

Trinity Broadcasting Network

KTAJ-TV, KTAJ-DT

July, August, September 2005

Central Time

Leading Community Issues

Education

Crime

Safety

Economy

Health

Program Title Program Topic Duration Segment Type Airdate Time

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Duration

Source

Education

Joy In Our Town #050819 PM	28:10	13:10	L	PA/O	08/19/2005	12:00
					08/20/2005	2:30 AM
					08/22/2005	10:30 AM
					08/23/2005	2:30 AM
					08/24/2005	2:30 AM

Host Tiffany Dwight Estell interviewed Pastor R. Robert Warren and Kimberly Warren, Co-Founders of Mid City Excellence in St. Joseph, MO. They talked about the importance of teaching youth leadership skills, performing arts, and very practical things in career development to make the youth of mid town more marketable once they get older and want to find a career. Mrs. Warren began by stating that Mid City Excellence is a faith based community learning center, that began providing academic support classes to 66 "at risk" youth in the 54-Block inner city area of St. Joseph, MO. Right now they are working with teens ages 16-21 by providing them with positive minority role models to come in and talk to them about career development. Examples include teaching the youth to fill out job applications, learn what a W-4 is and why it is needed, and how to call an employer when you aren't able to make it to work. Warren stated that they wanted to teach the teens very practical things because the 700 youth that they've worked with over the last four years have strong survival skills but are not marketable. They cannot attain or maintain self-sufficiency if they do not have marketable skills and a High School Diploma. Pastor R. Robert Warren works with the youth on Leadership skills. He explained that a good leader is influential and a person that moves when no one else wants to move not just a position or a person that tells another what to do. While Mid City Excellence original intent was to serve 100 students per year, over 700 residents have participated in their community education programs. Lessons from the early years proved it was apparent that the road to self-sufficiency also needed to address academic failures, illiteracy, lack of marketable skills and work ethic, and the absence of leadership skills.

Joy In Our Town #050812 PM	27:31	13:31	L	PA/O	08/12/2005	12:00
					08/13/2005	2:30
AM					08/15/2005	10:30
AM					08/16/2005	2:30
AM					08/17/2005	2:30
AM						

Host Tiffany Dwight Estell interviewed Dr. James Scanlon, the President of Missouri Western State College. They discussed the issue of the colleges University Status. Dr. Scanlon said after years of claiming it had all the makings of a university, finally got the university designation approval from the Missouri Legislature during the 2005 General Assembly. He said the change to university was permission for these institutions to 'emerge' to meet the needs of the citizens of their region and state-economic, cultural, and social needs- at the master's degree level. According to Dr. Scanlon, the changes spurred several improvements: Improved access to education at the master's level, a continued focus on undergraduate courses, Low additional costs associated with access to master's programs, and greater access to federal and foundation grant support both graduate and undergraduate areas. Dr. Scanlon said the university designation would permit Western- during the next decade- to develop master's level programs in life sciences, health care and engineering technology that would serve the best interests of individuals, the region and the state.

Joy In Our Town #050826 PM	25:30	11:00	L	PA/O	08/26/2005	12:00
					08/27/2005	2:30
AM					08/29/2005	10:30
AM					08/30/2005	2:30
AM					08/31/2005	2:30
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Host Tiffany Dwight Estell talked with Betty Kimberling and Rob Studer of the St. Joseph School Districts Adult Education and Literacy Program. They discussed Adult High School. They stated that while many communities around the state and across the nation face climbing rates of high school dropouts, St. Joseph can point to a different outcome, a rise in the number of students graduating from high school. In just released figures, the St. Joseph School district reports an 86.6 percent graduation rate. At one point and time, St. Joseph had over a 26-

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percent dropout rate, and 36 percent of the adult population lacked a high school diploma or its equivalent. National Projections indicated that, while 60 percent of the then current jobs called for a high school diploma or less, only 25 percent of all jobs created would accept that low a level of education. Adult High School helps to give basic job skills such as handling math on the job (workplace math), keyboarding and 10-key for the workplace, workplace communication (Business and technical writing, oral presentations), job search and job readiness, becoming computer comfortable, passing the LPN Exam, and becoming a successful student.

<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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Education

Joy In Our Town #050909 PM	28:24	14:47	L	PA/O	09/09/2005	12:00
					09/10/2005	2:30
AM					09/12/2005	10:30
AM					09/13/2005	2:30
AM					09/14/2005	2:30

Host Tiffany Dwight Estell interviewed Dr. Dan Colgan, the Superintendent of the St. Joseph School District. They discussed school districts success in Missouri's standardized test. Dr. Colgan stated that the St. Joseph elementary schools outperformed the state in all four test subjects-science, social studies, communications, arts and math. He said that this year's Missouri Assessment Program (MAP) results were the best to date. Meanwhile, the district's middle and high schools were on par with the state average-results Dr. Colgan said aren't good enough. He stated that he would like to do different things to improve those scores such as the Teacher Coaching model that they used in the elementary schools. He paralleled this method to that of a great basketball player named Michael Jordan having six personal coaches to make him that much greater. Dr. Colgan said that the school district has taken eight outstanding teachers and asked them to work with other teachers to improve their crafts that much more. They will be divided between mentors and coaches. The mentors will give teachers advice from time to time. The actual teaching coaches spend time with the teachers day to day. The Missouri Assessment Program measures student progress toward the state's Show-Me Standards-73 academic standards adopted by the State Board of Education in January 1996. MAP scores also are used to determine progress at meeting adequate yearly progress.

Joy In Our Town #050909 PM	28:36	13:30	L	PA/O	09/09/2005	12:00
					09/10/2005	2:30
AM					09/12/2005	10:30
AM					09/13/2005	2:30
AM					09/14/2005	2:30

Host Tiffany Dwight Estell interviewed Marjorie Mitchell and Kayte Langner of the Parents as Teachers program. They discussed the importance of early childhood development. Mrs. Mitchell said Parents as Teachers is based on two important concepts: Parents are their child's first and most influential teacher and experiences in the first years of a child's life are key to future success in school and life. Getting a child and parent off to a positive early start enhances their parenting knowledge, helps in early identification of developmental delays or health, vision and hearing problems. Kayte Langner, a parent educator, discussed the way she educates her unborn child. She stated that when babies are born their brain neurons are in fast development. She will talk read or sing to the unborn child already helping the brain to become active. By the time a child is three years old their brains are 80% of the adult size so getting to them early and gathering positive information for brain neurons is vital to a child's development.

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Jay Sekulow, Chief Counsel for American Center for Law & Justice discusses current litigation regarding the Christian Legal Society Chapter and a law school campus. The Arizona State University's non-discrimination policy did not allow the chapter to have exclusively Christians as its members or as leadership. A roll-in is played of campus students giving their testimony; and an interview with one of the university's administrators. Jay discusses that there are four other university campuses dealing with the same issue. Jay meets with attorneys Pat Monaghan, Frank Manion and Stuart Roth as they discuss discrimination and Title 7 which exempts religious groups from this type of attack. They discuss another campus situation that happen a few years ago where the students were told to paint their dorm doors anyway they wanted and when some Christian students painted fish swimming with one fish that represented a Christian symbol, the administration told them they had to remove it. The case went to court and was won. A roll-in is played regarding the case. Jay talks with attorneys Frank Manion, Geoff Surtees about free speech rights of Christian students on campus. Questions from some callers regarding students having a run-in with their university campus regarding their free-speech rights are played as they discuss each situation.

Education

<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>
ACLJ This Week #404	30:00	30:00	REC	PA/O/E	8/19/05	6:00 PM
					8/22/05	11:00 PM

Jay Sekulow Chief Counsel for American Center for Law & Justice talks to Geoffrey Surtees and Clayton Wood, both ACLJ Counsels on student speech rights and the 1984 Equal Access Act. A roll-in is shown of the 1990 Mergen's Case and decision of the Supreme Court regarding prayer and Bible clubs at school. TBN President Dr. Paul Crouch is shown praying with Bridgett Mergen on the steps of the Supreme Court. The decision showed that Bridget Mergen's rights were violated under the 1984 Equal Access Act. Jay takes calls from viewers regarding similar matters. Stuart Roth, ACLJ Counsel states that school districts all over the country are trying to get around the Equal Access Act and make it more difficult for Bible clubs to meet. Students are still being denied these rights. ACLJ still gets calls and takes cases regarding this matter and when a letter is sent to school attorneys, 99% of the time a favorable letter is returned within two weeks.

Crime

Joy In Our Town #050722 PM	27:51	11:51	L	PA/O	07/22/2005	12:00
					07/23/2005	2:30
AM					07/25/2005	10:30
AM					07/26/2005	2:30
AM					07/27/2005	2:30

Host Tiffany Dwight Estell talked with Sheri Marshall, Pharmacist at Benders Prescription Shop. They discussed the issue of over-the-counter products containing pseudoephedrine and multi-ingredient products containing ephedrine will have to purchase those products from a pharmacist. The Missouri State Health Department has passed a law to make it more difficult for meth makers to get key ingredients they need to manufacture the illegal drug by changing the way over-the-counter products containing pseudoephedrine and ephedrine are sold. Marshall said that consumers will be limited in the amount of product they can purchase. In addition, in order to further discourage meth makers from trying to purchased these products as meth ingredients, customers' names will be recorded in a log and they may be asked for photo identification.

Joy In Our Town #050805 PM	28:36	14:30	L	PA/O	08/05/2005	12:00
					08/06/2005	2:30
AM					08/08/2005	10:30
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AM	08/09/2005	2:30
AM	08/10/2005	2:30

Host Tiffany Dwight Estell talked with Detective Seargeant Shawn Collie of the Buchanan County Sheriff's Department. They discussed the issue of Buchanan County posting sex offenders' pictures online. Detective Collie said that convicted and registered sex offenders throughout Missouri will soon be easily identified with a new law allowing any sheriff's department in the state to post sex offenders' photos online. The Buchanan County Sheriff's Department will begin adding photos to their sex offender registry as early as next week. Detective Collie stated that the Sheriff's Association pushed to pass the legislation because it says it gives citizens another tool to keep them better informed. He said this will really help the people who want to get on the website to find out somebody is possibly a danger to their child or grandchild, and if so, what that person looks like. They have a right to be aware. The law takes affect August 28th, but the Buchanan County Sheriff's Department is already working to update their website with sex offenders' pictures.

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Crime

Joy In Our Town #050819 PM	28:10	15:00	L	PA/O	08/19/2005	12:00
AM					08/20/2005	2:30
AM					08/22/2005	10:30
AM					08/23/2005	2:30
AM					08/24/2005	2:30

Host Tiffany Dwight Estell talked with Police Chief Mike Hirter about the Police Departments Crime Scene Unit. With the recent onslaught of television dramas focusing on crime scene investigation has elevated the public interest in law enforcement's use of forensic science. Chief Hirter stated that he has been frequently asked if these programs are factual or simply entertainment. He admitted that in his career he has never seen a death investigation completed in one hour, however many of the procedures shown on these programs are accurate. Chief Hirter stated that the crime scene investigators of the Detective Division continue to improve their ability to thoroughly process. Major advances for the unit in the past few years included the completion of the evidence processing lab where CSIs have a secure area to safely use a variety of methods to process items for latent fingerprints, properly handle items stained with body fluids avoiding cross contamination, and access a computer dedicated to file digital photographs in their original format cataloging the images by case number to allow for quick and easy retrieval. The CSI unit has a crime scene van and trailer fully equipped including generator and lighting for outdoor scenes. The unit has gained a reputation among area law enforcement agencies for their skills and abilities.

Joy In Our Town #050826 PM	28:08	15:30	L	PA/O	08/26/2005	12:00
AM					08/27/2005	2:30
AM					08/29/2005	10:30

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AM	08/30/2005	2:30
AM	08/31/2005	2:30

Host Tiffany Dwight Estell talked with Kim Carroll of the YWCA and Michele Crane, Activities Director with Huffman United Methodist Church. They discussed the issue of violence against women. They began by saying that one in four women report they have been physically assaulted by their spouse or boyfriend. There are clear signs to help people know if they are being abused. The abuser usually monitors what you're doing all the time, criticizes little things, prevents or discourages you from seeing friends or family, or going to work or school, and blames you for his or her violent outbursts. Kim Carroll also talked about the Violence Against Women Act which was enacted in 1994. The bill is being re-authorized enhancing the civil and criminal justice response; improve services and outreach to victims; provide resources for sexual assault victims through rape crisis centers and state coalitions; help children and youth who experience or witness violence; address the needs of victims from communities of color; aid immigrant and tribal victims; and support prevention, health, housing and economic security programs designed to stop violence and help victims.

Joy In Our Town #050902 PM	27:25	14:08	L	PA/O	09/02/2005	12:00
AM					09/03/2005	2:30
AM					09/05/2005	10:30
AM					09/06/2005	2:30
AM					09/07/2005	2:30

Host Tiffany Dwight Estell interviewed Paul Flury, Network Administrator with the city of St. Joseph. They discussed the growing trend of Identity Theft via the Internet. Mr. Flury stated Sgt. Lyon stated that with the Internet, the key is to gather information. Some ways to gain information is from credit banks and trying to steal credit card numbers and passwords. He said another way of theft is through Internet shops that store credit card numbers for the one stop shopping. Hacking into unsecured is another way that criminals steal identities. These databases hold thousands of people's credit card numbers along with expiration dates, cardholders' names and addresses. Flury said that one common aspect with all on-line businesses is personal information stored for use of repeat shoppers. The storage information can save histories of their purchases and can eliminate steps of entering data each time the customer comes back to the site. Flury said the hackers look for loopholes in different ISPs to gain necessary information they are looking for. Mr. Flury said that in order to protect your identity via the internet use only one credit card online to make it easier to identify fraudulent charges, never use a bank debit card-it puts your entire checking or savings accounts at risk, and use privacy enhancing technologies that transmit your personal information in encrypted form.

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Crime

ACLJ This Week #405	30:00	10:00	REC	PA/O/E	8/26/05	6:00 PM
					8/29/05	11:00 PM

Jay Sekulow Chief Counsel for American Center for Law & Justice talks about cases where some government agencies (zoning authorities) actually issued Cease & Desist Orders to prohibit individuals from praying in their own homes. The use of zoning laws to squelch the sharing of the Gospel, home Bible studies and fellowships is becoming an increasingly used weapon by local governmental agencies. A roll-in from a case in Connecticut where a couple had a weekly prayer meeting in their own home is played. Neighbors had police come out but they found no violations in regard to parking or noise. Jay talks to senior counsels for ACLJ Vince McCarthy, and Ann-Louise Lohr. Jay also speaks to David Cortman, ACLJ Sr. Assoc. Counsel regarding this matter. The couple won the case at trial court. In Colorado, one citation noted an "illegal Bible study was taking place." In Connecticut, there were citizens who were discriminated against for having home Bible studies. They explain the Religious Land Use Protection Act passed by Congress to protect citizen's rights. In 1980, Supreme Court held "prayer & worship are forms of speech protected by the First Amendment." Each case ACLJ involved in concerning zoning for churches have been concluded successfully. These cases all used poor legal judgment by the prosecutors and many judges were incredulous in favor of the churches.

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Safety

Joy In Our Town #050722 PM	27:51	15:00	L	PA/O	07/22/2005	12:00
					07/23/2005	2:30
AM					07/25/2005	10:30
AM					07/26/2005	2:30
AM					07/27/2005	2:30

Tiffany Dwight Estell talked with Registered Nurse Connie Bonebrake about sunburn, how to prevent getting a sunburn, and what to do if you get one. Bonebrake talked about how overexposure of sunlight emits harmful ultraviolet radiation that in the short term can cause painful sunburn and in the long term may lead to unsightly skin blemishes, premature age of the skin, cataracts and other eye problems, skin cancer and a weakened immune system. She stated to apply sunscreen and sun-blockers liberally and evenly on all exposed skin. Bonebrake also talked about how high temperatures can be harmful. She stated that it's important to recognize when someone has had too much heat. These individuals can suffer from heat stress, a potentially dangerous condition that occurs when the body is unable to cool itself by regulating its temperature. There are three medical conditions directly related to heat: Heat cramps, Heat exhaustion, and Heat Stroke. Connie Bonebrake stated that 80% of our lifetime sun exposure occurs before age 18. Severe sunburns in childhood or teenage years can increase the risk of melanoma-type skin cancer later in life.

Joy In Our Town #050729 PM	29:41	14:30	L	PA/O	07/29/2005	12:00
					07/30/2005	2:30
AM					08/01/2005	10:30
AM					08/02/2005	2:30
AM					08/03/2005	2:30

Host Tiffany Dwight Estell interviewed Officer Kimberly Davis of the Missouri State Water Patrol. They discussed boating safety, dwelling particularly with the popular wave runners. Officer Kimberly Davis said that 10% of boats that are registered are personal water crafts but they account for 40% of boating accidents. Officer Davis called wave runners social boats because they are very easy for people to operate. A lot of times people get tunnel vision while operating wave runners and do not pay attention to what is going on around them. In the past people of any age could operate a wave runner. Now there is a new law that states anyone born after January 1, 1984 has to pass a safe boating course and carry a card that states so. Officer Davis stated that the incidents that the Missouri Water Patrol has to issue the most citations for are people operating above idol speed within 50 feet of another personal water craft, boat, or people swimming. She stated that most of the time when she cites a boater they had no idea that what they were doing was wrong. Davis says that ignorance of the law is not an excuse and that people need to know the laws.

<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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Safety

Joy In Our Town #050715 PM	29:04	14:30	L	PA/O	07/15/2005	12:00
					07/16/2005	2:30
AM					07/18/2005	10:30
AM					07/19/2005	2:30
AM					07/20/2005	2:30

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AM

Host Tiffany Dwight Estell interviewed Sue Lober of the American Red Cross about heat safety tips and symptoms of heat related illness. Lober stated that the American Red Cross urges all metro area residents to take care of themselves, their families, and their neighbors. With all the fun activities of the summer, it's important to know heat safety tips and symptoms of heat related illness. Lober said the number one rule is to take care of yourself-heat takes a lot out of you. She stated to beat the heat by drinking plenty of water, limiting your time in the sun and making sure you don't overdo it. People should dress for summer in lightweight, light colored clothing. Light colors will reflect some of the sun's energy. It is also a good idea to wear hats or use an umbrella. Lober said people need to know the symptoms of heat illness such as dizziness, rapid heartbeat, throbbing headaches, breathing difficulty, nausea, cramps, vomiting and diarrhea. If someone should experience these symptoms, they need to get medical help immediately and seek a cool environment until help arrives.

Joy In Our Town #050715 PM	29:04	14:30	L	PA/O	07/15/2005	12:00
					07/16/2005	2:30
AM					07/18/2005	10:30
AM					07/19/2005	2:30
AM					07/20/2005	2:30
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Host Tiffany Dwight Estell interviewed Lisa Schmit, Meteorologists with the National Weather Service. They discussed severe weather season and tornadoes. Lisa Schmit began by discussing what are the causes of tornadoes. She stated that thunderstorms develop in warm, moist air in advance of eastward-moving cold fronts. These thunderstorms often produce large hail, strong winds, and tornadoes. The National Weather Service is strategically locating Doppler radars across the country which can detect air movement toward or away from the radar. Schmit continued by stating that early detection of increasing rotation aloft within a thunderstorm can allow lifesaving warnings to be issued before a tornado forms. The National Weather Service continuously broadcasts updated weather warnings and forecasts that can be received by NOAA Weather Radios. The average range is 40 miles, depending on topography.

Joy In Our Town #050902 PM	27:25	13:15	L	PA/O	09/02/2005	12:00
					09/03/2005	2:30
AM					09/05/2005	10:30
AM					09/06/2005	2:30
AM					09/07/2005	2:30
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Host Tiffany Dwight Estell talked with Sergeant Sheldon Lyon with the Missouri State Highway Patrol. They discussed the issue of predators targeting children over the internet. Sgt. Lyon stated that the Missouri Highway Patrol is starting an Internet Safety Program called i-SAFE. He said that the internet has changed the way in which our children are communicating. A new non-profit agency funded by a Justice Department grant has developed the i-SAFE program for educators, parents and law enforcement. Lyon said that the program targets kids, who use the internet and do not understand the dangers of exchanging information with stranger's on-line, sending photographs of themselves electronically and even meeting in person with someone they met in a chat room. State Trooper Sheldon Lyon said that everyday, on-line predators search chat rooms in search of their next victim. He says that the internet is fun and you can learn a lot by using it, but there are also dangers that he believes children need to be protected from.

Program Title Program Topic Duration Segment Type Airdate Time

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Duration

Source

Economy

Joy In Our Town #050701 PM	28:53	13:00	L	PA/O	07/01/2005	12:00
					07/02/2005	2:30
AM					07/05/2005	2:30
AM					07/06/2005	2:30
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Host Tiffany Dwight Estell talked with Marci Bennett, The Executive Director of the St Joseph Convention and Visitors Bureau. They discussed the issue of Summer Tourism in St. Joseph. Marci Bennett stated that in 2004, St. Joseph experienced an increase in total hotel occupancy compared to 2003 by 6 %. This increase reflects the business and leisure travelers. The Convention Market is slowly recovering from the nationwide economic down turn. A major factor is the number of business trips/meetings that were cancelled after September 2001. Corporations made the financial change to budgets in 2002 eliminating or decreasing all travel budgets. Ms. Bennett said that tourism is huge in Buchanan County making around 117 million dollars in hotels, gas, retail, and restaurants. Also many events come to St. Joseph. Bennett said the 2005 events include: Star Tours, Air Guard National Softball Tournament, and Society for the Preservation and Encouragement of Barbershop Quartet Singing in America. Bennett added that hotel space has been an issue and for a change St. Joseph will be looking to send overflow into Kansas City instead of the other way around. There are no concrete plans for additional hotel product being added in 2005, yet, there is much growth expected in retail and business development. Bennett stated that she would like to see either a convention center built or a new hotel with meeting spaces so that St. Joseph would be able to sell the community in the winter months as well.

Joy In Our Town #050729 PM	29:41	15:11	L	PA/O	07/29/2005	12:00
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AM					08/01/2005	10:30
AM					08/02/2005	2:30
AM					08/03/2005	2:30
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Tiffany Dwight Estell talked with the Director of Public Works, Bruce Woody. They discussed summer road projects in the city of St. Joseph. Mr. Woody state that one of the biggest developments the South Side is currently a player in is the city's \$1.2 million Mill and Overlay Project. As part of the project, public works hopes to extend the life of roads by seven to eight years by applying a micro-surface overlay 50 miles of roads within town. He said the overlay is roughly three-eighths an inch thick and will help protect the streets from water, sunlight and daily usage. Members of the city street division are completing the project. Woody then stated in a \$1.1 million project, the city intends to put a cover over the digester at the Water Pollution Control Maintenance building. Woody said that when the water comes in, solids are suspended in the liquids, and solids are put in the digester, where a bacterial agent breaks down the solids before filtering the water back into the Missouri River.

Joy In Our Town #050923 PM	27:39	11:00	L	PA/O	09/23/2005	12:00
					09/24/2005	2:30
AM					09/26/2005	10:30
AM					09/27/2005	2:30
AM					09/28/2005	2:30
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Host Andrae Hannon interviewed Michelle Kautz of the National Ethanol Vehicle Coalition about the rising costs of gasoline and the new interest in E85 fuel. The high cost of gasoline has more drivers interested in E85 fuel. Mrs. Kautz defined E85 fuel as an alternative fuel that usually costs about 50 cents less than regular fuel. E85 is a blend of 85 percent ethanol and 15 percent gasoline. Although people are looking at the lower price of ethanol as an alternative way to fuel their vehicles because of the gasoline price crisis there is a catch. E85 cannot be used in all vehicles, but that list is always growing. Currently, about 4.5 million vehicles can run on the alternative fuel. The only vehicles that can run on E85 fuel are called flexible fuel. Mrs. Kautz said that some drivers may experience a slight decrease in fuel economy due to the lower energy content of the fuel; however; the economic, environmental and energy security benefits of E85 outweigh any variation.

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Economy

Joy In Our Town #050923 PM	27:39	11:00	L	PA/O	09/23/2005	12:00
					09/24/2005	2:30
AM					09/26/2005	10:30
AM					09/27/2005	2:30
AM					09/28/2005	2:30
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Host Andrae Hannon talked with Tony McGaughy, the Assistant District Engineer with the Missouri Department of Transportation. They discussed the conditions of Missouri roadways and future projects to make transportation better in the state. Mr. McGaughy started off by stating the MODOT designs, builds, and maintains the roadway system in Missouri. This system is approximately 32,000 miles of roadway with over 10,000 bridges. MODOT has a ratings system to gage the conditions roadways and at this point and time Mr. McGaughy stated that 60% of the roadways are in good condition. There are 40% that are in fair or poor condition. It was stated the neighboring state of Kansas has somewhat smoother roadways than that of Missouri, but Missouri's roadway system is 3 times the size of Kansas. Kansas has 11,000 miles and Missouri 32,000.

Joy In Our Town #050916 PM	28:51	13:30	L	PA/O	09/16/2005	12:00
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AM					09/19/2005	10:30
AM					09/20/2005	2:30
AM					09/21/2005	2:30
AM						

Host Tiffany Dwight Estell talked with Tom Strandell, financial associate at Thrivent Financial. They discussed debt management and mortgage payments. Tom Strandell said that approximately 50 % of Americans would not survive 2 months if they did not have paycheck. The reasons are that people have a low savings rate (only 1% of their check is saved), living beyond their means and lots of debt. Strandell said the best way to fix debt is to reduce expenses and save. Eliminate any unnecessary spending, such as eating out and purchasing expensive entertainment. Try to pay cash for items and do not create bad debt such as retail purchase with credit cards. Surprisingly Mr. Strandell said that there is some good debt. That would be mortgage debt. This money is built into an asset that is growing into value and is also a tax deduction on the interest a person pays. The question came up of whether it is good to pay off a house quickly. Strandell answered this question in three phases: 1. a persons comfort level- do they sleep better at night in a house that is paid off, 2. function in cash flow, 3. Rate of return. Strandell stated that your home will go up in value as a function of depreciation in real estate. If a person isolates that equity it has a 0% return. He said that some people that are savy will actually separate that equity and invest it in something that grows larger than what it cost them to separate it. If you have money and are able to pay that mortgage off you can do that but the money then is no longer working form you.

Joy In Our Town #050916 PM	28:51	13:30	L	PA/O	09/16/2005	12:00
					09/17/2005	2:30

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

AM						09/19/2005	10:30
AM						09/20/2005	2:30
AM						09/21/2005	2:30
AM							

Host Tiffany Dwight Estell talked with Lilia White and Laura Elder of InterServ's Immigrant Services Program. They discussed the major influx of immigrants in Northwest Missouri in the past year. Lilia White, Immigrant Services Coordinator, stated that job opportunities in this area have been the primary reason for the amount of immigrants arriving. Another reason for immigrants coming to America is to provide for their families. There are not any jobs in the country that they are in and in order to provide for a family of six they go to the place that offers them employment.

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

Economy

Joy In Our Town #050930 PM	28:35	13:30	L	PA/O	09/30/2005	12:00
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Host Tiffany Dwight Estell interviewed St. Joseph, MO Mayor David Jones. They discussed the new TIF project, the advantages of the new shoppes at North Village, and the cities bid for Annexation (Planned Growth Committee). Mayor Jones explained that TIF's take those property taxes and helps improve the area. It redirects half the development's new sales taxes and all of the new property taxes toward development costs. At this point and time another retail development near the Shoppes at North Village is on the path toward receiving city approval for tax incentives. Mayor Jones stated that the project faced some criticism as well as support. The criticism was its impact on existing retailers and how it could detract from the Shoppes. Supporters said the development would help enhance the regional draw created by the Shoppes and create a greater draw from the outside communities. Mayor Jones talked about how the New Shoppes at North Village has been advantages to the city of St. Joseph because the money spent there stays in St. Joseph, it provides a place where children that grow up want to stay in the city and not move out, and they provide a provide infrastructure for the community. He explained that if citizens shop locally that the sales tax in this city goes for a positive police force and fire department. If you were to shop in Kansas City you would be paying for their police department instead of your own.

Health/Mental Health

Joy In Our Town #050701 PM	28:53	13:00	L	PA/O	07/01/2005	12:00
					07/02/2005	2:30
AM					07/05/2005	2:30
AM					07/06/2005	2:30
AM						

Host Tiffany Dwight Estell interviewed Darrel Mills, the President of Back to the Basics and Enriching Lives Through the Best of Nutrition. They discussed the importance of fruits and vegetables in one's diet. Mills stated that when he developed Legionnaires disease, a form of pneumonia, he began to take a long look at his health and without the help of the medical community. He stated that antibiotic medicines treat the symptoms but do not stop the disease. Mills went on to say that people should try to prevent the disease from ever occurring by properly eating fruits and vegetables. By properly eating fruits and vegetables he means that one should eat fresh, raw fruits and

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

vegetables before the preservatives and syrups ruin the nutritional value. Most people eat vegetables that are over processed, overcooked, or too far removed from the field, and thus lack the nutrition provided by fresh, raw fruits and vegetables. Mills said that research has shown that getting the proper level of antioxidants you're your bloodstream will reduce the risk of disease. Eating fresh fruits and vegetables decreases oxidative stress in the form of lipid peroxides in the bloodstream. Mills advice to people is not to take vitamin supplements but eat whole food and plenty of fresh fruit and vegetables.

Joy In Our Town #050708 PM	26:25	11:30	L	PA/O	07/08/2005	12:00
					07/09/2005	2:30
AM					07/11/2005	10:30
AM					07/12/2005	2:30
AM					07/13/2005	2:30

Host Tiffany Dwight Estell talked with Lori Hansen, Senior Independent Living Specialist with the Midland Empire Resources for Independent Living. They discussed brain injury, its effects and also support of those with traumatic brain injuries. Lori Hansen stated that brain injury can result in alterations in all aspects of a person's functioning: physical, emotional, psychological, spiritual, financial, interpersonal and vocational. From a physical standpoint, difficulties with speech, vision, hearing, eating, mobility and sensitivity to light and noise becomes altered. An estimated 1.5 million brain injuries occur yearly in the U.S. Hansen said that motor vehicle crashes cause 44 % of all traumatic brain injuries. Falls account for 26%, assaults and violence 17%, sports and recreation 13%. Hansen stated that child abuse accounts for 64% of infant/child brain injuries.

Program Title Program Topic Duration Segment Type Airdate Time
Duration Source

Health/Mental Health

Joy In Our Town #050708 PM	26:25	11:30	L	PA/O	07/08/2005	12:00
					07/09/2005	2:30
AM					07/11/2005	10:30
AM					07/12/2005	2:30
AM					07/13/2005	2:30

Host Tiffany Dwight Estell talked with Marianna Booth, the WIC Coordinator and Senior Nutritionist Supervisor. They discussed the issue of prenatal care and nutrition for babies and the mothers. Mrs. Booth explained the issue of what a person at nutrition risk is. She stated that there are two major types of nutrition risk. The first is a medically-based risks such as anemia, underweight, overweight, history of pregnancy complications, or poor pregnancy outcomes. The second nutrition risk is the Dietary risk, such as failure to meet the dietary guidelines or inappropriate nutrition practices. They discussed that breastfeeding is very important to a healthy child. Booth said that research has shown that there is no better food than breast milk for a baby's first year of life. Breastfeeding provides many health, nutritional, economical and emotional benefits to mother and baby. Mrs. Booth went on to say that since the major goal of the WIC program is to improve the nutritional status of infants, WIC mothers are encouraged to breastfeed their infants.

Joy In Our Town #050805 PM	28:36	13:30	L	PA/O	08/05/2005	12:00
					08/06/2005	2:30

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

AM						08/08/2005	10:30
AM						08/09/2005	2:30
AM						08/10/2005	2:30
AM							

Host Tiffany Dwight Estell talked about the issue of the West Nile Virus with Robin Rhodes, Environmental Health Coordinator with the Buchanan County Health Department. Mr. Rhodes said the West Nile Virus is transmitted by mosquitoes to birds, various animals, and humans. Most persons infected with this virus show no symptoms, although occasional infections can result in serious illness and even death. Rhodes says the Health Department is working on the premise that West Nile is here to stay. Rhodes baits and traps mosquitos in order to test them for West Nile Virus. He goes where the conditions are ripe for breeding. They are places with lots of vegetation, standing water. Mosquitos usually target birds or wild animals. Humans are often just convenience. The Buchanan County Health Department has been trapping mosquitos since 2002. The number of human cases of West Nile statewide has dropped dramatically since then. In 2002, there were 168 confirmed cases of West Nile in Missouri, In 2004, there were 36.

Joy In Our Town #050812 PM	28:31	12:00	L	PA/O	08/12/2005	12:00
					08/13/2005	2:30
AM					08/15/2005	10:30
AM					08/16/2005	2:30
AM					08/17/2005	2:30
AM						

Host Tiffany Dwight Estell talked with Betty Tinker, Recruitment Representative with the Community Blood Center. They discussed the critical low blood supply and why a supply is so important at this time of year. Ms. Tinker said in the month of August the Community Blood Center hits a slump and the blood supply is low due to families going on vacation or other endeavors. Labor Day weekend is also approaching and with the increase in accidents usage is very high. At the point and time of the interview the blood supply for the community blood center was at a critical level of a day's supply or less. Tinker stated that it is a fact that these blood drives are designed to make donating blood more convenient and provide 65 percent of the Community Blood Center's total supply. But as society has become more fast-paced, Community Blood Center has had to adjust its blood collection strategy to meet donor's needs. Community Blood Center needs to have 550 individuals appear to donate blood each day to meet area hospitals' needs. Some hospitals usually use 30-35 whole blood products in a day. Now the usage is 30-35 blood products are being used on one patient alone. By just making one donation, people can help as many as three patients who may need blood after loss in a car accident, anemia, cancer, or specific clotting factors.

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

Joy In Our Town #050930 PM	28:35	13:30	L	PA/O	09/30/2005	12:00
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Host Tiffany Dwight Estell interviewed Pam Clary, a Licensed Clinical Social Worker. They discussed Post-traumatic stress disorder and its affect on the victims of Hurricane Katrina. Mrs. Clary said the Post-traumatic stress disorder (PTSD) is an anxiety disorder that can occur after someone experiences a traumatic event that caused intense fear, helplessness, or horror. PTSD can result from personally experienced traumas (e.g., rape, war, natural disasters, abuse, serious accidents, and captivity) or from the witnessing or learning of a violent or tragic event. Mrs. Clary added that in the immediate aftermath of a disaster like hurricane Katrina, almost everyone will find they are unable to stop thinking about what happened. These are called intrusion or re-experiencing symptoms. Clary said that common reactions after a disaster range from emotional reactions (shock or grief) to interpersonal reactions (distrust, withdrawal, work or school problems). Severe reactions include terrifying memories, nightmares, unable to feel emotion, panic attacks, debilitating worry, or suicidal ideation or

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intent. Clary said there are a variety of treatments for PTSD, and individuals respond to treatments differently. PTSD often can be treated effectively with psychotherapy or medication.

Doctor to Doctor # 49 28:30 28:30 REC PA/O/E 7/5/05 11:30 AM

Dr. Charles Adams talks about delayed food allergies and says some people have a reaction immediately and others a few days later. He talks about the four most common delayed food allergies: wheat, dairy, corn and eggs and explains each and gives alternative substitutes. Dr. Scott Farhart, MD talks about plastic surgery and the top in office procedures and hospital procedures for men and women. He explains Botox, eyelid procedure, breast augmentation and hair transplant for men are the most common. Dr. Paula Bickle, PhD talks about diet and food to avoid. She talks about sugar, white foods, soda pop, caffeine, butter, and alcohol and explains how each affects our body.

Doctor to Doctor # 50 28:30 28:30 REC PA/O/E 7/12/05 11:30 AM

Dr. Jordan Rubin, N.M.D., PhD talks about carbohydrates and explains disaccharides and problems with digestion. He explains increase in monosaccharide which is easier to digest. He talks about Omega 3 and 6 and the benefits. Dr. Chip Abbadessa, Chiropractor talks about the nervous system and how it controls everything in the body. He talks about the spinal cord being the lifeline between the brain and body and importance of maintaining a healthy spine. Dr. Patrick Hayden talks about weight management and weight training. He explains that muscles give the body structure. He talks about exercise and getting physicals to determine workout.

Doctor to Doctor # 51 28:30 18:30 REC PA/O/E 7/19/05 11:30 AM

Dr. Bruce Wong, Chiropractor talks about poor posture and how it affects brain function. He talks about poor sleep habits and poor posture. He talks about other causes of bad posture are sitting on couch watching TV, reading, while playing video games and sitting at desk for long periods of time. He talks about importance of getting a professional spine checkup. Dr. Dina Prato talks about cancer treatment. He says cancer is number one killer in U.S. It is caused by increase in exposure to chemicals. He talks about chemicals in the air, in the food and to prevent it must change our diets. We must eat more vegetables, organic unprocessed food and increase exercise. He talks about early detection being the key, eat food that are rich in antioxidants.

Doctor to Doctor # 52 28:30 28:30 REC PA/O/E 7/26/05 11:30 AM

Dr. Ben Lerner, Chiropractor talks about stress and explains how it causes weight gain, joint damage, and hormonal changes. He talks about the importance of forgiving others and how that helps to eliminate stress and builds peace. Dr. Bob DeMaria, D.C. talks about the number one cause of ADHD is improper metabolism of fat. He talks about every cell membrane in the body contains a layer of fat and it takes 51 days to properly metabolize French fries. He recommends one tablespoon of flax oil every day increases brain function. Dr. Janet Maccaro, PhD talks about midlife changes; diffuse stress by limiting sugar and caffeine. She talks about Conjugated Lindeic Acid and how it helps to burn fat. Recommends eating early to digest foods before sleep time, passion flower, Vatarian Root are helpful for sleeping.

Program Title Program Topic Duration Segment Type Airdate Time
Duration Source

Health/Mental Health

Doctor to Doctor # 53 28:30 28:30 REC PA/O/E 8/2/05 11:30 AM

Dr. Jordan Rubin, N.M.D., PhD talks about overcoming digestive problems. He talks about the supplements and explains probiotics. He talks about enzymes and explains the three types and he talks about whole food fiber and when to take it. Dr. Andrew Mincy talks about God's health plan from the Bible. He gives percentages of people who are obese and talks about food being created for the body not the body for food. He talks about foods that were made by God versus altered foods which have harmful affects in our bodies. Dr. Cheri Calbom talks about hypothyroidism – sluggish thyroid. She gives a short quiz that helps viewers. She talks about Soy and peanuts, refined foods are not good the thyroid. Recommends foods rich in iodine and gives ideas to change eating habits.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Doctor to Doctor # 54	28:30	28:30	REC	PA/O/E	8/9/05	11:30 AM
<p>Dr. Dino Prato talks about allergies. Allergies may affect the nervous system causing ADD, Hyperactive Activity and Autism. He talks about food allergies can cause inflammation in joint. Recommends improving diets and seek out cleaner air free of carcinogens. Dr. Christina Stimson, M.D. talks about dental mercury amalgam causing sickness. She explains DMA being 50% mercury being very toxic. She talks about tests to discover toxic level of mercury and talks about removing dental amalgams immediately. Dr. Vern Cherewatenko talks about stress and explains that Cortisol Hormone is released when we are stressed and causes physical damage. He talks about ways to decrease stress.</p>						
Doctor to Doctor # 55	28:30	18:30	REC	PA/O/E	8/16/05	11:30 AM
<p>Dr. Paul Shirley an Orthopedic Surgeon talks about arthritis in the knee. He explains the anatomy of the knee and gives symptoms and possible options to help a torn cartilage. He gives various scenarios to give viewers an idea of the steps that they need to take to get well. Dr. Scott Hannen, Chiropractor talks about insomnia. He explains sleep cycles and normal hormone secretion causes rest phase. He talks about deep sleep allows the body to rest, regain energy and heal itself and gives viewers recommendations.</p>						
Doctor to Doctor # 56	28:30	28:30	REC	PA/O/E	8/23/05	11:30 AM
<p>Dr. Scott Farhart, OBGYN talks about stem cells and explains they are primitive cells that can be turned into any cells that are needed. He talks about Adult Stem Cells and how that is being used. He talks about Embryonic Stem Cells not being the best stem cells explaining that they are harder to control when in the body. Dr. William Kellas, PhD talks about health tips for men. He gives three things men should do – exercise, drink plenty of water, include fiber, nutrients and oils, minerals, vitamins and antioxidants. He talks about proteins, Chromium, CLA, and Alpha Lipoic Acid. Dr. James Powell talks about lower back problems, how to sit, how to stand, lifting heavy objects and sleep posture.</p>						
Doctor to Doctor # 57	28:30	28:30	REC	PA/O/E	8/30/05	11:30 AM
<p>Dr. Jordan Rubin, N.M.D., PhD talks about advanced hygiene and says hands, nails, ears, eyes and nasal passages and mouth are ways germs enter the body. He talks about water, fresh air and skin care. Dr. James Mahoney talks about Osteopathic Medicine. He gives history of A. T. Still and talks about how medicines have affected Osteopathic practice. He explains that Osteopathic medicine believes that if the body is given the right tools, the body could heal itself and operate properly.</p>						
Doctor to Doctor # 58	28:30	28:30	REC	PA/O/E	9/6/05	11:30 AM
<p>Dr. Albert Sant Antonia talks about non-permanent cosmetic fillers. He talks about the most common parts of the face needing fillers. He explains the steps in preparation for and after procedure, gives live demonstration. It is a quick procedure and has fast recovery. Dr. Charles Adam, M.D. talks about metabolic typing and blood PH. He gives the difference between acute care and chronic care. He gives example of pain medicines causing problems for a woman who had an injury. Finding our metabolic type to learn which foods, medicines and activities are best for us. Dr. Scott Hannen, Chiropractor talks about sleep apnea. He tells story of a man with sleep apnea. He talks about solutions.</p>						

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

Doctor to Doctor # 59	28:30	28:30	REC	PA/O/E	9/13/05	11:30 AM
<p>Dr. George Guthrie, M.D. talks about doctors trained in Lifestyle Medicine and importance for doctors to encourage the patient to take control of their disease. He talks about problem of patients wanting the quick answer. Recommends healthy diet, exercise and let the natural heal take place. Dr. Janet Maccaro, PHD talks about natural beauty. She talks about hormones being in balance will help skin to be healthy, drink plenty of water, and use sun block. She talks about skin and beauty starting from within. Dr. Dino Prato talks about depression coming from different things and gives example. He talks about medicines help some people. Determine when the anxiety started and recommends exercise, forgiveness, look deep within, eat quality foods and pray.</p>						

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Dr. Joe Christiano, N.D. talks about weight loss and why programs fail. He talks about genetics and overall health and explains the four blood types and how each relates to our diets. He explains how different foods affect us based on our blood type. He gives an example of an overweight woman and how changing her diet based on her blood type caused her to lose weight.

Trinity Broadcasting Network

KTAJ-TV, KTAJ-DT

October, November, December 2005

Central Time

Leading Community Issues

Economy

Public Safety

Education

Crime

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Economy

Joy In Our Town#051007	29:05	12:30	L	PA/O	10/07/2005	12:00 PM
					10/08/2005	2:30 AM
					10/10/2005	10:30 AM
					10/11/2005	2:30 AM
					10/13/2005	2:30 AM

Host Tiffany Dwight Estell interviewed Missouri State Representative Martin T. Rucker of District 29 in St. Joseph, MO. They discussed a variety of issues dealing with the state of Missouri. Rep Rucker has dealt with many concerns for the citizens of Missouri in his first year in the house. Rising energy cost is a major concern. Rucker has a house bill that would require all fuel sold in Missouri to contain 10 percent ethanol. The bill would be more environmentally friendly, give local farmers a new market for their corn and help consumers at the gas pump. He also wants to deal with the rising cost of healthcare which is getting out of control. With Missouri Western becoming a University as well as funding a new school formula for the public schools Rucker believes that St. Joseph is becoming a progressive city headed in the right direction.

Joy In Our Town #051014 PM	29:40	14:00	L	PA/O	10/14/2005	12:00
					10/15/2005	2:30
AM					10/17/2005	10:30
AM					10/18/2005	2:30
AM					10/20/2005	2:30
AM					10/21/2005	2:30

Host Tiffany Dwight Estell talked with Barbara LaBass of the Missouri Gas Energy Company. They discussed the cost of natural gas this winter. The Missouri Public Service Commission warns consumers to expect higher heating costs this winter, even if the weather is mild. Over the summer, wholesale natural gas market prices have jumped considerably. Barbara LaBass stated that it was very important that consumers act now to make their homes more energy efficient. She also said that nature is the regulator of our nation's natural resources. In other words, weather drives gas prices. Frigid winters and exceptionally hot summers can squeeze the production and supply of a finite resource we tend to take for granted. LaBass stated that Missouri has no natural gas facilities. Natural gas is sent to Missouri from producing states to local gas utility companies, like MGE, for distribution to our area's homes and businesses. To combat increasing wholesale market prices, Missouri Gas Energy is encouraging customers to enroll in the Average Bill Calculation (ABC) level payment plan.

Joy In Our Town #051111 PM	28:03	14:00	L	PA/O	11/11/2005	12:00
					11/12/2005	2:30
AM					11/14/2005	12:00
PM					11/15/2005	2:30
AM					11/17/2005	10:30
AM						

Host Tiffany Dwight Estell interviewed Paula Heyde, the City Clerk for the city of St. Joseph. They discussed the upcoming Mayor, Council, and Municipal Judge elections. Basically the interview involved informing the public what they needed to know if they wanted to run for one of these offices. Heyde stated that the elections would be held March 7, 2006 (Primary) and April 4, 2006 (General). She said that candidates for mayor and members of the council need to be qualified voters of the City and needs to have been a resident of the City for at least one year immediately prior to their election. Heyde stated that a person running for Judge would have to be at least twenty-five years of age, licensed to practice law in the State of Missouri and needs to have been a resident of the City for at least one year. No person can hold any office in City government if they still owe city taxes. Heyde also said that petitions for candidates for all elective offices at-large shall be signed by not less than 250 qualified voters of the City. Petitions for candidates for district Councilmember cannot be signed by less than 75 qualified voters of the district.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<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

Joy In Our Town #051125 PM	28:56	15:00	L	PA/O	11/25/2005	12:00
					11/28/2005	10:30
AM					11/29/2005	1:00
AM					12/01/2005	2:30

Host Tiffany Dwight Estell talked with Chad Orstead, the President of T.N.T. Mortgage. They discussed an issue that many people have a hard understanding for and that is purchasing a home. Chad Orstead began by saying the first step to owning your own home is to get pre-approved for a loan. This lets the person purchasing the home know how much they can afford. Orstead said that a realistic understanding of how much you can reasonably expect to qualify for is a good step toward the goal of homeownership. 70% of loan approval depends on a person's credit score. The information on the credit report is used to determine how responsible you are in meeting your obligations. Mr. Orstead then talked about different programs that people choose to pay their mortgage with. In an interest only program people have monthly adjustable payment options. Orstead stated that interest only payment options allow for a period of interest-only payments (usually three to ten years), after which time one begins making principal and interest payments for the remaining term of the loan, which results in a substantially larger monthly payment. Orstead then talked about a pay option arm type of mortgage. This payment option allows a person to choose a loan with built-in flexibility and allows for increasing cash flow and the ability for a person to stay in charge of their finances. In addition this loan has various qualification advantages which may make it easier to get the loan with less paperwork.

Joy In Our Town#051202 12/02/2005 12:00 PM	27:41	14:15	L	PA/O		
					12/03/2005	2:30 AM
					12/05/2005	10:30
AM					12/06/2005	2:30 AM
					12/08/2005	2:30 AM

Host Tiffany Dwight Estell interviewed Andy Clements, Assistant Director of Public Works and Transportation with the city of St. Joseph. They discussed the cities new neighborhood improvement district. Mr. Clements said that the neighborhood improvement district is a creature of state statute. It allows areas to finance public improvements and to levy a special property tax to pay for it. Funds for maintenance of an improvement may also be authorized using this measure. Mr. Clements explained the creation of a neighborhood improvement district, property owners come up with a public project and estimate for the cost of the same. They may then decide how to apportion the relative share between the property owners. It could be based upon frontage feet to a road, overall square footage, assessed valuation, and various permutations thereof. He stated whatever the method of division, the appointment must be listed on the ballot or petition.

700 Club CBN NewsWatch #102705	1:00:00	7:00	REC	PA/O/E	10/27/05	2:00 PM
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Melissa Charbonneau CBN White House Correspondence reports from Biloxi, Mississippi. When Hurricane Katrina struck the Mississippi Gulf Coast, half the state's casino industry was knocked out of operation. And it is costing state coffers millions of dollars each week. Now, a new state law enacted in the wake of the storm is pitting casinos and politicians against faith-based and family groups. When casinos were legalized 15 years ago, they were restricted to floating docks on the Gulf Coast. But Katrina lifted those barges and tossed them like toys across highway 90. After Katrina gutted the lucrative gambling industry, casinos threatened to pull out. In August alone,

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Mississippi casinos raked in more than a hundred million dollars, about a billion dollars a year. Mississippi has passed a new law that let casinos move to safer spots onshore. Mississippi's Governor Haley Barbour, who campaigned against gambling expansion, said casinos are vital to hurricane recovery. Elected officials say casinos help keep the Gulf Coast's economy afloat. They generate a half million dollars a day in state revenue taxes, and they employ an estimated 15,000 workers. Faith-based and family groups who hope to stem the tide of casino expansion say that the onshore law is just the next step in a strategy to legalize gambling statewide.

<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>	
<i>Public Safety</i>	Joy In Our Town #051014 PM	29:40	13:30	L	PA/O	10/14/2005	12:00
						10/15/2005	2:30
						10/17/2005	10:30
						10/18/2005	2:30
						10/20/2005	2:30
						10/21/2005	2:30

Host Tiffany Dwight Estell talked with Registered Nurse Mary Novinger, the lead nurse case manager at the Buchanan County Health Department. They discussed the issue of lead poisoning pertaining to the environment and health. Novinger said that lead poisoning is one of the most common environmental child health problems in the United States and is caused by too much lead in the body. Lead is especially harmful to children younger than 6, but anyone who eats, drinks or breathes something which has too much lead can get lead poisoning. Novinger also said that lead poisoning affects three to four million young children and large amounts of lead in a child's blood can cause brain damage, mental retardation, behavior problems, anemia, or liver and kidney damage. Novinger said that unlike many environmental health problems, lead contamination is often found at home, in paint, house dust, drinking water and soil. Some interventions to reduce the likelihood of lead poisoning are having your home inspected to see if the house has lead-based paint, keep children away from peeling or chipping paint, wet mop and wet wipe hared surfaces, using trisodium phosphate detergent, and do not store food in open cans, especially imported cans.

Joy In Our Town #051118 PM	29:52	15:27	L	PA/O	11/18/2005	12:00
					11/21/2005	12:00
					11/22/2005	1:00
					11/23/2005	2:30

Host Tiffany Dwight Estell interviewed David Carlisle, conservation agent with the Missouri Department of Conservation. They talked about safety from both the driving and hunting perspectives. David Carlisle stated that vehicle accidents caused by deer crossing the road stand at 8,000 per year. He stated that peak times that deer travel is early in the morning and at dusk and this happens to be the time that a lot of people are commuting to and from work. Carlisle gave a few tips in order to avoid an accident. Drivers should use extra caution when driving before dawn and after dusk. These are the most likely times to find deer on the move and visibility is also low at these times. Motorist should drive defensively when approaching wooded draws or creek bottoms that intersect highways, especially in agricultural settings. The Missouri Department of Conservation offers a hunter safety program which is a mandatory program for anyone who wants to hunt that was born on or after January 1, 1970. Carlisle stated that the hunter safety course helps a great deal because it creates an awareness in people, gives them a sense of safety and gets people to thinking that an accident can happen to anyone.

Joy In Our Town #051209 PM	28:16	13:27	L	PA/O	12/09/2005	12:00
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The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

AM	12/10/2005	2:30
AM	12/12/2005	10:30
AM	12/13/2005	2:30
AM	12/13/2005	10:30
AM	12/15/2005	2:30

Tiffany Dwight Estell talked with Captain George Albert of the St. Joseph Fire Department and the cities Emergency Management Department. They discussed the issue of how to prepare for bad weather. Captain Albert discussed the importance of winterizing your car and how it could save your life in a snow storm. He stated that winterizing your car is simple. Before the temperature drops, car owners need to check the antifreeze, oil and fluid levels, the heating system, and get snow tires or make sure the all-weather tires have plenty of tread. Albert said items in your winter car kit should include; a batter-powered radio with spare batteries, a flashlight with extra batteries, a first aid kit with a manual, an extra blanket or two, and extra clothing. Captain Albert said the emergency management organizations encourage citizens to keep disaster supplies, emergency food and water on hand in case of flood, power outage, tornado or earthquake.

<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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Public Safety

Joy In Our Town #051222 AM	28:00	13:30	L	PA/O	12/22/2005	10:30
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Host Tiffany Dwight Estell talked with Gerald Duty, the coordinator of what is called "Safety Town" through the St. Joseph Safety and Health Council. Mr. Duty said the mission of safety town is to teach children the value of safety both going to and from school. One of the many goals that the St. Joseph Safety and Health Council wants to get out through safety town is what children need to know if separated from parents. Mr. Duty thought it very important to have a pass word for parents and children. An example is a predator usually approaches a child to tell them that their parent has been injured and that they sent them to take the child. If the stranger does not know the special pass word then that gives the child a heads up on the situation. Another important facet is a child knowing their address and telephone number. Area code is also very important because just a few miles from St. Joseph is the state of Kansas and another area code.

Joy In Our Town #051226 AM	27:35	13:10	L	PA/O	12/26/2005	10:30
AM					12/29/2005	2:30

Host Tiffany Dwight Estell talked with Sgt. Sheldon Lyon of the Missouri Highway Patrol Department about the issue of safe driving in snowy and icy conditions. They discussed safety issues ranging from preparing to drive in snowy and icy conditions, as well as distractive driving. Sergeant Lyon stated that driving under snowy or icy conditions can be dangerous for any type of car, including 4-wheel drive vehicles. Taking the time to winterize your vehicle, be aware and minimize potential hazards can make it safer season for you and others on the road. He stated that people should carry a winter survival kit in their vehicle that includes blankets, a flashlight, flares or reflective triangles, a shovel, and jumper cables. Sergeant Lyon discussed safe driving techniques for cold and icy road conditions. He said to drive slowly and leave as much space as possible between your car and the next to deal with any emergencies that may arise. If a person hits the ice, first do not panic or slam on the brakes. Steer in the direction that the nose of the car is going in to regain traction.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Erick Stakelbeck Washington Terror Analyst reports on the 21-year-old student at the University of Oklahoma who killed himself in what some are calling an attempted homicide bombing. From the outset, both the FBI and University of Oklahoma President David Boren have insisted that Hinrichs acted alone. They say his death was a random suicide, carried out by a troubled young man, and that Hinrichs had no intention of hurting anyone but himself. But others who have followed the case closely are not so sure. The FBI has admitted that it still is not sure whether Hinrichs tried to enter Memorial Stadium. Law enforcement authorities found additional explosives during a search of Hinrichs' apartment. Some news outlets have report they also found jihadist literature. The FBI denies this claim.

<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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Education

Joy In Our Town #051021 10/21/2005 12:00 PM	29:20		15:30		L	PA/O
					10/22/2005	2:30 AM
					10/24/2005	10:30 AM
					10/25/2005	2:30 AM
					10/27/2005	2:30 AM

Host Tiffany Dwight Estell talked with Tay D. Triggs and Jennifer Jones of MWSU's Center for Multicultural Education. They discussed the importance of diversity and the world that we live in. Ms. Triggs, the director of the center for multicultural education, said that their job is to make sure that students are prepared after they walk across the stage with a college degree in hand and a job ready, that they can go into that workplace understanding how their lives intersect with other people regardless of who they are and where they come from. Triggs says that students of today come into college a little more multicultural experienced than their parents were. Ms. Triggs says that a setting like a University has a need for diversity. Students are in the mist of growing and learning about themselves. In process of learning about themselves they must confront some of their own issues and challenges as they grow into adulthood. Triggs says that diversity and multicultural education develops students on a personal level. People do not want to be the same person at 45 as they are at 19. They try to impress upon Western students that yes people are from different backgrounds but similarities far outweigh our differences. Student intern Jennifer Jones added that as a student she comes across many students who have never met an African-American before. It is reflected by those less diverse people not being able to have an interaction with someone different and coming across appropriately. Jones stated the multicultural education and diversity teaches people that there is a world outside of their own box. Thus, it makes the students well rounded and able to function in a society that is very diverse.

Joy In Our Town#051028 PM	29:20	15:00	L	PA/O	10/28/2005	12:00
PM					11/07/2005	12:00

Host Tiffany Dwight Estell talked with Dr. Dan Colgan, the Superintendent of the St. Joseph School District. They discussed school districts success in Missouri's standardized test. Dr. Colgan stated that the St. Joseph elementary schools outperformed the state in all four test subjects-science, social studies, communications, arts and math. He

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

said that this year's Missouri Assessment Program (MAP) results were the best to date. Meanwhile, the district's middle and high schools were on par with the state average-results Dr. Colgan said aren't good enough. He stated that he would like to do different things to improve those scores such as the Teacher Coaching model that they used in the elementary schools. Dr. Colgan said that the school district has taken eight outstanding teachers and asked them to work with other teachers to improve their crafts that much more.

Joy In Our Town #051202 PM	27:41	13:26	L	PA/O	12/02/2005	12:00
					12/03/2005	2:30
AM					12/05/2005	10:30
AM					12/06/2005	2:30
AM					12/08/2005	2:30

Host Tiffany Dwight Estell interviewed Betty Kimberling and Rob Studer of the St. Joseph School Districts Adult Education and Literacy Program. They discussed Adult High School. They stated that while many communities around the state and across the nation face climbing rates of high school dropouts, St. Joseph can point to a different outcome, a rise in the number of students graduating from high school. In just released figures, the St. Joseph School district reports an 86.6 percent graduation rate. At one point and time, St. Joseph had over a 26-percent dropout rate, and 36 percent of the adult population lacked a high school diploma or its equivalent. National Projections indicated that, while 60 percent of the then current jobs called for a high school diploma or less, only 25 percent of all jobs created would accept that low a level of education. Adult High School helps to give basic job skills such as handling math on the job (workplace math), keyboarding and 10-key for the workplace, workplace communication (Business and technical writing, oral presentations), job search and job readiness, becoming computer comfortable, passing the LPN Exam, and becoming a successful student.

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

Education

Joy In Our Town #051216 PM	29:20	14:30	L	PA/O	12/16/2005	12:00
					12/17/2005	2:30
AM					12/19/2005	10:30
AM					12/20/2005	2:30
AM					12/22/2005	2:30

Host Tiffany Dwight Estell talked with Mark Blakley, the St. Joseph School Districts industrial technology district chairman, about a pilot program called Project Lead the Way. This national program pin points those students pursuing engineering or other technological careers. Mr. Blakley said the fact that there is an estimated 3.1 million vacancies in the engineering field in this country. There is a critical shortage of engineers and engineering technologists entering the field at a time when technology is reinventing itself. This pilot program is designed to help increase the number of engineering students. He said that there are four parts to Project Lead the Way. Instruction to engineer design, principals of engineering, digital electronics and computer integrated manufacturing. Each part takes about a year to complete. Blakley says those classes are then linked by dual-credit for college credit at the University of Missouri at Rolla, MO.

Joy In Our Town #051230	28:47	14:30	L	PA/O	12/30/2005	12:00 PM
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Tiffany Dwight Estell talked with Ellen Kisker, Director of the Non-Traditional Student Center at the Missouri Western State College. They discussed the issue of nontraditional college students and how many entering freshmen no longer fit the profile of the typical recent high school graduate, but instead are more mature students with diverse agendas. Kisker stated that the nontraditional students, which are students over the age of 25, are often seeking a broadened educational background, increases self-esteem, a career change, retraining or further education for advancement in present careers, or other career related or personal objectives that require at least some college experience. Mrs. Kisker stated that the nontraditional student center at Missouri Western State College helps students enroll in their classes and also answer all questions. Nontraditional students who might be a little confused and intimidated about college can come to the nontraditional student center to discuss career options, receive specific information on how to register, on student services, financial aid, the center of academic support and the library. The most noticeable difference between traditional and nontraditional students is that older students are often balancing their academics as one part of very complicated lives which include considerable family responsibilities.

700 Club CBN NewsWatch 30:00 5:00 REC PA/O/E 10/7/05 2:00 PM
#100705

Paul Strand Washington Sr. Correspondent CBN.com – DALLAS, Texas - for the last 10 years, some 175,000 students have been learning about the Bible in their public high school classrooms. But the curriculum has come under severe criticism in the Lone-Star State. Lawyer Mike Johnson advises the National Council of Bible Curriculum group reports that the Supreme Court ruled it was okay to teach the Bible as an historical and literary document in 1963. But a group called the Texas Freedom Network, based in Austin, went public in August with charges that the National Council's Bible course violates religious freedom, even though the course is an elective. Kathy Miller heads up the group stated, "Public schools ought not to teach courses which interfere with the rights of parents to pass on their own religious beliefs to their children." But National Council supporters point out there is no way that its course abridges religious freedom. "This is an elective course."

ACLJ This Week #027B 30:00 30:00 REC PA/O/E 11/28/05 11:00 PM

Jay Sekulow Chief Counsel for American Center for Law and Justice discusses a legal issue in a Dover, Pennsylvania school district and the issue of intelligent design with Pat Monaghan, Stuart Roth and Geoff Surtees, Sr. Counsels, ACLJ. The issue is over the school district making a statement once a year at the beginning of the Biology term on the origins of mankind and they say there are other theories other than evolution and there are book and resources available in the library. This resulted in a federal court case from the ACLU and is based on the 1987 Supreme Court decision to ban the teaching creationism in public schools because it was said to advance a religious belief. Jay states that this is censorship by trying to prevent students from going to the library and forming their own conclusions. A clip from CBN News is shown regarding the status of this trial which has been running for five weeks. A roll-in is shown of a school district in California where Islam is being taught in a highly detailed study. Somme parents were shocked at what the students were asked to act out Islamic traditions. The ACLU did nothing about this which illustrates a blatant double standard by the organization.

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

Joy In Our Town #051021 PM	29:40	13:15	L	PA/O	10/21/2005	12:00
AM					10/22/2005	2:30
AM					10/24/2005	10:30
AM					10/25/2005	2:30
AM					10/27/2005	2:30

Host Tiffany Dwight Estell talked with Sergeant Sheldon Lyon with the Missouri State Highway Patrol. They discussed the issue of predators targeting children over the internet. Sgt. Lyon stated that the Missouri Highway Patrol is starting an Internet Safety Program called i-SAFE. He said that the internet has changed the way in which our children are communicating. A new non-profit agency funded by a Justice Department grant has developed the i-SAFE program for educators, parents and law enforcement. Lyon said that the program targets kids, who use the internet and do not understand the dangers of exchanging information with stranger's on-line, sending photographs of themselves electronically and even meeting in person with someone they met in a chat room. State Trooper Sheldon Lyon said that everyday, on-line predators search chat rooms in search of their next victim. He

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says that the internet is fun and you can learn a lot by using it, but there are also dangers that he believes children need to be protected from.

Joy In Our Town #051111	28:03	14:03	L	PA/O	11/11/2005	12:00 PM
					11/14/2005	12:00 PM
					11/15/2005	2:30 AM
					11/17/2005	10:30 AM

Host Tiffany Dwight Estell interviewed Paul Flury, Network Administrator with the city of St. Joseph. They discussed the growing trend of Identity Theft via the Internet. Mr. Flury stated that with the Internet, the key is to gather information. Some ways to gain information is from credit banks and trying to steal credit card numbers and passwords. He said another way of theft is through Internet shops that store credit card numbers for the one stop shopping. Hacking into unsecured is another way that criminals steal identities. These databases hold thousands of people's credit card numbers along with expiration dates, cardholders' names and addresses. Flury said that one common aspect with all on-line businesses is personal information stored for use of repeat shoppers. The storage information can save histories of their purchases and can eliminate steps of entering data each time the customer comes back to the site. Flury said the hackers look for loopholes in different ISPs to gain necessary information they are looking for. Mr. Flury said that in order to protect your identity via the internet use only one credit card online to make it easier to identify fraudulent charges, never use a bank debit card-it puts your entire checking or savings accounts at risk, and use privacy enhancing technologies that transmit your personal information in encrypted form.

Joy In Our Town #051209	28:06	14:50	L	PA/O		
12/09/2005	12:00 PM				12/10/2005	2:30 AM
					12/12/2005	10:30 AM
					12/13/2005	2:30 AM
					12/13/2005	10:30 AM
					12/15/2005	2:30 AM

Host Tiffany Dwight Estell interviewed Sgt. Ron Gordon of the St. Joseph Police Department. They discussed precautions to take in aiding yourself from Holiday Rip-offs. Sgt. Gordon talked about scams that come over the telephone from people that take advantage of people that tend to donate a lot more in the Christmas season. One of the most common scams is the "Widow and Orphans Fund." This is usually conducted over the phone and the caller will usually be tugging the heart strings. The red flag should go up as soon as the caller asks for personal information. Gordon said scam artist sometimes ask for your social security number or credit card number so you can get credit for the donation. No reputable charity asks for that information. Sgt. Gordon said to never give out personal information over the telephone.

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

Joy In Our Town #051216	29:20	14:10	L	PA/O	12/16/2005	12:00 PM
					12/17/2005	2:30 AM
					12/19/2005	10:30 AM
					12/20/2005	2:30 AM
					12/22/2005	2:30 AM

Host Tiffany Dwight Estell talked with Anita Jolly, Gary Hillebrand, and Ashley Cunningham. They talked about the growing use of alcohol among younger and younger youth. They stated that youth access and underage drinking needs to be addressed as a national public health issue. Similar public health efforts such as the reduction of tobacco use, the use of seatbelts, and reducing drinking and driving have focused on contributing factors and

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conditions. Youth access and underage drinking needs to be addressed using the same process. A child drinking at age thirteen has a 40% chance of becoming addicted to alcohol. Another problem that is prevalent in society is adults going and buying alcohol for underage youth. Often parents host these parties. They stated that a lot of parents believe that if they host these parties then their child would be safe. Gary Hillebrand stated that parents are fooling themselves by thinking that hosting these parties that include alcohol to underage people will curtail their child's drinking when they are away from them is a myth and is simply not true. The reasons that parents who host lose the most is that it's against the law, it puts great liability on the parents, and it puts the teens in a dangerous situation when they get in a car and leave the party.

Joy In Our Town #051230 29:20 14:30 L PA/O 12/30/2005 12:00 PM

Host Tiffany Dwight Estell talked with Kim Carroll of the YWCA and Michele Crane, Activities Director with Huffman United Methodist Church. They discussed the issue of violence against women. They began by saying that one in four women report they have been physically assaulted by their spouse or boyfriend. There are clear signs to help people know if they are being abused. The abuser usually monitors what you're doing all the time, criticizes little things, prevents or discourages you from seeing friends or family, or going to work or school, and blames you for his or her violent outbursts. Kim Carroll also talked about the Violence Against Women Act which was enacted in 1994. The bill is being re-authorized enhancing the civil and criminal justice response; improve services and outreach to victims; provide resources for sexual assault victims through rape crisis centers and state coalitions; help children and youth who experience or witness violence; address the needs of victims from communities of color; aid immigrant and tribal victims; and support prevention, health, housing and economic security programs designed to stop violence and help victims.

700 Club CBN NewsWatch 1:00:00 2:00 REC PA/O/E 10/13/05 2:00 PM
#101305

Rae Pearson CBN News Associate Producer reports that while tens of thousands of Katrina victims are left with no money, no home, and no hope, con artists have proven that they have no shame, by stealing money meant for hurricane victims. U. S. Attorney McGregor Scott remarked, "Every now and again, you encounter a case that sort of shocks you, in terms of the moral vacuum that exists among those who are perpetrating crimes, and this is clearly one of those." Criminals are posing as evacuees and stealing FEMA checks. One web site "Air Katrina" pledged to use donations to treat and airlift storm victims to safety. The site even gave a riveting account of a baby rescue, crediting their success to contributions. Public service announcements are also running urging people to report hurricane fraud. Investigators expect to see more scams like these.

Health/Mental Health

Joy In Our Town#051007 29:05 15:00 L PA/O 10/07/2005 12:00 PM
10/08/2005 2:30 AM
10/10/2005 10:30 AM
10/11/2005 2:30 AM
10/13/2005 2:30 AM

Host Tiffany Dwight Estell interviewed Clark Hampton, Chairperson for the Governors Council on Physical Fitness and Health. Mr. Hampton stated that this council is here to promote physical fitness and health throughout the state by implementing programs, fostering communication and cooperation, and developing statewide support that will help the citizens of Missouri develop and maintain healthier lifestyles. Hampton stated that an emerging cause for alarm is the number of children in our state who are at risk of being overweight or are currently overweight. Obesity among children and adolescents has increased by 100 percent in the last 15 years, according to the CDC. Overweight children are at risk for cardiovascular diseases, diabetes, and other serious health problems that were once thought of as "adult diseases."

Program Title Program Topic Segment Type Airdate Time
Duration Source

Health/Mental Health

Joy In Our Town #051028 29:20 14:20 L PA/O 10/28/2005 12:00
PM
11/07/2005 12:00 PM

Host Tiffany Dwight Estell interviewed Pam Clary, a Licensed Clinical Social Worker. They discussed Post-traumatic stress disorder and its affect on the victims of Hurricane Katrina. Mrs. Clary said the Post-traumatic stress disorder (PTSD) is an anxiety disorder that can occur after someone experiences a traumatic event that

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

caused intense fear, helplessness, or horror. PTSD can result from personally experienced traumas (e.g., rape, war, natural disasters, abuse, serious accidents, and captivity) or from the witnessing or learning of a violent or tragic event. Mrs. Clary added that in the immediate aftermath of a disaster like hurricane Katrina, almost everyone will find they are unable to stop thinking about what happened. These are called intrusion or re-experiencing symptoms. Clary said that common reactions after a disaster range from emotional reactions (shock or grief) to interpersonal reactions (distrust, withdrawal, work or school problems). Severe reactions include terrifying memories, nightmares, unable to feel emotion, panic attacks, debilitating worry, or suicidal ideation or intent. Clary said there are a variety of treatments for PTSD, and individuals respond to treatments differently. PTSD often can be treated effectively with psychotherapy or medication.

Joy In Our Town #051118	29:52	14:25	L	PA/O	11/18/2005	12:00 PM
					11/21/2005	12:00 PM
					11/22/2005	1:00 AM
					11/23/2005	2:30 AM

Host Tiffany Dwight Estell talked with Ron Tolen, the Epidemiology Specialist with the St. Joseph Buchanan County Health Department. They discussed the bird flu. The bird flu, scientifically called the avian flu, is highly contagious in poultry, but up until this point, does not transfer easily to humans. Ron Tolen said that only people who have direct contact with infected birds have contracted the disease. At this point and time the bird flu is seen as a pandemic and not an epidemic. Tolen also stated that there is a potential for hundreds of millions of people to die worldwide. It's at about 50 percent mortality right now. And when you compare that with the human flu, which is less than .5 percent mortality rate, you can see what a horrific event that could be. Tolen said that the avian flu attacks the lungs and that so many people will die from pneumonia symptoms.

12:00 PM	Joy In Our Town #051125	28:56	13:10	L	PA/O	11/25/2005
						11/28/2005 10:30
AM						11/29/2005 1:00
AM						12/01/2005 2:30
AM						

Host Tiffany Dwight Estell interviewed Dr. Roger Diemert M.D., Humana's regional president of senior products in Kansas and Missouri. They discussed the Medicare prescription drug benefit called Medicare Part D. Dr. Diemert said that Medicare Part D gives elderly and disabled people, already on Medicare, access to prescription drug coverage starting in January of 2006. This legislation expands health care benefits for Medicare beneficiaries. He said in January of 2006, Medicare will launch Medicare Part D prescription drug plans to help beneficiaries save on prescription drug costs. Dr. Diemert stated that the new prescription drug coverage adds an outpatient option to traditional Medicare, provides generous drug coverage for low-income beneficiaries and special protections for those with the highest annual drug costs, and also replaces the temporary Drug Discount Card Program.

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

Joy In Our Town #051222 AM	28:00	14:30	L	PA/O	12/22/2005	10:30
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The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Host Tiffany Dwight Estell talked with Krystal George, a dietitian with Heartland Regional Medical Center. They discussed weight loss and general nutrition. Ms. George stated that a basic health and fitness concept is calories expended vs. calories consumed. George also said once that weight loss is achieved a balance between the calories ingested by the patient and the calories expended by the patient must be effected in order to maintain the weight loss. She said that it is a fact that food in this country is relatively inexpensive, and "super" grocery stores, and fast food restaurants are ubiquitous, even in rural areas. Access to foods of all types, and particularly to high-fat foods, is essentially unrestricted, even for people of modest means. George said that there is a difference between losing body fat and losing water and muscle-essential for good health. Fast weight loss is dangerous and does not decrease body fat. If you lose weight too quickly and don't change your lifestyle to include regular physical exercise and healthy food choices, you will gain the weight back at a much faster weight before because of the damage done to the resting metabolism during the course of a diet plan.

Joy In Our Town #051226 AM	27:35	14:25	L	PA/O	12/26/2005	10:30
					12/29/2005	2:30
AM						

Host Tiffany Dwight-Estell talked with Vickie Mears, the Bereavement Counselor at Crossroads Hospice. The topic of discussion included Holiday Depression and how to deal with having lost a loved one during the Holiday's. Ms. Mears stated that a typical usually involves a widowed person since there is a lot of aging population. After a person loses someone initially the support is there but after the funeral and everything dies down then a lot of loneliness sets in. She said that grief and depression have similar symptoms being fatigue, sadness, and lower self-esteem. Mears said that during the holiday season people often recognize the loss. They sometimes have some shoulds and oughts in their minds, thinking that they need to do all of the things that they did before. Mears said that sometimes people need to release themselves from these things. She talked about the three C's when coping with the Holiday's. They are choice, communication, and compromise. Another way to deal with grief and depression around the holiday season is to remember to have laughter. Laughing helps our immune system and balancing life.

Doctor to Doctor # 61	28:30	20:00	REC	PA/O/E	10/4/05	11:30 AM
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Dr. Larry Ward talks about toxins created in our body. Toxins produce free radicals in the body; detoxification programs include antioxidant vitamins that help cleanse the body. Drink water instead of soda, hydration help to restore the body. Dr. James Mahoney explains Integrative Medicine as the skillful combining of every method that works to create an outcome of better health, longer life and allow the patient to make decisions for good health. He talks about eating right – natural, whole organic, fresh foods. He recommends natural supplements not synthetic chemicals.

Doctor to Doctor # 62	28:30	28:30	REC	PA/O/E	10/11/05	11:30 AM
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Dr. Robert DeMaria, D.C. talks about Fibromyalgia and explains causes pain through the body. He explains the adrenal gland makes natural cortisone that fights Fibromyalgia. He says we should not drink soda but water; citrus can elevate your Ph; ho potency B vitamins can cause Fibromyalgia. Trans-fatty acids can cause pain in your body and recommends flax oil, Stevia a natural sweetener. Dr. David McDonald talks about indigestion as burning in the chest after eating, cramping, bloating. He gives recommendations that help against indigestion and says to say away from carbonated drinks. Dr. Scott Farhart, M.D. talks about prostate health and explains the prostate gland. He talks about Benign Prostatic Hypertrophy and gives preventative things to do.

Doctor to Doctor # 63	28:30	28:30	REC	PA/O/E	10/18/05	11:30 AM
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Dr. Scott Hannen, D.C. talks about weight lose and diets. He talks about the main things that affect the body: deficiency, toxicity, infections, metabolism. Dr. Paul Shirley, M.D. talks about arthritis of the knee. He explains how stresses on the Hyland Cartilage releases enzymes causing inflammation. He talks about shoe lifts, bracing of the nee, injections and surgeries. Dr. Charles Adams, M.D. talks about common deficiencies: Magnesium, Vitamin D, Vitamin C, Essential Fatty Acids, Folic Acid, B-6, B-12, Iodine, Magnesium, Calcium and Zinc.

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

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Doctor to Doctor # 64	28:30	28:30	REC	PA/O/E	10/25/05	11:30 AM
					11/29/04	11:30 AM

Dr. Andrew Mincy talks about Type 1 and 2 Diabetes. He gives symptoms and talks about genetic predisposition and environmental factors of type 1. He explains type 2 and lists foods that increase blood sugar. Dr. Leslie Ann Dauphin talks about how to prevent colds and flu. She talks about myths and truth about colds and flu and gives recommendations to prevent catching colds and flu. Dr. Dale Peterson talks about Homocysteine levels. He explains Homocysteine and explains the health problems associated with elevated levels of Homocysteine. He gives recommendations to keep levels lower.

Praise the Lord	1:57:00	1:00:00	REC	PA/O/E	11/14/05	9:00 PM
# 111405					11/15/05	4:00 PM

Host Dr. Scott Hannen in Miami, Florida meets with Cherie Calbom, Nutritionists about her chronic medical condition due to toxicity in her body. They talk about the cleansing process and how it makes you feel and the need to stick with it. Cherie talk about the health benefits of coconut oil and how it is heart healthy and recommends cooking with it. She talks about getting bad oils out of the diets and such as sunflower, canola, corn, soy and explains that they have double bonds that can be broken, will oxidize and cause rancidity in our body. She displays cooking some corn meal muffins for the viewers. She also talks about eating too much sugar during the holidays and how it makes you sick. She also makes a healthy sweet potatoes dish and explains it being rich in beta-carotene and how it helps prevent cancer. Dr. Hannen talks with Dr. Sharon and Ted Broer about a study by the University of Southern California that found children who eat 3 hot dogs a week have nine times the risk of leukemia which is the leading cause of death in children in this country other than accidents. He talks about rodent hairs and rat hairs in sausage meats. He talks about rats falling into the grinding vats and we consume the entire rat. There is a reason the U.S. is leading the world when it comes to heart disease and diabetes and cancer. There's a reason the leading cause of death in children is cancer. There is a reason juvenile obesity rate in kids is going through the roof. We're feeding them junk all the time. Dr. Scott talks with Dino Nowak author and fitness expert about New Year's resolutions and how people get out of their schedule. He explains how people tend to address health and wellness and fitness from an outside in approach. They try to change externally in. The concept is beginning from the inside out first; changing our motivation. He talks about body fat and how obese is classified and how society judges by appearance. He talks about exercise and how people go to the gym, exercise for an hour, and go home and sit in front of the TV for five more hours. He talks about movement, activity and play. He demonstrates some exercises that do not require equipment.

Doctor to Doctor # 65	28:30	28:30	REC	PA/O/E	12/6/05	11:30 AM
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Dr. Scott Farhart talks about bladder control and lists three types of Incontinence – Urge, stress and overflow and explains each and talks about treatment. Dr. David Wood talks about fatigue and explains some of the causes of fatigue and recommends allergy testing. Dr. Katy McDonald talks about digestion and explains how digestion affects disease and how food gets stuck in the colon. She talks about enzymes and how foods are broken down in the body and the importance of chewing food thoroughly.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.