23/2011	11:00AM
					09/24/2011	01:30AM
					09/26/2011	09:30AM
					09/27/2011	01:30AM
					09/29/2011	01:30AM

Guest, Trevor Materasso, Investigator with the Westminster Police Department, and host, Ben Carlson, address the issue of domestic violence in our communities. Investigator Materasso described domestic violence as an attachment to crimes that occur between people who have or had an intimate relationship. The actual crime the perpetrator is charged with is not 'domestic violence,' but rather assault, battery, harassment, etc. He stated that a domestic violence call is one of the most dangerous for an officer because it is always an emotionally charged incident, and the officer is going into that home where there may be weapons. He also described what an officer needs to be prepared for when he/she arrives at the home, and the skills needed to get to the truth of what actually happened. Investigator Materasso explained some of the causes behind domestic violence, such as issues with the economy, loss of a job or financial stresses. When asked about who reports the violence, he said it's often the victim, or perhaps a neighbor, and sadly, even children in the home. He discussed the extra care that's needed when children are involved, and Social Services may need to be called in. He talked about the punishment for an offender, which is a mandatory arrest, no bond, and the offender must appear before a judge. A restraining order is put in place and the victim is notified when the offender is released from jail. He mentioned some facilities that offer help in these areas and suggested getting help before the line is crossed.

Joy In Our Town #107	30:00	15:00	L	PA/O	09/23/2011	11:00AM
					09/24/2011	01:30AM
					09/26/2011	09:30AM
					09/27/2011	01:30AM
					09/29/2011	01:30AM

Host, Ben Carlson, and guest, Bonnie Brandl, Director of National Clearinghouse on Abuse in Later Life (NCALL), talked about elder abuse. Ms. Brandl explained that with the aging of the Baby Boomer generation, the number of older adults is increasing, and so are cases of abuse, neglect and exploitation of the elderly. She stated that our society is well aware of what child abuse, sexual assault and domestic violence are, but we are just now beginning to understand elder abuse. She identified some of the probable causes for seeing more elder abuse, one being the economy. More families are having to move back home with their elderly parents, and many are being taken advantage of and exploited by their own children and grandchildren. She defined elder abuse as physical, sexual, emotional, financial exploitation or neglect and is most often committed by a family member, caregiver or other person of trust. Ms. Brandl stated that in a recent small study one in ten seniors reported being abused. She also discussed what to do if you suspect abuse and mentioned several organizations available to help and that would also appreciate volunteer help.

## **Health**

Joy In Our Town #73	30:00	15:00	L	PA/O	09/08/2011	02:30AM
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Peggy Mercorella, Health and Safety Education Specialist from the American Red Cross Mile High Chapter, and our host, Theresa Melaragno, talked about the recently revised guidelines for administering CPR. Research has found that compression-only is as effective as compression with rescue breaths in an emergency. They also discussed the benefits of taking a Red Cross life saving class. Ms. Mercorella explained that for various reasons, an ambulance may not always be readily available, and when seconds count, the person with CPR training may be the difference between life or death for the person in need. They also discussed the special training required to become a Red Cross Volunteer Instructor, and how to enroll in one of the health and safety classes.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Health (cont.)*

Joy In Our Town #73	30:00	15:00	L	PA/O	09/08/2011	02:30AM
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Host, Theresa Melaragno, and guest, Gwen Wernersbach, Save A Life Denver Program Administrator, from the American Red Cross Mile High Chapter, discuss sudden cardiac arrest and how it differs from a heart attack. Ms. Wernersbach stressed the need for immediate action for those experiencing sudden cardiac arrest, and explained that, unfortunately, the only treatment is defibrillation. She is part of a preparedness team building the Save A Life Denver Public Access to Defibrillation (PAD) program. This team is working to place AEDs (Automated External Defibrillator) in as many public places as possible. This would include venues such as sports arenas, schools, churches, shopping malls, and anywhere crowds of people are likely to gather. She brought an AED to demonstrate just how easy the device is to operate, and to alleviate any fears a person might have in using the device. Ms. Wernersbach explained how to go about getting an AED placed in a public facility, and volunteer opportunities at the Red Cross.

Joy In Our Town #100	30:00	15:00	L	PA/O	08/12/2011	11:00AM
					08/13/2011	01:30AM
					08/15/2011	09:30AM
					08/16/2011	01:30AM
					08/18/2011	01:30AM

Host, Dr. Sherry Jones, and our guest, Dr. Elisabeth Lawazceck, a public health veterinarian with the Colorado Dept. of Public Health and Environment, talked about West Nile Virus. Dr. Lawazceck explained that the virus is basically maintained within the bird population. When a mosquito bites a bird with the virus, then bites a human, the human is then infected with the virus. It cannot be transmitted from animal to human or from human to human. Colorado has frequently led the nation in cases of West Nile, but it can manifest anywhere there is standing water, which is where the mosquitos lay their eggs. People 50 years and over seem to be most at risk for experiencing the most severe symptoms. Symptoms include headache, fever, fatigue and body aches, but can also include a rash on the trunk of the body. Symptoms can appear any where from 2 to 15 days after being bitten. There are no drug treatments for West Nile, and recovery may take as little as a few weeks to a couple of years. Long term neurological problems may remain. Dr. Lawazceck stressed such safety measures as draining any standing water, avoiding outdoor activities at dusk and dawn and using repellants containing Deet. She went on to explain the methods used to track the mosquitos that carry the virus and probabilities of future outbreaks of West Nile.

Joy In Our Town #100	30:00	15:00	L	PA/O	08/12/2011	11:00AM
					08/13/2011	01:30AM
					08/15/2011	09:30AM
					08/16/2011	01:30AM
					08/18/2011	01:30AM

Guest, Dr. Lisa Miller, M.D., MSPH and Division Director of Disease and Environmental Epidemiology with the Colorado Dept. of Health and Environment, and host, Dr. Sherry Jones, discuss the importance of making sure children are up to date with all immunizations before sending them back to school. Dr. Miller stated that vaccines are among the top 10 public health achievements of all time. She explained how vaccines work in controlling infectious diseases and the important times to have those vaccines administered. She talked about not only protecting our children by having them vaccinated, but also, by avoiding contracting the disease, children won't be infecting those who would otherwise be vulnerable to it -- those who may have weak or impaired immune systems or those who are, for various reasons, unable to receive the vaccines. She explained who sets the requirements for who needs the vaccines and when they should receive them. She also discussed the recent concerns about diseases that had been basically eliminated in the U.S., but are making a come-back in Europe, Asia and Africa. Americans who travel or come in contact with people from these countries are at greater risk of contracting the diseases and spreading them to others who have been lax in being immunized for them. Dr. Miller also addressed parents' fears of side effects from vaccines and stressed the benefit of the vaccine versus the temporary discomfort that may exist. She mentioned several sources a family could contact if they could not afford the immunizations.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Health (cont.)***

Joy In Our Town #103	30:00	15:00	L	PA/O	09/02/2011	11:00AM
					09/03/2011	01:30AM
					09/05/2011	09:30AM
					09/06/2011	01:30AM
					09/08/2011	01:30AM
					09/22/2011	02:30AM

Host, Joyce Zounis, and guest, Kyle Legleiter, Active Living Director, Prevention Services Division, of the Colorado Dept. of Public Health and Environment discussed the problem of obesity. Even though Colorado is the leanest state in the nation, Colorado's adult obesity rate has more than doubled in the past 14 years. And, with more than half of Colorado adults being obese or overweight, even more troublesome is that 1 in 4 children are also overweight or obese. He explained how to calculate Body Mass Index, which determines if you are overweight or obese. Mr. Legleiter talked about some of the causes of weight gain in adults and children, and noted that a number of health issues are brought on by obesity, including high blood pressure, heart disease, stroke and even some types of cancer. He stated that the health care costs of the obesity epidemic in our nation have reached \$1 billion annually. He mentioned several organizations the State has partnered with to combat the obesity issue, and talked about simple, inexpensive things everyone can do to maintain a healthy weight. He mentioned several resources people could go to for additional information.

Joy In Our Town #103	30:00	15:00	L	PA/O	09/02/2011	11:00AM
					09/03/2011	01:30AM
					09/05/2011	09:30AM
					09/06/2011	01:30AM
					09/08/2011	01:30AM
					09/22/2011	02:30AM

Guest, Michelle Hansen, MS, RD, CDE, Unit Director, Self-Management Services, Chronic Disease Branch of the Colorado Dept of Health and Environment, and host, Joyce Zounis, discuss diabetes and the health complications associated with the disease. Ms. Hansen explained the differences between Type 1 and Type 2 diabetes and the physical problems that can accompany diabetes, such as blindness, amputation, renal failure, heart disease, stroke and nerve damage. She stated that those over the age of 45 were more susceptible to getting Type 2 diabetes and noted some symptoms to be aware of. Anyone at risk of having diabetes should have their blood glucose checked and watch for warning signs including increased thirst, increased urination, unexplained weight loss, fatigue and depression. She encouraged eating a healthy, balanced diet and getting at least 30 minutes of exercise daily.

Joy In Our Town #105	30:00	15:00	L	PA/O	09/16/2011	11:00AM
					09/17/2011	01:30AM
					09/19/2011	09:30AM
					09/20/2011	01:30AM
					09/22/2011	01:30AM
					09/29/2011	02:00AM

Host, Joyce Zounis, and our guest, Diane Mulligan of Mulligan & Co., LLC, discuss strokes and the importance of being aware of the symptoms. Ms. Mulligan explained that stroke will impact four out of five families. Recognizing the symptoms, such as no longer being able to see, speak, move your arms or legs, seeing only half of an object you're looking at, sudden confusion, slurred speech or paralysis, and getting treatment immediately is vital to the recovery from stroke. She explained the difference between a stroke and a heart attack and the types of stroke one might experience. Eighty percent of strokes will be ischemic, or clot related, and the most treatable. Hemorrhagic strokes involve a burst blood vessel and are more difficult to treat. She stated that more men than women will have a stroke, but more women than men will die from stroke. In fact, women are twice as likely to die from stroke than from breast cancer. Ms. Mulligan went on to discuss the risk factors to be aware of and the importance of getting them under control. She also stressed the importance of knowing which facilities in your area are best equipped to treat strokes and ask to be taken to one of them in the event you suffer a stroke. Every minute is critical, and some treatments must be administered within a 3-hour window. She concluded by stating that children also have strokes. We need to recognize the symptoms, regardless of the age of the person, and get help immediately.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Health (cont.)**

Joy In Our Town #105	30:00	15:00	L	PA/O	09/16/2011	11:00AM
					09/17/2011	01:30AM
					09/19/2011	09:30AM
					09/20/2011	01:30AM
					09/22/2011	01:30AM
					09/29/2011	02:00AM

Guest, Diane Mulligan, of Mulligan & Co., LLC, and host, Joyce Zounis talked about ways to help children more readily choose healthier foods and behaviors and encourage them to take their and their family's health seriously. Ms. Mulligan stated she found that music and dance was a wonderful way to engage kids and that they retained what was taught when music and dance were employed. Instead of preaching to our kids, if we can effectively explain what moderation is, what a serving size is, and how amazing our bodies are, it is much easier to teach them the importance of taking care of their bodies. Statistics say that this generation of children will not live to be as old as their parents. It's estimated one in three children today will develop diabetes. Health is a serious issue for our children, but as parents, we need to make teaching them about health fun and enjoyable. Ms. Mulligan related that many organizations are beginning to use music and dance as a method of teaching children the importance of good health. By engaging as many parts of the brain as possible, the information is sent to the long term memory, and tests showed that 80% of what they learned in these classes was retained. Also, by fully engaging the students with the type of music and dance they enjoyed, they were excited about what they learned and eager to go out and teach the lessons they learned about good health to family and friends.

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

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

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## *Health (cont.)*

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

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

Doctor to Doctor #314	28:30	28:30	REC	PA/O/E	8/23/2011	9:30 AM
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**Dr. Isabel Lopez** talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. **Dr. James Krystosik** talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. **Dr. Carl Schmidt** talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.

Doctor to Doctor #315	28:30	28:30	REC	PA/O/E	8/30/2011	9:30 AM
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**Dr. Stephanie Blenner** talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. **Dr. Dale Peterson** talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. **Dr. Bernice Gonzalez** talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.

Doctor to Doctor #316	28:30	28:30	REC	PA/O/E	9/06/2011	9:30 AM
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**Dr. Valerie Saxon** talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. **Dr. Wayne Gordon** talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. **Dr. Rick Winick** talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## *Health (cont.)*

Doctor to Doctor #317	28:30	28:30	REC	PA/O/E	9/13/2011	9:30 AM
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**Dr. Mark Brown** talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. **Kay Spears** talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. **Dr. Brian Nimphius** talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrae move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.

Doctor to Doctor #318	28:30	28:30	REC	PA/O/E	9/20/2011	9:30 AM
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**Dr. Barbara Madden** talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. **Dr. Sylvia Johnson** talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. **Dr. Allen Moore** talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.

## *Substance Abuse*

Joy In Our Town #96	30:00	15:00	L	PA/O	07/15/2011	11:00AM
					07/16/2011	01:30AM
					07/18/2011	09:30AM
					07/19/2011	01:30AM
					07/21/2011	01:30AM
					09/08/2011	02:00AM

Our guest, Greg Fabisiak, Environmental Integration Coordinator with the Colorado Department of Public Health and Environment, and our host, Dr. Sherry Jones, discuss the dangers of unused prescription drugs and the way they are disposed of, and the accessibility of our unused prescriptions to those who would unlawfully acquire and misuse them. Mr. Fabisiak stated that well over \$17 billion were spent on over-the-counter drugs alone in 2009, and there are one hundred thousand active ingredients in those drugs. Additionally, 2.8 million pounds of pharmaceuticals are unused and wasted each year, plus 1.5 million pounds that are not used at long term care facilities. The Department of Health conducted a telephone survey asking people how they disposed of their unused medications, and 37% said they throw them in the trash, 12% flushed them, and only 10% took them to a collection program. It is an area of great concern that those drugs put into our landfills and sewers will eventually find their way into our drinking water. Mr. Fabisiak talked about ways of reducing the amount of medications that go to waste, and taking advantage of programs such as Colorado Medication Take Back Project and the National Take Back event. The DEA and local law enforcement also take narcotics and controlled substances, which only they are allowed to collect. Some local stores are also offering mail back envelopes for unused medications to be returned instead of being discarded. Mr. Fabisiak has headed a pilot program that collected 5 tons of medication in an 18 month period. Just imagine if that had found its way into our drinking water, and yet, it's only a small portion of the amount of drugs being thrown out with the potential of entering our water supply. He hopes to get a permanent program in place that will continue to collect unused and expired medications and dispose of them safely.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Substance Abuse (cont.)***

Joy In Our Town #96	30:00	15:00	L	PA/O	07/15/2011	11:00AM
					07/16/2011	01:30AM
					07/18/2011	09:30AM
					07/19/2011	01:30AM
					07/21/2011	01:30AM
					09/08/2011	02:00AM

Our Guest, Beverly Gmerek, Program Coordinator with Peer Assistance Services, and our host, Dr. Sherry Jones, talked about the effect prescription drug abuse has on the safety of the general public. Ms. Gmerek first explained the difference between prescription drug abuse and misuse, citing that abuse is using a medication just for a specific feeling it gives, while misuse might be described as using someone else's prescription for a similar ailment you are experiencing. She cited 2009 statistics showing prescription drug abuse is far more prevalent than street drug abuse. Ms. Gmerek believes the reason for such a glut of prescription drugs is that 70 – 75% of all Dr. visits end with a prescription being issued. She also stressed the importance of reading and following all label directions. Accidental deaths are reported every year due to combining the prescription with other substances that make it lethal. She also stated that stock-piling unused prescriptions can lead to break-ins and theft of the drugs. She also pointed out that anyone with a camera/cell phone can take a picture of your medicine bottle and have all the information they need to get their own prescription using your name. She suggested keeping your medications someplace hidden and out of view. Ms. Gmerek strongly urged people to use their pharmacist as a resource for all questions relating to their medications, from how and when to take them, to possible interactions, to the disposal of them.

Joy In Our Town #104	30:00	15:00	L	PA/O	09/09/2011	11:00AM
					09/10/2011	01:30AM
					09/12/2011	09:30AM
					09/13/2011	01:30AM
					09/15/2011	01:30AM
					09/22/2011	02:00AM
09/29/2011	02:30AM					

Host, Dr. Sherry Jones, and our guest, Emily Tompkins, State Executive Director of Mothers Against Drunk Driving (MADD), discussed the problem of driving drunk. Ms. Tompkins stated that in 2009, 159 people in Colorado were killed by drunk drivers, and many more were injured. Overall, 6,000 teens die each year in alcohol related car crashes. She explained that a young brain and body are ill-equipped to handle alcohol and the consequences are often deadly. The underage teen or youth who consumes alcohol is more likely to drop out of school, become involved in physical assaults, sexual assaults, much more likely to drive drunk as an adult, and one-third more likely to be involved in an alcohol-related crash later in life. She stated that the science behind the minimum legal drinking age of 21 is well supported. Ms. Tompkins mentioned several programs that address the problem of underage drinking, and also expressed concern regarding the perception parents have about their children and drunk driving and the actual occurrences of their children driving drunk. She talked about the liability of those serving alcohol to minors.

Joy In Our Town #104	30:00	15:00	L	PA/O	09/09/2011	11:00AM
					09/10/2011	01:30AM
					09/12/2011	09:30AM
					09/13/2011	01:30AM
					09/15/2011	01:30AM
					09/22/2011	02:00AM
09/29/2011	02:30AM					

Guest, Trevor Materasso, Investigator with the Westminster Police Department, and host, Dr. Sherry Jones, talked about the dangers of driving drunk. He addressed the legal blood alcohol limits and the methods a police officer might use to determine if a person is driving drunk. He stated that despite the advice of some, there is no "rule of thumb" as to how many drinks a person can consume before becoming too impaired to drive and said if someone is going to drive, they should not drink at all. He talked about the inventive methods used by teens to acquire alcohol, but stated the most alarming is when parents or guardians buy and serve the alcohol to their teens. Investigator Materasso described the penalties for drinking and driving, stating that first time offenders receive a five-day jail sentence and a subsequent offender will receive a 90-day jail sentence. Sadly, 30% are repeat offenders. He explained some of the educational tools the police departments use to educate teens about driving drunk, stating School Resource Officers play a very important role in reaching teens with their message. He encouraged viewers to call 911 if they see someone on the road who appears to be intoxicated and cautioned them let the police handle the situation. He also addressed the responsibility an establishment has toward their customers and knowing when not to serve a person any more alcohol.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Unemployment**

Joy In Our Town #45	30:00	15:00	L	PA/O	08/19/2011	11:00AM
					08/20/2011	01:30AM
					08/22/2011	09:30AM
					08/23/2011	01:30AM
					08/25/2011	01:30AM

Host, Anitha Jones, and guest, Perry Sawano, Financial Consultant for Integrity Financial Solutions, Inc., discuss the reasons why so many people are out of work, even after the government has made great efforts to boost our economy with stimulus and recovery funds. Mr. Sawano also talked about employers having to reduce benefits, freeze wages and eliminate salary increases. He explained why the internet and technology in general are actually becoming a barrier to people finding work or improving their careers, and talked about which industries are the most likely to benefit and those most likely to suffer from the current direction of our economy. Mr. Sawano expressed the need to be proactive in increasing your value in your current employment, and effectively networking to find the best jobs and careers.

Joy In Our Town #45	30:00	15:00	L	PA/O	08/19/2011	11:00AM
					08/20/2011	01:30AM
					08/22/2011	09:30AM
					08/23/2011	01:30AM
					08/25/2011	01:30AM

Our guest, Brad Hawkins, of Integrity Financial, discussed with host, Anitha Jones, how people who are seeking alternatives to employment can begin a home-based business. He shared how many people in our community have lost jobs through a turn in our economy and are looking for ways to make a living and/or supplement their income. He talked about the financial challenges families will be facing in the future and why there are fewer employment opportunities for teenagers and young adults to find part-time work. He shared valuable tips and ideas for starting an in-home family business and where resources for beginning this venture can be found.

Joy In Our Town #98	30:00	15:00	L	PA/O	07/29/2011	11:00AM
					07/30/2011	01:30AM
					08/01/2011	09:30AM
					08/02/2011	01:30AM
					08/04/2011	01:30AM

Our guest, Gary Hansen, of Inspired Calling, and host, Anitha Jones, discuss what Mr. Hansen calls the Life Change Cycle, or the changes that take place when someone loses a job. Mr. Hansen describes the very predictable emotions one will experience – denial, anger, the “blame game”, disorganized thinking, and chaos. He also stated there is a spiritual side to understanding our emotions and the need to reach out and connect with trusted friends. Isolation is a huge enemy, and he encourages establishing an “encouragement team” - those who will listen and encourage you, and not drag you down emotionally. He also stated that you should reflect on the things you learned and the positive things that happened during the time you were employed. Mr. Hansen stressed that an HR professional can spot anger in a person during an interview, and they will not hire an angry employee. Effectively dealing with negative emotions is vital to finding new employment. You need to build confidence in yourself and be confident in your future. He suggests volunteering as a great way to do this, or journaling to help you identify areas of progress.

Joy In Our Town #98	30:00	15:00	L	PA/O	07/29/2011	11:00AM
					07/30/2011	01:30AM
					08/01/2011	09:30AM
					08/02/2011	01:30AM
					08/04/2011	01:30AM

Host, Anitha Jones, and our guest, Gary Hansen, of Inspired Calling, talk about “traditional networking” and the idea of ‘getting more than giving’. This attitude is not honoring and people will begin to resent always being asked to help you. Rather, we should apply the “golden rule” for networking and ask what we would like others to do for us, then take the initiative and do it for others first. Mr. Hansen then described “effective networking” as networking from the heart, where like-minded people get together to encourage, care for and inspire each other. We should listen for opportunities to help others. When asked when the best time to begin networking is, Mr. Hansen replied the best time to start is before you need it. We should be networking every single day of our life, not when we are in a panic situation. We should be looking for opportunities to help others, and in that way, they will be more inclined to help you when you are in need.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Youth*

Joy In Our Town #94	30:00	15:00	L	PA/O	7/01/2011	11:00AM
					7/02/2011	01:30AM
					7/05/2011	01:30AM
					7/07/2011	01:30AM

Our guest, Sarah Dixon, Director of Marketing and Communication with Denver Public Schools Foundation, and our host, Dr. Sherry Jones, talked about the importance of engaging our students in structured activities during the Out of School Time (OST) hours. This is typically between the hours of 3:00 p.m. and 6:00 p.m. and the summer hours, when children often engage in risky behaviors. Ms. Dixon explained the "summer slide" as when children leave school at the end of the school year, and spend the summer in an unstructured, unsupervised environment. They actually regress academically and test lower than before they left for the summer break. She explained that many families can't send their children to summer camps or take them on vacations or enroll them in special activities to keep them engaged, and having OST programs for these students is important. Ms. Dixon also talked about the great opportunities for social development in the OST programs, not only with fellow students, but also with adults.

Joy In Our Town #94	30:00	15:00	L	PA/O	07/01/2011	11:00AM
					07/02/2011	01:30AM
					07/05/2011	01:30AM
					07/07/2011	01:30AM

Our Guest, Katherine Plog-Martinez, Sr. Manager with Denver Public Schools Department of Extended Learning and Community Schools, and our host, Dr. Sherry Jones, talked about some of the risky behaviors children often engage in during the Out of School Time (OST). This is often because there is little supervision or simply an unstructured environment. They also are likely to be more sedentary and not eat healthy foods. Ms. Plog-Martinez emphasized the importance of getting children into OST programs, especially those from needy families, in order to keep them from the risky behaviors and to help them thrive in a healthy environment. She relayed examples of how the program has proven invaluable to students in the programs. Students can often carry over the classroom content into the OST and extend the learning process. They also provide extra-curricular opportunities for the students.

Joy In Our Town #37	30:00	15:00	L	PA/O	07/08/2010	11:00AM
					07/09/2010	11:00AM
					07/11/2010	01:30AM
					07/12/2010	09:30AM
					07/14/2010	01:30AM
					09/01/2011	02:30AM

Host Wendy Henkelman and our guest, Shelly Donahue an educational trainer from WAIT Training discussed how there are many students today who are surrounded by unhealthy broken relationships and lack the foundations and skills to produce healthy relationships. Ms. Donahue trains teacher, parents, and students on sexual abstinence. She shared how this training is changing the face of schools and students. Ms. Donahue shared the importance of parents influence in their children's lives and gave statistics for those in the schools who are waiting until marriage to have sex compared to those statistics of the past. She also shared the reasons teenagers wait to have sex in spite of the pressures in our culture to have sex before marriage or live together. Ms. Donahue used props such as an etch-a-sketch, waffle, and spaghetti to explain the complexity of how boys and girls are different and how with the right choices they can begin over.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Youth (cont.)*

Joy In Our Town #37	30:00	15:00	L	PA/O	07/08/2010	11:00AM
					07/09/2010	11:00AM
					07/11/2010	01:30AM
					07/12/2010	09:30AM
					07/14/2010	01:30AM
					09/01/2011	02:30AM

Host Wendy Henkelman and Shelly Donahue of WAIT Training speak about how sex education and safe sex are taught in the schools but sexual abstinence is not. They discussed the mentality in society and particularly the educational communities where people believe that teenagers are going to have sex no matter what they are told so it is better to teach them to be safe in sexual relations rather than abstain. She also shared the mentality that youth will be shamed if they abstain from sexual relations. Ms. Donahue shared how the schools approach of safe sex by handing out condoms and contraception to prevent pregnancy and STD's has not worked as they had hoped but rather how when teenagers abstain from sexual relations the STD statistics dropped. She also shared healthy tips for parents of how they can help their teenagers with healthy relationship skills, boundaries, and wise choices.

Joy In Our Town #108	30:00	15:00	L	PA/O	09/30/2011	11:00AM
					10/01/2011	01:30AM
					10/03/2011	09:30AM
					10/04/2011	01:30AM
					10/06/2011	01:30AM

Guests, Jenna Johnson, Youth Recreation Coordinator for Commerce City, and Officer Kayla Fender with the Commerce City Police Department, and host, Ben Carlson, talked about the unique youth program initiated in Commerce City called the Youth and Teen Advisory Committee. Ms. Johnson explained that the Millennial and Generation Z generations growing up today are very different from their predecessors. These kids are the first "digital natives" with life-long access and use of electronic media and communication devices such as the Internet, text messaging, cable, cell phones, etc. She explained that these kids are a very self centered, opinionated generation and pose a new set of challenges. Officer Fender stressed the need for parent involvement in all areas of these kid's lives, even though parents may not fully understand their world. Because of these challenges for both parent and child, Commerce City created the Youth and Teen Advisory Committee to give kids a voice in what activities were made available to them, and the parents are encouraged to participate in the activities with them. They talked about the numerous and varied programs offered and also discussed the process in which the Advisory Committee members are selected.

Joy In Our Town #108	30:00	15:00	L	PA/O	09/30/2011	11:00AM
					10/01/2011	01:30AM
					10/03/2011	09:30AM
					10/04/2011	01:30AM
					10/06/2011	01:30AM

Host, Ben Carlson, and guests, Jenna Johnson, Commerce City's Youth Recreation Coordinator, and Officer Kayla Fender from the Commerce City Police Department discuss the Positive Youth Ticketing Program that has been implemented in Commerce City. Because this new generation of kids is growing up in an uncertain economy with increasing unemployment, rising cost of living, and the ever widening gap between the "haves" and "have-nots," coupled with their desire for instantaneous gratification, it's easy for today's youth to find themselves in compromising or difficult situations. Ms. Johnson and Officer Fender explained that the tickets look like an actual ticket that would be given an offender, but that these tickets are issued to kids when they do something positive, not for breaking the law. As an example, they issued tickets to two teens who found a two year old child wondering alone in a park, called police from their cell phone, and stayed with the child until police arrived. The tickets can be redeemed at the Youth Recreation Center for such things as movie tickets, pizza or pool passes. The program has earned approval from parents and teens alike.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Civic*

Joy In Our Town #32	30:00	15:00	L	PA/O	08/05/2011	11:00AM
					08/06/2011	01:30AM
					08/08/2011	09:30AM
					08/09/2011	01:30AM
					08/11/2011	01:30AM

Host Dr. Raleigh Washington and our guest, Jon Monson, the Water & Sewer Director from the City of Greeley CO talked about how the population is growing so rapidly in our communities and water is scarce. Colorado depends solely on natural resources for its water and there are several issues facing water utilities in the future. Mr. Monson shared with Dr. Washington the fact that there is a water supply gap in Northern Colorado and how there is a failing infrastructure. Mr. Monson shared the ways that the City of Greeley is working to acquire water in order to secure the future for Colorado residents. He also talked about some of the other projects that are helping sustain Greeley's infrastructure in addition to more on the Greeley water conservation program.

Joy In Our Town #32	30:00	15:00	L	PA/O	08/05/2011	11:00AM
					08/06/2011	01:30AM
					08/08/2011	09:30AM
					08/09/2011	01:30AM
					08/11/2011	01:30AM

Host Dr. Raleigh Washington and our guest, Jon Monson, the Director from the City of Greeley's Dept. of Water and Sewer, talked about the water storage projects involving the north fork of the Cache La Poudre River, that the city has in place to insure enough water for the future. If water is not stored Colorado could run into a shortage if there was a drought. Since Colorado depends on natural resources for its water he shared the importance of communities storing water. He shared that other communities and organizations are also involved and supporting the projects they are planning. Mr. Monson says it is important to have shared vision processes in place for the overall plans to succeed.

Joy In Our Town #78	30:00	15:00	L	PA/O	08/18/2011	02:30AM
					09/15/2011	02:00AM

Host, Joyce Zounis, spoke with today's guest, City Manager of Commerce City, Jerry Flannery, about the global economic crises. He stated that the high unemployment, stock market volatility, and ambiguous federal and state policy direction have created an uncertain business climate, and local governments must face the challenges of how best to attract and retain businesses. Mr. Flannery talked about the challenges facing business operation today, saying we are experiencing the greatest economic downturn since the Great Depression in the 1920s. He discussed how federal and state policies impact business operations, and specifically addressed the innovative plans and developments now in place in Commerce City, from residential planning and home designs to interactive on-line progress reports for the Customer Response Management System. Mr. Flannery described the Business Advancement Task Force and the Business Advisory Committee, giving business a voice in the City. He explained that the City Hall is a result of public private partnership, and that open communication is an important tool to change the business environment.

Joy In Our Town #78	30:00	15:00	L	PA/O	08/18/2011	02:30AM
					09/15/2011	02:00AM

Our guest, Jerry Flannery, City manager of Commerce City, and Joyce Zounis, our host, discuss how business incentives have long been a tool of the trade to lure companies to new locales, and how public sector incentives can provide a more competitive economic climate for business. Supporters tout the need to entice and reward businesses for risk taking, while critics question the deals and potential loss of long-term tax benefits. Mr. Flannery explained what business incentives are and how the process typically works. He explained the safeguards local governments can put in place to protect taxpayers. Mr. Flannery and Ms. Zounis also discussed how a robust incentive program can level the playing field for attracting businesses and retaining existing businesses. He noted examples of Commerce City's unique programs and explained what other municipalities could learn from their experiences.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Civic (cont.)***

Joy In Our Town #92	30:00	15:00	L	PA/O	09/15/2011	02:30AM
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Host, Dr. Sherry Jones, and our guests, Barbara Kirkmeyer, William Garcia and Sean Conway, all Commissioners for Weld County, discuss the fact that Weld County is the only county in Colorado to be debt free. In 1976 the Weld County citizens petitioned for and passed a Home Rule Charter, putting in place a spending cap, much like TABOR (the Taxpayer's Bill of Rights), but even more strict in many respects. They have no county sales tax, no use tax, and even refund to the citizens 5.25 mils on property taxes, yet maintain a contingency fund of more than \$27 million, as well as a capital improvement fund that allows them to pay cash for needed improvements. Weld County is considered Colorado's energy nexus, employing such industries as oil and gas, solar and wind energy, livestock, and being the largest agricultural county outside of CA and FL. In the near future, they plan to bring to Weld County one of only 14 or so data centers that will exist in the entire country. Weld County's "energy cluster" has been credited with keeping Colorado's unemployment rate lower by one full percentage point.

Joy In Our Town #92	30:00	15:00	L	PA/O	09/15/2011	02:30AM
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Our Guests, Weld County Commissioners Barbara Kirkmeyer, Sean Conway, and Bill Garcia, and our host, Dr. Sherry Jones, talk about Weld County's 150<sup>th</sup> anniversary being celebrated this year. They talked about the first settlers being fur traders and military settlements, with Ft. Lupton actually celebrating its 175<sup>th</sup> anniversary this year. Weld County's history was well documented in James Michener's book, "Centennial", and the town of Cornish is where the famous prehistoric "Folsom Man" was discovered. When asked about the reasons for growth in Weld County they believe it is because of the abundant water supply, as well as the low taxes and "open for business" philosophy, and small town feel of the communities within the county, yet close to downtown Denver and all the amenities it has to offer. They also described some of the celebrations surrounding the anniversaries of some of the towns in Weld County, and invited anyone with ties to the county to go their website and share their stories.

Joy In Our Town #97	30:00	15:00	L	PA/O	07/22/2011	11:00AM
					07/23/2011	01:30AM
					07/25/2011	09:30AM
					07/26/2011	01:30AM
					07/28/2011	01:30AM

Our host, Anitha Jones, and our guests, the Honorable Nancy McNally, Mayor of the City of Westminster, and Brent McFall, City Manager of the City of Westminster, discuss the recent announcement that the city's economic development authority was acquiring the majority of the property at the Westminster Mall. Mr. McFall gave a brief history of the Mall which opened in 1977. At its peak, it had 150 stores, but as malls go, they begin to "go black" or fail, at approximately 30 years. It has now "gone black" and currently has only 5 stores. They described how the city began buying the properties as stores closed and moved out, until now, they own 105 of the 108 acres on the site. They reiterated that the city is not in the business of owning or operating a mall, but that they are now in a position to sell the property to a developer. They talked about when demolition will begin and what will happen to the tenants who are staying. When asked about the future plans for the site, they described a mixed-use community, a new "downtown" for Westminster.

Joy In Our Town #97	30:00	15:00	L	PA/O	07/22/2011	11:00AM
					07/23/2011	01:30AM
					07/25/2011	09:30AM
					07/26/2011	01:30AM
					07/28/2011	01:30AM

Our guest, Captain Mike Reddy, the Emergency Management Coordinator with the Westminster Fire Department, and our host, Anitha Jones, talked about the fact that relatively few disasters occur in Colorado compared to many states throughout the country. But that fact also creates a challenge when it comes to maintaining a level of preparedness to effectively mitigate risks, respond to disasters when they happen and recover from the impacts. He stated that, of the three categories of disasters (man-made, technological and natural), we typically experience the occasional severe lightning and hail storms, tornados and winter blizzards. In the dry summer months we may also face wild fire dangers, but we don't deal with the kinds of disasters that coastal states frequently face. Captain Reddy stated that everyone shares in the responsibility to prepare for emergencies. It's important to have a plan, then practice it.

# Trinity Broadcasting Network

## *Quarterly Report*

October·November·December·2011

KPJR-TV

Greeley/Denver, Colorado

Ascertainment List  
Leading Community Issues

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

*Crime*

*Health*

*Economy*

*Education*

*Youth*

*Civic*

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Crime**

Joy In Our Town #107	30:00	15:00	L	PA/O	10/06/2011 10/13/2011	02:00AM 02:00AM
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Guest, Trevor Materasso, Investigator with the Westminster Police Department, and host, Ben Carlson, address the issue of domestic violence in our communities. Investigator Materasso described domestic violence as an attachment to crimes that occur between people who have or had an intimate relationship. The actual crime the perpetrator is charged with is not "domestic violence," but rather assault, battery, harassment, etc. He stated that a domestic violence call is one of the most dangerous for an officer because it is always an emotionally charged incident, and the officer is going into that home where there may be weapons. He also described what an officer needs to be prepared for when he/she arrives at the home, and the skills needed get to the truth of what actually happened. Investigator Materasso explained some of the causes behind domestic violence, such as issues with the economy, loss of a job or financial stresses. When asked about who reports the violence, he said it's often the victim, or perhaps a neighbor, and sadly, even children in the home. He discussed the extra care that's needed when children are involved, and Social Services may need to be called in. He talked about the punishment for an offender, which is a mandatory arrest, no bond, and the offender must appear before a judge. A restraining order is put in place and the victim is notified when the offender is released from jail. He mentioned some facilities that offer help in these areas and suggested getting help before the line is crossed.

Joy In Our Town #107	30:00	15:00	L	PA/O	10/06/2011 10/13/2011	02:00AM 02:00AM
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Host, Ben Carlson, and guest, Bonnie Brandl, Director of National Clearinghouse on Abuse in Later Life (NCALL), talked about elder abuse. Ms. Brandl explained that with the aging of the Baby Boomer generation, the number of older adults is increasing, and so are cases of abuse, neglect and exploitation of the elderly. She stated that our society is well aware of what child abuse, sexual assault and domestic violence are, but we are just now beginning to understand elder abuse. She identified some of the probable causes for seeing more elder abuse, one being the economy. More families are having to move back home with their elderly parents, and many are being taken advantage of and exploited by their own children and grandchildren. She defined elder abuse as physical, sexual, emotional, financial exploitation or neglect and is most often committed by a family member, caregiver or other person of trust. Ms. Brandl stated that in a recent small study one in ten seniors reported being abused. She also discussed what to do if you suspect abuse and mentioned several organizations available to help and that would also appreciate volunteer help.

Joy In Our Town #109	30:00	15:00	L	PA/O	10/21/2011 10/22/2011 10/24/2011 10/25/2011 10/27/2011	11:00AM 01:30AM 09:30AM 01:30AM 01:30AM
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Guest, Ken Buck, District Attorney for Weld County, and host, Dr. Sherry Jones, addressed the significant number of juvenile offenses and the subsequent court costs. District Attorney Buck stated he sees on average between 1,000 and 1,400 first-time juvenile offenders come through his office each year. The cost to tax payers to prosecute these cases in court is approximately one-half to three quarters of a million dollars. He explained that the typical offense often involves shoplifting or simple assault – fighting in or after school. When asked why kids commit such crimes, he suggested some likely causes would be a lack of parenting, society's values and media influences. Dr. Jones asked if these first-time juvenile offenders would then have a police record. District Attorney Buck explained they could avoid prosecution, and a police record, if they choose to participate in the Juvenile Diversion Program. The Program is a contract which includes the parents and the child. The child must take responsibility for his/her actions and accomplish established goals involving useful community service and/or restitution paid in full to the victim, usually within a 90 day period. If the offender successfully fulfills the contract, there will be no police record. District Attorney Buck stated there is a 95% success rate, meaning no criminal behavior for at least 2 years after completing the Juvenile Diversion Program.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Crime (cont.)**

Joy In Our Town #112	30:00	15:00	L	PA/O	11/25/2011	11:00AM
					11/26/2011	01:30AM
					11/28/2011	09:30AM
					11/29/2011	01:30AM
					12/01/2011	01:30AM

Guest, Donald Sikkema, Sr. Liaison Officer with the Arvada Police Dept., and host, Joyce Zounis, talked about the scams that are being perpetrated against our senior citizens. Officer Sikkema estimated several billion dollars leave this country annually to foreign countries due to scams, and upwards of 70% of that amount is from seniors falling prey to the scammers. Some of the most prevalent scams are the phone calls that inform the victim they have won several million dollars, but they need to send money to cover processing fees, taxes or attorney's fees before they can receive their winnings, or the young person who calls a senior claiming to be the grandchild and has been arrested and needs money to get out of jail, pay attorney fees and return home, or the senior dating websites that persuades their "match" to send them money to clear up financial issues so they can come and join them, or receiving a large bogus check with instructions to deposit it but to send money for processing. Officer Sikkema said most of these scams are originating out of Jamaica, Nigeria and Canada, and once money has been wired, there is almost no way to track the perpetrators or recover the money. He stated that in the small community of Arvada alone, seniors were bilked out of half a million dollars, and that was only the amount reported. Many seniors will not report being scammed for fear of losing their independence or looking foolish. Officer Sikkema has placed placards in local businesses that wire money describing the scams and providing a local number for patrons to call before sending money. It has proven so successful he will soon change the number on the placard to an 800 number. He reiterated the old saying, "If it sounds too good to be true, it probably is!"

Joy In Our Town #117	30:00	15:00	L	PA/O	12/30/2011	11:00AM
					01/02/2012	09:30AM
					01/03/2012	01:30AM
					01/05/2012	01:30AM

Guest, Krista Flannigan, J.D., of the 17<sup>th</sup> Judicial District Attorney's Office and Director of Public Information and Community Partnerships, and host, Bill McLeod talk about the different types and increased ID theft that occurs during the holiday season. Ms. Flannigan offered some reasons for the increase as being out and about more, providing greater access to our personal information, and the fact that we tend to be more generous and trusting this time of the year. She stated by the time we learn of the ID theft, it is too late. We learn a theft has occurred only when we receive notice from the bank that a check did not clear, or when we try to make a credit card purchase that gets declined, or our loan application is denied. As many try to be more responsible with credit, we are utilizing debit cards instead, but she said this is riskier when it comes to ID theft. A debit card is processed on site, readily providing all the necessary information a thief needs to access your account, whereas a credit card is processed off site, and the credit card company monitors the activity on your account and will alert you if anything suspicious occurs. Ms. Flannigan also discussed RF readers and the need to put all RF credit cards in a protective sleeve to prevent them from being read. She warned of the thief's ability to use a cell phone camera to acquire the account number on our checks to gain access to our checking account, and to avoid purchasing gift cards from a display, as thieves record the numbers off them, place them back on the display, then watch online for them to be activated in order to spend them before the recipient. She also cautioned us about donating to charities online, making sure the address begins with https, a lock icon appears at the bottom, and a notice that the site is protected by a security organization. She also stated we should not purchase anything over the phone if we did not initiate the call.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Crime (cont.)**

Joy In Our Town #117	30:00	15:00	L	PA/O	12/30/2011	11:00AM
					01/02/2012	09:30AM
					01/03/2012	01:30AM
					01/05/2012	01:30AM

Host, Bill McLeod, and guest Krista Flannigan, J.D., of the 17<sup>th</sup> Judicial District Attorney's Office and Director of Public Information and Community Partnerships, discussed the latest cybercrime using the new QR (quick response) codes. She described the small black and white or sometimes colored designed squares that allow a cell phone user to scan the code which in turn will take the user to a website. This allows quick access to the site, but unfortunately, scammers have already devised ways to steal you ID through the codes. Ms. Flannigan explained the codes were originally used by automobile manufacturers to identify and track parts, but the technology quickly spread to other industries and is now widely used everywhere. She cautioned users to be sure the code has not been covered over by another coded sticker which will take you to a fraudulent website. Charities are particularly being targeted by these scammers. In fact, Ms. Flannigan explained, the technology is so common now that anyone can create a QR code that will allow the user to go to a person's website. In order to protect ourselves she suggested we scan QR codes that are actually printed directly on the document, such as a newspaper or magazine, or from a site that you have purchased from before and you know it is safe. If a QR code takes you to a website that asks for personal information, log off immediately. If you are given the option to view the website first, always say yes, as a fraudulent site will not give you the option. She also cautioned that some of the QR codes can be used to hijack the personal information stored on your cell phone, such as credit card or bank account information. Some apps that allow you to download QR codes are scams that will correctly to you to the site, but will secretly charge you each time you open the app. Ms. Flannigan stated that the largest demographic being victimized by this latest scam are those 18 years old and younger.

## **Health**

Joy In Our Town #105	30:00	15:00	L	PA/O	10/06/2011	02:30AM
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Host, Joyce Zounis, and our guest, Diane Mulligan of Mulligan & Co., LLC, discuss strokes and the importance of being aware of the symptoms. Ms. Mulligan explained that stroke will impact four out of five families. Recognizing the symptoms, such as no longer being able to see, speak, move your arms or legs, seeing only half of an object you're looking at, sudden confusion, slurred speech or paralysis, and getting treatment immediately is vital to the recovery from stroke. She explained the difference between a stroke and a heart attack and the types of stroke one might experience. Eighty percent of strokes will be ischemic, or clot related, and the most treatable. Hemorrhagic strokes involve a burst blood vessel and are more difficult to treat. She stated that more men than women will have a stroke, but more women than men will die from stroke. In fact, women are twice as likely to die from stroke than from breast cancer. Ms. Mulligan went on to discuss the risk factors to be aware of and the importance of getting them under control. She also stressed the importance of knowing which facilities in your area are best equipped to treat strokes and ask to be taken to one of them in the event you suffer a stroke. Every minute is critical, and some treatments must be administered within a 3-hour window. She concluded by stating that children also have strokes, and we need to recognize the symptoms, regardless of the age of the person, and get help immediately.

Joy In Our Town #105	30:00	15:00	L	PA/O	10/06/2011	02:30AM
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Guest, Diane Mulligan, of Mulligan & Co., LLC, and host, Joyce Zounis talked about ways to help children more readily choose healthier foods and behaviors and encourage them to take their and their family's health seriously. Ms. Mulligan stated she found that music and dance was a wonderful way to engage kids and that they retained what was taught when music and dance were employed. Instead of preaching to our kids, if we can effectively explain what moderation is, what a serving size is, and how amazing our bodies are, it is much easier to teach them the importance of taking care of their bodies. Statistics say that this generation of children will not live to be as old as their parents. It's estimated one in three children today will develop diabetes. Health is a serious issue for our children, but as parents, we need to make teaching them about health fun and enjoyable. Ms. Mulligan related that many organizations are beginning to use music and dance as a method of teaching children the importance of good health. By engaging as many parts of the brain as possible, the information is sent to the long term memory, and tests showed that 80% of what they learned in these classes was retained. Also, by fully engaging the students with the type of music and dance they enjoyed, they were excited about what they learned and eager to go out and also teach it the lessons they learned about good health to family and friends.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Health (cont.)***

Joy In Our Town #110	30:00	15:00	L	PA/O	10/28/2011	11:00AM
					10/29/2011	01:30AM
					11/07/2011	09:30AM
					11/08/2011	01:30AM
					11/10/2011	01:30AM

Our guest, Sharan Wilson, Executive Director of Freedom Service Dogs, Inc., and host, Joyce Zounis, discuss the difficulties experienced by those with physical disabilities. Ms. Wilson described such issues as opening doors, dropping items or even sitting up as being things a disabled person often needs help with. She also explained some of the ways the disabled encounter discrimination, from the terms used to describe the disabled to just the lack of eye contact and being made to feel like a non-person. Ms. Wilson talked about the changes the Americans with Disabilities Act has brought about, and some that still need to be made. Ms. Zounis stated that most of us want to "help" when we see a disabled person, but asked if there were things we shouldn't do. Ms. Wilson replied that we should be careful not to be demeaning, but definitely offer our assistance. Ms. Wilson described the various services available to the disabled through service dogs. She explained the process of selecting and training dogs that have been rescued from the pound to become service dogs. She also described the different types of disabilities the service dogs are trained to help, stating that they currently have a large number of requests for dogs to assist with autistic conditions and for veterans with post traumatic stress disorder.

Joy In Our Town #110	30:00	15:00	L	PA/O	10/28/2011	11:00AM
					10/29/2011	01:30AM
					11/07/2011	09:30AM
					11/08/2011	01:30AM
					11/10/2011	01:30AM

Host, Joyce Zounis, and guest, Arthur (Artie) Guerrero, Board President of Project Sanctuary, talked about what it's like for a person who is struggling with a disability, and how overwhelming, and sometimes impossible, it is to do even simple tasks that are "everyday" to others. Mr. Guerrero explained he is a veteran who was wounded in Viet Nam, but also has Multiple Sclerosis and has been confined to a wheelchair for many years. He has had his service dog, Sierra, for approximately three years now, and described the bond that has developed between them in that time. Sierra demonstrated some of the tasks she performs for Mr. Guerrero, and Mr. Guerrero explained how dependent he is on her, such as helping him get out of bed each morning, retrieving the mail, picking up dropped items, turning out lights, opening automatic doors, and many more much needed services! He shared encouraging stories of others who have also benefited from service dogs.

Joy In Our Town #114	30:00	15:00	L	PA/O	12/09/2011	11:00AM
					12/10/2011	01:30AM

Guest, Jarrod Hindman, Program Manager of the Office of Suicide Prevention, Prevention Services Division, Colorado Dept. of Public Health and Environment, and host, Dr. Sherry Jones, discussed depression and the incidents of suicide during the holidays. Mr. Hindman stated that surprisingly, the peak period for suicide is not during the holiday season, but rather during the spring and summer. However, the holidays can bring stresses and pressures that encourage depression. Lack of sleep, pressure to be with relatives or attend parties and be more social can be very stressful for some. The financial strain of the holidays can also bring depression. He encouraged us to be aware of warning signs in our loved ones, such as past suicidal behavior, changes in sleep, eating or exercise patterns or acquiring lethal materials, such as medications or weapons. He stated that those aged 65 and older have the highest suicide rate in Colorado. Males are 4 times more likely to commit suicide than females, and suicide is the 2<sup>nd</sup> leading cause of death in those aged 10 to 24 years. He also stated Colorado has the 7<sup>th</sup> highest suicide rate in the nation. Mr. Hindman advised not being hesitant to ask someone if you suspect they are depressed or suicidal, and if they are, the best thing to do is just be a sounding board and let them know you care. Trying to give them reasons why they shouldn't commit suicide is not helpful. He also provided phone numbers and web addresses for more help.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Health (cont.)**

Joy In Our Town #114	30:00	15:00	L	PA/O	12/09/2011 12/10/2011	11:00AM 01:30AM
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Our host, Dr. Sherry Jones, and guest, Lindsey Myers, Program Manager of Injury Prevention, Prevention Services Division, Colorado Dept. of Public Health and Environment, addressed the issue of older adults and the injuries sustained from falls. Ms. Myers stated that falls are not an inevitable part of aging, and falls are preventable. However, the leading cause of hospitalizations for those 65 years of age and older is injury from falls. Statistics say more men are likely to die from falls, but more women are likely to be hospitalized. Falls cause approximately 10,000 hospitalizations, with an average stay of 4 days, costing over \$200 million each year in Colorado. Only 25% will be able to go home from the hospital, with the remaining 75% being released to a rehab facility or a nursing home. Ms. Myers explained that many falls are attributed to slipping on ice, loose carpeting in the home, vision problems or reactions to medications. She encouraged such preventive measures as knowing and recognizing the fall risks in your surroundings, having regular vision checks, reviewing medications with the physician and participating in exercise classes geared to improving balance, such as Tai Chi.

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

Doctor to Doctor #321	28:30	28:30	REC	PA/O/E	10/11/2011	10:30 AM
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**Dr. George Rhodes** talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spin, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spin back into position. It's important to maintain proper posture when sitting, standing and sleeping.

Doctor to Doctor #322	28:30	28:30	REC	PA/O/E	10/18/2011	10:30 AM
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**Dr. Jill Westkaemper** talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. **Dr. Leonard Scott** talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. **Dr. Janet Poole** talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## *Health (cont.)*

Doctor to Doctor #323	28:30	28:30	REC	PA/O/E	10/25/2011	10:30 AM
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**Dr. April Speed** talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. **Dr. Wayne Gordon** talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. **Dr. Thomas Di Stefano** talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.

Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/2011	10:30 AM
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**Dr. Bryan Wasson** talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. **Dr. Mason Savage** talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once a day. You should visit your dentist regularly. **Dr. Stephanie Blenner** talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.

Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/22/2011	10:30 AM
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**Dr. Bob DeMaria** talked about healthy thanksgiving eating. It's important to try to eat organic fruits, vegetable and meat. #9 on labels for fruits/veggies means it's organic and #8 means it has been genetically engineered. It's important to drink plenty of water, steam veggies, use sweet potatoes or yams and combine food properly. **Dr. Martin Finkelstein** talked about distressing for the holidays. There is a lot of tension that can make the immune system weak and lead to sickness. It's important to let go of emotional stresses. It's also important to envision the type of relationships we want and to practice forgiveness and appreciation. **Dr. Hale Akamine** talked about overcoming holiday blues. It can be a season of mixed emotions like sadness or bitterness. It's important to allow other people to come into your life and to also share with those less fortunate than you.

Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/2011	10:30 AM
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**Dr. Bettye Alston** talked about sugar free holiday desserts. It's important for diabetics to not elevate their blood sugar, but still be able to enjoy desserts. You can make smoothies and tarts by using certain ingredients that diabetics can enjoy. **Dr. Malcolm Hill** talked about holiday stress. Stresses are situations that come into our life that causes us to have to change. It can lead to high blood pressure, heart attack, stroke, diabetes and depression. It's important to live within our means, exercise daily, drink plenty of water and eat a plant based diet. **Dr. Brian Nimphius** talked about health care vs. sick care. Health care is preventative and involves eating right and exercising. It's taking the necessary steps to make sure your body stays healthy. Sick care is reactive and it's waiting until you are sick to seek care. It's not exercising and not eating right.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Economy***

Joy In Our Town #92	30:00	15:00	L	PA/O	10/14/2010	11:00AM
					10/15/2010	11:00AM
					10/17/2010	01:30AM
					10/18/2010	09:30AM
					10/20/2010	01:30AM

Host, Dr. Sherry Jones, and our guests, Barbara Kirkmeyer, William Garcia and Sean Conway, all Commissioners for Weld County, discuss the fact that Weld County is the only county in Colorado to be debt free. In 1976 the Weld County citizens petitioned for and passed a Home Rule Charter, putting in place a spending cap, much like TABOR (the Taxpayer's Bill of Rights), but even more strict in many respects. They have no county sales tax, no use tax, and even refund to the citizens 5.25 mils on property taxes, yet maintain a contingency fund of more than \$27 million, as well as a capital improvement fund that allows them to pay cash for needed improvements. Weld County is considered Colorado's energy nexus, employing such industries as oil and gas, solar and wind energy, livestock, and being the largest agricultural county outside of CA and FL. In the near future, they plan to bring to Weld County one of only 14 or so data centers that will exist in the entire country. Weld County's "energy cluster" has been credited with keeping Colorado's unemployment rate lower by one full percentage point.

Joy In Our Town #109	30:00	15:00	L	PA/O	10/21/2011	11:00AM
					10/22/2011	01:30AM
					10/24/2011	09:30AM
					10/25/2011	01:30AM
					10/27/2011	01:30AM

Host, Dr. Sherry Jones, and our guest, Ken Buck, Weld County District Attorney, discussed the fact that many Americans believe the most significant threat to our security is our debt. When asked about Colorado's debt, District Attorney Buck explained that Colorado is required to have a balanced budget every year, and though that has brought some serious fiscal challenges to our state, it is the over-all budget of the United States that is such an enormous problem. He stated the major cause for our national debt is simple -- the federal government can "deficit spend," spending more than they collect in tax revenues, putting the country into debt. High unemployment has also greatly affected our debt in that fewer tax payers are paying into the national treasury, while more citizens are receiving benefits from the federal government. Many of our jobs are being moved out of our state and the country, regulatory burdens are being placed on businesses that make it difficult to expand, and a high corporate tax rate are other factors that hinder growth in our economy. He addressed issues such as Social Security and Medicare and encouraged us to begin making some hard decisions now to avoid even more serious problems later on. He described the Balanced Budget Amendment, the process it needs to follow, and how we can become involved.

Joy In Our Town #115	30:00	15:00	L	PA/O	12/16/2011	11:00AM
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Guest, Terry Williams, CEO of Adorian Corporation, and host, Dr. Sherry Jones, examined issues surrounding Colorado's economic climate. Mr. Williams stated the economy has struggled over the last 4 to 7 years, but he sees signs that things will improve over the next few years. He cited several reasons for his optimism, among them the fact that we already have several "green" industries here, and other large high tech corporations such as bioscience organizations, coupled with a labor force containing 40% college graduates and 16.7% holding graduate degrees that these organizations can draw from. Mr. Williams stated new corporations mean new hires at a higher salary, which will generate more spending, which in turn stimulates and improves the economy. He also discussed the 67 economic development regions in Colorado that will fuel capital investment and job creation. Mr. Williams explained per capita personal income and how it plays into our economy, as well as areas we can expect to see economic growth.

Joy In Our Town #115	30:00	15:00	L	PA/O	12/16/2011	11:00AM
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Host, Dr. Sherry Jones, and guest, Terry Williams, CEO of Adorian Corporation, delved into what it takes to start a new business. Mr. Williams stated that between November 2007 and August 2009, 9.4 million jobs were lost to the recession. Many of these will never return, causing some to contemplate going into business for themselves. He encouraged those who have lost their jobs to seriously consider the thoughts they have had in the back of minds regarding a new product or new service. He went on to explain the various processes one needs to walk through before establishing a business. Mr. Williams stressed the need for a board of advisors and directors to give sound advice and direction and also to help provide financial backing. He also talked about the importance of estimating the costs of starting the business, making a wish list, but also being realistic. He cautioned the new business owner to keep detailed records of all the business transactions in order to avoid problems with the IRS.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Education**

Joy In Our Town #113	30:00	15:00	L	PA/O	12/02/2011 12/05/2011	11:00AM 09:30AM
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Guest, Sandra Steiner, Executive Director of Adams County Education Consortium, and host, Dr. Sherry Jones, discussed the issues facing employers trying to find locally qualified workforce to fill positions in their companies. Ms. Steiner explained the initial difficulty in finding people with good soft skills – showing up for work on time, able to be part of a team, perform simple math, etc. – but also in finding people with skills required for their particular industry. The Consortium decided to bring the educators, business workforce center, economic development and area employers all together to find out where they could all work together to resolve the problems. It was discovered that many of the positions that were routine have now become mechanized and machines rather than people now perform those job. Employers are seeking multifunctional people who are qualified in several areas to fill openings in their businesses. Prospective employees need to be able to explain to the employer how their skills are transferable into the employer’s industry. The Consortium also determined they needed to know what businesses would be coming to our region and what skills would be required by those businesses, and relay that information to the educators who in turn would create curriculum geared toward those requirements. Ms. Steiner stated students cannot leave high school nowadays without a career plan. Adams County begins career planning with students in 6<sup>th</sup> grade. Eighth graders will meet with 450 professionals who will explain their professions. The students will then be able to talk to higher education professionals and begin planning their course of education. Once in high school, these students go into actual businesses to get an actual feel for the professions they have chosen to see if it really resonates with them before they enter college.

Joy In Our Town #113	30:00	15:00	L	PA/O	12/02/2011 12/05/2011	11:00AM 09:30AM
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Host Dr. Sherry Jones, and guest, Kellie Lauth, District Science/STEM Coordinator K-12 of Adams 12 Five Star School District, examined the discrepancy between math and science scores. Ms. Lauth stated traditionally, math and science scores have tracked together, but since federal legislation began requiring an emphasis on math and literacy, science scores have declined. Studies have indicated future industries will be focused in the areas of Science, Technology, Engineering and Mathematics, hence the term STEM. Educators have begun to put an emphasis on these subjects, incorporating them in art classes and other subjects as they pertain. Realizing that high school was too late to begin in depth instruction in STEM, teachers have started incorporating the subjects as early as kindergarten. Ms. Lauth talked about the steps that had to be taken to get the program underway, from talking to business leaders to find out what they needed in an employee, to where the industry was headed in the future, then writing the curriculum, then hiring the teachers who were enthusiastic about teaching the curriculum. Because of severe budget cuts, sacrifices had to be made when opening the STEM lab. It often came down to choosing technology over furniture, but the school was opened with one third of the budget normally required.

Joy In Our Town #116	30:00	15:00	L	PA/O	12/23/2011 12/26/2011	11:00AM 09:30AM
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Guest, Kim Hornak, Coordinator of the Denver-Metro Chapter of CHADD, and host, Dr. Sherry Jones, discussed the special needs of children with ADHD. Ms. Hornak, whose 10 year old daughter was diagnosed with ADHD (Attention Deficit and Hyperactivity Disorder) when she was 5 years old, defined ADHD as a neurobiological dysfunction that impacts the executive function of the brain. Those affected are intra-space, not important-space brained, meaning they can be hyper focused on things they like or are interested in, but when placed in a classroom setting, it is very difficult for them to concentrate. They may perform well one day but be totally incapable of doing the work the next. When asked if there was a difference between ADHD and ADD, Ms. Hornak explained they are now combined into ADHD, but there are actually three types: attention deficit with hyperactivity, just hyperactivity or just attention deficit. More boys are diagnosed with the hyperactivity, but girls are more prone to the inattentive. Despite all the negative aspects of ADHD, Ms. Hornak stated there are positive qualities seen in these children, such as being spontaneous, entrepreneurs, highly creative and often possessing very high IQs. She described her efforts to bring the needs of ADHD students to educators and the positive results she’s encountered. When asked about effective treatments for ADHD, Ms. Hornak said medications were at the top of the list when the right combination was found. It may take time to find the right combination, but when it is found, the results are life changing for the child, the family and all involved with the child.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## ***Education (cont.)***

Joy In Our Town #116	30:00	15:00	L	PA/O	12/23/2011 12/26/2011	11:00AM 09:30AM
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Host, Dr. Sherry Jones, and our guest, Lesley Lurie, School Psychologist for Cherry Creek Schools and a private educational consultant, addressed the issue of ADHD and how the schools are dealing with it. Ms. Lurie's 23 year old son was diagnosed with ADHD when he was 5 years old. She stated some of the known causes of ADHD are heredity, traumatic brain injury and even parental use of drugs and alcohol while pregnant with the child. She said 5 to 10% of children have been diagnosed with ADHD, but because of negative public perception of the condition, it is likely being under diagnosed. Ms. Lurie explained some of the difficulties a child with ADHD has in the classroom, such as auditory and visual distractions in a classroom with 30 students, difficulty sitting for extended periods, the teacher's inability to devote individual attention to the ADHD student, the social difficulties, concentrating long enough to get homework done and the time management required to get long-term assignments done on time, to name a few. She talked about the kinds of social issues the ADHD child experiences, such as being too boisterous, and not realizing the affect they have on others and being impulsive. Ms. Lurie also described the problems associated with not treating ADHD or going undiagnosed for the condition. Up to 50% of ADHD students are likely to be held back or failed, many will self-medicate with drugs and alcohol, they are more prone to have driving accidents, have difficulty keeping a job, are under-achievers, and statistically, 40% of those in prison are adults who are ADHD but never treated.

## ***Youth***

Joy In Our Town #106	30:00	15:00	L	PA/O	10/07/2011 10/08/2011 10/10/2011 10/11/2011 10/13/2011 10/20/2011	11:00AM 01:30AM 09:30AM 01:30AM 01:30AM 02:00AM
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Guest, Corporal Eric Wynn, of the Colorado State Patrol, and host, Theresa Melaragno, discussed the new child safety seat laws that are now being enforced. Cpl. Wynn explained that the leading cause of death in those between the ages of 3 and 33 years is car crashes, and the leading cause of children's deaths is they are unrestrained in those crashes. He talked about the different types of safety restraint systems available and detailed the age and weight requirements for each of them. He stated that there are approximately 140 fitting stations where you can go to make sure your safety seat is installed correctly, noting that 90% of the seats inspected at the fitting stations are actually installed incorrectly. He also explained the responsibility a day care center has regarding safety seats when transporting children. Cpl. Wynn stated that 50% of crash fatalities could be alleviated if only proper safety seat restraints were used. He also addressed the issue of having three children in safety seats and the proper way to handle that. He explained that safety seats have expiration dates and the integrity of the seat begins to fail. Cpl. Wynn also said that after an accident, even if only at 10 mph, the seat should be replaced.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Youth (cont.)**

Joy In Our Town #106	30:00	15:00	L	PA/O	10/07/2011	11:00AM
					10/08/2011	01:30AM
					10/10/2011	09:30AM
					10/11/2011	01:30AM
					10/13/2011	01:30AM
					10/20/2011	02:00AM

Host, Ben Carlson, and guest, Corporal Eric Wynn, of the Colorado State Patrol, talked about the seriousness of distracted driving. Cpl. Wynn stated anytime something takes someone's mind or eyes off the road, or their hands off the wheel, it's considered distracted driving. He reminded us that recently enacted laws restrict all drivers under the age of 18 from talking on cell phones or texting while driving, and those over the age of 18 may talk on cell phones, but no one is permitted to text while driving. He explained that the leading cause of injury and property damage in traffic crashes is a result of distracted driving, primarily from cell phone use and texting. Cpl. Wynn said those between the ages of 15 to 25 represent about 14% of licensed drivers in our state, but cause about one-third of all accidents. To help combat this trend, the state has implemented graduated driver license laws, and law enforcement officers also teach classes called "Alive at 25" in addition to the driver's education class offered in our schools. He described the laws and requirements in effect for teen drivers, as well as the various devices parents may employ to track their teen's driving habits and location at any given time. He noted some of the resources available to teens to make them more aware of the distractions they may encounter and ways to avoid them. He stated there are over 5 million people and about 4 million registered vehicles in the state of Colorado, and stressed the need for teens to be especially aware of the huge responsibility they have for avoiding distractions when getting behind the wheel of a car.

Joy In Our Town #108	30:00	15:00	L	PA/O	10/01/2011	01:30AM
					10/03/2011	09:30AM
					10/04/2011	01:30AM
					10/06/2011	01:30AM
					10/13/2011	02:30AM
					10/20/2011	02:30AM

Guests, Jenna Johnson, Youth Recreation Coordinator for Commerce City, and Officer Kayla Fender with the Commerce City Police Department, and host, Ben Carlson, talked about the unique youth program initiated in Commerce City called the Youth and Teen Advisory Committee. Ms. Johnson explained that the Millennial and Generation Z generations growing up today are very different from their predecessors. These kids are the first "digital natives" with life-long access and use of electronic media and communication devices such as the Internet, text messaging, cable, cell phones, etc. She explained that these kids are a very self-centered, opinionated generation and pose a new set of challenges. Officer Fender stressed the need for parent involvement in all areas of these kid's lives, even though parents may not fully understand their world. Because of these challenges for both parent and child, Commerce City created the Youth and Teen Advisory Committee to give kids a voice in what activities were made available to them, and the parents are encouraged to participate in the activities with them. They talked about the numerous and varied programs offered and also discussed the process in which the Advisory Committee members are selected.

Joy In Our Town #108	30:00	15:00	L	PA/O	10/01/2011	01:30AM
					10/03/2011	09:30AM
					10/04/2011	01:30AM
					10/06/2011	01:30AM
					10/13/2011	02:30AM
					10/20/2011	02:30AM

Host, Ben Carlson, and guests, Jenna Johnson, Commerce City's Youth Recreation Coordinator, and Officer Kayla Fender from the Commerce City Police Department discuss the Positive Youth Ticketing Program that has been implemented in Commerce City. Because this new generation of kids is growing up in an uncertain economy with increasing unemployment, rising cost of living, and the ever widening gap between the "haves" and "have-nots," coupled with their desire for instantaneous gratification, it's easy for today's youth to find themselves in compromising or difficult situations. Ms. Johnson and Officer Fender explained that the tickets look like an actual ticket that would be given an offender, but that these tickets are issued to kids when they do something positive, not for breaking the law. As an example, they issued tickets to two teens who found a two year old child wondering alone in a park, called police from their cell phone, and stayed with the child until police arrived. The tickets can be redeemed at the Youth Recreation Center for such things as movie tickets, pizza or pool passes. The program has earned approval from parents and teens alike.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## **Youth (cont.)**

Joy In Our Town #111	30:00	15:00	L	PA/O	11/18/2011	11:00AM
					11/19/2011	01:30AM
					11/21/2011	09:30AM
					11/22/2011	01:30AM
					11/24/2011	01:30AM

Guest, Byron Embry, President of Closing Remarks and former professional baseball player, and host, Dr. Sherry Jones, talked about the pressures student athletes often face to achieve excellence, and how these high expectations can often cause irreparable emotional and physical harm. Mr. Embry explained that parents will often try to make their child believe they are the best athlete. They praise their child rather than encourage. The child will then often tie their self-esteem to their athleticism. Eventually the child will realize they are not the best athlete on the field or court, and then begin to also doubt who they are off the field or court. He emphasized the importance of teaching a child the difference between losing (lack of preparation) and being beat (doing everything right, just out-played). Mr. Embry also explained the danger of putting other players down to make your child look better, as this can lead to cheating and even doing steroids in order to get that "edge." Having been a professional baseball player for 12 years, he stated it is okay for a child to have a professional athlete as a role model, but the child should only focus on the actual play and achievements on the field, not what an athlete does off the field or court. He also talked about how parents can support their child and the coaches by becoming a student of the sport themselves. He also touched on things schools can do to help a child succeed in athletics as well as academics.

Joy In Our Town #111	30:00	15:00	L	PA/O	11/18/2011	11:00AM
					11/19/2011	01:30AM
					11/21/2011	09:30AM
					11/22/2011	01:30AM
					11/24/2011	01:30AM

Host, Dr. Sherry Jones, and guest, Byron Embry, President of Closing Remarks and a former professional baseball player, discuss the lack of positive peer leadership among our youth today. Mr. Embry defined leadership today as more of a popularity contest, following the latest fashion trend, repeating the current "catch phrase" or emulating a popular behavior. These are behaviors confused with true leadership by youth. He stated many are afraid of becoming a leader simply because they don't know what true leadership is, or they fear being disliked if they go against the crowd. He also explained that parents need to be the example and lay the foundation for solid values and leadership, saying if a child isn't shown at home, it won't be displayed in the child. When Dr. Jones asked if economic constraints prohibited students from becoming effective leaders, Mr. Embry said it could if finances were required to participate in a sport or join a club, but there are many other areas of leadership that do not require financial involvement. He emphasized making sure a child understands who they are and who created them. Once they understand their purpose for being, recognizing their strengths and abilities, the concept of leadership is easier to grasp. Mr. Embry stated effective leadership training equips students with confidence to build positive relationships.

Joy In Our Town #112	30:00	15:00	L	PA/O	11/25/2011	11:00AM
					11/26/2011	01:30AM
					11/28/2011	09:30AM
					11/29/2011	01:30AM
					12/01/2011	01:30AM

Host, Joyce Zounis, and guest, Officer Dennis Sauter of the Arvada Police Department, discuss the difficulties youth face today in choosing a career. Just a few generations ago, youth were expected to follow in their parent's footsteps when it came to their vocation, but today's youth are seeing a whole world of vocational opportunities, many of which didn't even exist a generation ago. With so many choices available, it is often difficult for a student to know what career path to take. Many students hold part time jobs after school, but Officer Sauter believes most are simply looking for the paycheck, rather than pursuing a career path. Consequently, Officer Sauter has seen many youth looking at those in the media-- the successful sports personality or TV star -- to drive them to a career path. All too often, the student is left disappointed and frustrated when the path leads nowhere for them. He explained there are programs available that will allow youth to receive training and gain experience in fields they think they might be interested in. One such program is the Explorer program, an extension of the Boy Scouts of America, which allows youth from 15-1/2 to 21 years of age to begin training as a police officer. He described the requirements and the time commitments involved. He stated this is an excellent way to decide on a career. He encouraged youth to seek out this or other such programs to determine a satisfying career path.

<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Duration</b>	<b>Segment Source</b>	<b>Type</b>	<b>Airdate</b>	<b>Time</b>
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## *Civic*

Joy In Our Town #92	30:00	15:00	L	PA/O	10/14/2010	11:00AM
					10/15/2010	11:00AM
					10/17/2010	01:30AM
					10/18/2010	09:30AM
					10/20/2010	01:30AM

Our Guests, Weld County Commissioners Barbara Kirkmeyer, Sean Conway, and Bill Garcia, and our host, Dr. Sherry Jones, talk about Weld County's 150<sup>th</sup> anniversary being celebrated this year. They talked about the first settlers being fur traders and military settlements, with Ft. Lupton actually celebrating its 175<sup>th</sup> anniversary this year. Weld County's history was well documented in James Michener's book, "Centennial", and the town of Cornish is where the famous prehistoric "Folsom Man" was discovered. When asked about the reasons for growth in Weld County they believe it is because of the abundant water supply, as well as the low taxes and "open for business" philosophy, and small town feel of the communities within the county, yet close to downtown Denver and all the amenities it has to offer. They also described some of the celebrations surrounding the anniversaries of some of the towns in Weld County, and invited anyone with ties to the county to go their website and share their stories.

Joy In Our Town #78	30:00	15:00	L	PA/O	11/14/2011	09:30AM
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Host, Joyce Zounis, spoke with today's guest, City Manager of Commerce City, Jerry Flannery, about the global economic crises. He stated that the high unemployment, stock market volatility, and ambiguous federal and state policy direction have created an uncertain business climate, and local governments must face the challenges of how best to attract and retain businesses. Mr. Flannery talked about the challenges facing business operation today, saying we are experiencing the greatest economic downturn since the Great Depression in the 1920s. He discussed how federal and state policies impact business operations, and specifically addressed the innovative plans and developments now in place in Commerce City, from residential planning and home designs to interactive on-line progress reports for the Customer Response Management System. Mr. Flannery described the Business Advancement Task Force and the Business Advisory Committee, giving business a voice in the City. He explained that the City Hall is a result of public private partnership, and that open communication is an important tool to change the business environment.

Joy In Our Town #78	30:00	15:00	L	PA/O	11/14/2011	09:30AM
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Our guest, Jerry Flannery, City manager of Commerce City, and Joyce Zounis, our host, discuss how business incentives have long been a tool of the trade to lure companies to new locales, and how public sector incentives can provide a more competitive economic climate for business. Supporters tout the need to entice and reward businesses for risk taking, while critics question the deals and potential loss of long-term tax benefits. Mr. Flannery explained what business incentives are and how the process typically works. He explained the safeguards local governments can put in place to protect taxpayers. Mr. Flannery and Ms. Zounis also discussed how a robust incentive program can level the playing field for attracting businesses and retaining existing businesses. He noted examples of Commerce City's unique programs and explained what other municipalities could learn from their experiences.