

# Trinity Broadcasting Network

***KTAJ-TV KTAJ-DT***

January, February, March 2009

Central Time

Leading Community Issues

Civic Affairs

Education

Economy

Youth

Public Safety

Health

*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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*Civic Affairs*

Joy In Our Town #090206 PM	27:19	14:04	L	PA/O	02/06/2009	12:00
					02/07/2009	2:30 AM
					02/09/2009	10:30 AM
					02/10/2009	2:30 AM
					02/11/2009	2:30 AM

Host Tiffany Dwight Estell talked with the Mayor of St. Joseph, MO Ken Shearin. They discussed the Mayors annual state of the city address. Mayor Shearin said that he wanted the quality of life in St. Joseph to outpace the cost of living. He said the city should position itself for further growth in the life science industry and support small businesses with the same vigor devoted to larger employers such as Triumph Foods. Mayor Shearin made reference to confidential memos and closed meetings that take place at city hall saying he worried these incidents could erode taxpayer trust. To help clear the air Mayor Shearin called for a part time internal auditor as well as the reassignment of at least one member of the city legal staff to report directly to the council regarding spending and legal issues. Mayor Shearin mentioned that he wanted to make sure the honor students that graduate from Missouri Western State University in St. Joseph stay in the community instead of leaving once they graduate. He challenged the chamber of commerce to find out how many of these students are staying and how many are leaving, and why. He used the term grad capture to reach out and get those graduates to join and become part of the St. Joseph community in order to have quality employees.

Joy In Our Town #090320 PM	28:05	14:05	L	PA/O	03/20/2009	12:00
AM					03/21/2009	2:30
AM					03/23/2009	10:30
AM					03/24/2009	2:30
AM					03/25/2009	2:30

Host Tiffany Dwight Estell interviewed Sam Barber, director of the city of St. Joseph customer service department. They discussed changes that have come to the cities customer service center. Mr. Barber said his department has two primary purposes. One is dealing with any cash transactions for the city meaning the paying of parking tickets, issuing yard sell permits, and business license. Second, the customer service department permits any type of building or construction requirements. Mr. Barber stated that prior to the customer service departments inception in 2004 each department at city hall had their own requirements causing confusion. The citizen would have to go from department to department to obtain the approval and permits involved. Meaning they would have to go to the fire, health, building, and public works departments to obtain different permits even before they start construction. Mr. Barber says now citizens can come to the customer service center and submit their plans for review. Once Mr. Barber approves the plans it is an approval from all the cities departments.

Joy In Our Town #090327 PM	29:28	14:18	L	PA/O	03/27/2009	12:00
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Host Kimberly Warren interviewed Sam Barber, the Customer Services Director for the City of St. Joseph. They discussed the proposed changes to contractor and trade licensing ordinances. Mr. Barber stated that in 2006 and 2007, several proposed changes were made to our City Council concerning our communities Contractor and Trade Licensing programs. He said after looking at what other communities are doing and meeting several times with our trade advisory boards, the following proposal was drafted. The new standards potentially affect every homeowner in St. Joseph, by requiring all general contractors, roofers and others to pass a test and hold insurance. Mr. Barber said the standards, if they can be policed, would help eliminate shoddy work and fly-by-night contractors.

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<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 #090109 PM	29:10	15:00	L	PA/O	01/09/2009	12:00
					01/10/2009	2:30 AM
					01/12/2009	10:30 AM
					01/13/2009	2:30 AM
					01/14/2009	2:30 AM

Host Tiffany Dwight Estell interviewed Brenda Shields, coordinator of Profit In Education and Dr. Melody Smith, the Superintendent of the St. Joseph School District about an initiative called Profit In Education. Mrs. Shields stated that Profit In Education is a tool to contribute to improved graduation rates. She said that when Profit In Education was launched the St. Joseph area had the highest unemployment rate in the state of Missouri. Dr. Smith stated that Profit In Education mobilized the community to promote education so that qualified applicants would stand ready to take jobs as they become available.

Joy In Our Town #090227 PM	25:56	13:32	L	PA/O	02/27/2009	12:00
					02/28/2009	2:30
AM					03/02/2009	10:30
AM					03/03/2009	2:30
AM					03/04/2009	2:30
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Tiffany Dwight Estell talked with Precious Kurth, Vice-Principal at Robidoux Middle School. They discussed the topic of webspoken and the secret language of teens. Ms. Kurth said that web lingo is a quick, fun way for kids to communicate using cell phones and computers. She then said that text and instant messaging is becoming a major problem among children. The reason being because the use of this slang and abbreviations is starting to show up in kids' schoolwork, in their SAT essays and in college admission applications. Kurth said most kids started using instant messaging when they were between the ages of 8 and 10. So they learned it when they were learning the other grammar rules. She stated that when learning webspoken at the same time, then, means kids focus on the grammatical form that they use more often, which IM and text-message abbreviations. As an educator Ms. Kurth has definitely seen an increase in this type of shorthand. She says that it has seeped into their daily language. Webspoken is so ingrained in most students' communication skills that they inadvertently use the language all the time, even where it might be inappropriate.

Joy In Our Town #090320 PM	28:05	14:00	L	PA/O	03/20/2009	12:00
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AM					03/25/2009	2:30
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Host Tiffany Dwight Estell interviewed Gena Villegas, the coordinator for the St. Joseph School Districts English for Speakers of Other Languages. They discussed the recent influx of Spanish speaking students. Ms. Villegas said that in the last 24 months the district has made preparations for a large population of Spanish speaking students, due to the opening of Triumph Foods. They will have licensed staff, materials and a plan in place to teach these students. The district always had an ESL program, working with students and parents of various language backgrounds. However, more attention was put on the program in anticipation of what's to come. Villegas said that while administrators prepare for an increased number of Hispanic students, they continue to help the students already in the schools. To date, the district serves 93 ESOL students this school year, with languages ranging from German to Chinese. She stated that 2.7 percent of the district's overall student population is Hispanic.

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*Education*

Joy In Our Town #090327 PM	29:28	15:10	L	PA/O	03/27/2009	12:00
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Host Kimberly Warren interviewed Dr. Melody Smith, the Superintendent of the St. Joseph School District and the assistant to the superintendent Steve Huff. They discussed the school districts levy issue. Dr. Melody Smith said on April 7, St. Joseph School District voters will be asked to vote on two issues: One is to make permanent the temporary 63-cent operating levy that was approved in 2004. The second issue, a \$45 million bond initiative, will build two new larger schools, one at 14th and Duncan streets and another near Bishop and Cook roads, add on to Skaith School and purchase property for a school site somewhere in the southern sector of the city. Dr. Smith said that four schools would close and three new buildings will go up. She said that the proposed plan is due to several factors. Over the years, the district's enrollment has declined as the student population has shifted to the east part of the city. Dr. Smith said the old, deteriorating buildings in the heart of the city have small student populations and are too close together. Dr. Smith stated that the school district has 18 elementary schools and that's too many and financially it doesn't make sense to keep all of the buildings. She said the school district would build two new, larger elementary schools at Carden Park and east of Interstate 29. The bond also will allow the district to add classrooms to Skaith Elementary School and plan for a new middle school in the area in the future. If some of the federal stimulus money does trickle down to St. Joseph, and if the bond does pass, Mr. Huff expressed confidence that the school board would reduce the amount of bonds it will sell. He stated if indeed it goes on the ballot, we know a new school (at Carden Park) will cost roughly \$19 (million) to \$20 million dollars, and so if the federal government provides some or all of that amount, it will be a benefit to our taxpayers.

*Economy*

Joy In Our Town #090116 PM	29:03	14:00	L	PA/O	01/16/2009	12:00
					01/17/2009	2:30 AM
					01/19/2009	10:30 AM
					01/20/2009	2:30 AM
					01/21/2009	2:30 AM

Joy in Our Town host Tiffany Dwight Estell talked with Linda Garlinger, Director of Career Development at Missouri Western State College, about how she helps students figure out what career they would like to pursue. Students are often searching for what field has the most job openings or what field pays the most money. The only problem with this approach is that company's that surge in job openings and pay the most is usually a temporary factor. Students coming into college as freshman could see the economy change four years from now. The key is to get into a field of your interest and go from there. Right now the job situation in St. Joseph, Missouri has taken a big hit with the loss of 500 manufacturing jobs. With large number of people searching for jobs in one city it seems that abundance of employment would shrink fast in this community. The chamber of commerce are at this point and time working on bringing good companies to St. Joseph. Linda Garlinger's message to people is to be patient and be able to harness skills in a different direction in order to adjust from working in manufacturing into something more technical.

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Joy In Our Town #090116 PM	29:03	15:03	L	PA/O	01/16/2009	12:00
					01/17/2009	2:30 AM
					01/19/2009	10:30 AM
					01/20/2009	2:30 AM
					01/21/2009	2:30 AM

Host Tiffany Dwight Estell talked with Lynette Saxton about employment and training through the Missouri Career Center and the Community Action Partnership. Ms. Saxton helps people that are unemployed or low income who are striving to become employed and better their station in life. She sees over 3,000 people a month at the Missouri Career Center. Ms. Saxton says that right now it's difficult to place people in jobs due to the loss of 1,000 jobs since in St. Joseph. The job loss has not only affected the factory workers but the professionals that have a college degree's have also found themselves at the unemployment office. Every company that closes down not only puts their production workers out of work but management staff, accounting, and human resource departments get released as well. When the company closings are announced the Community Action Partnership was there to help with what is called a Rapid Response session. Ms. Saxton stated that these sessions provide information on career change, educational options, unemployment insurance, stress management, and how former employees can tap into other services in the area.

<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 #090123 PM	29:21	15:09	L	PA/O	01/23/2009	12:00
					01/24/2009	2:30
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AM					01/27/2009	2:30
AM					01/28/2009	2:30
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Host Tiffany Dwight Estell interviewed Randy Sharp, the Chairman of Continuum of Care in St. Joseph, MO. They discussed the issue of homelessness in the St. Joseph area. Mr. Sharp described to different types of homeless people. There are the chronically homeless who are repeatedly in shelters, on the streets, dealing with mental health issues. The other type is the situational homeless. These are people that did not grow up that way but now are in a terrible situation where they may have lost a job or something medical has caused them to lose their home. Sharp then went on to say that a high percentage of the homeless population suffers from some form of severe and persistent mental illness. He stated that mental disorders prevent people from carrying out essential aspects of daily life, such as self-care, household management and interpersonal relationships. Homeless people with mental disorders remain homeless for longer periods of time and have less contact with family and friends. Sharp said low-income people with mental disorders are at increased risk of homelessness. A variety of approaches must be employed to help them obtain and retain stable housing to prevent homelessness.

Joy In Our Town #090130 PM	25:01	13:01	L	PA/O	01/30/2009	12:00
					01/31/2009	2:30 AM
					02/02/2009	10:30 AM
					02/03/2009	2:30 AM
					02/04/2009	2:30 AM

Host Tiffany Dwight Estell talked with Scot Tomhave, the Executive Director of the Second Harvest Food bank. With the economy in a recession they discussed the issue of hunger in the St. Joseph area. Mr. Tomhave stated that people that need assistance have grown by about 25% in the past year and food inflation has risen 6% which is the highest in 20 years. As people go to the store they don't see the dollar stretching as much so they are actually using the food pantries to supplement groceries they need to spend on their family. The other issue Mr. Tomhave addressed was childhood hunger. He said that there are 5,000 kids each month that need to be fed. Tomhave said the cause of childhood hunger lies under the issue of the Economy (parents are being laid off). Also, the issue of single parents finding it hard to provide consistent nutritious meals to their children. Mr. Tomhave said malnutrition in the United States is a major issue right now. He says it's more of a malnutrition issue

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than a starvation issue. Families that live below the poverty line have only so many dollars or food stamps to use at the grocery stores and a lot of times those people cannot use food stamps to get healthy food.

Joy In Our Town #090213 PM	29:22	15:07	L	PA/O	02/13/2009	12:00
					02/14/2009	2:30 AM
					02/16/2009	10:30 AM
					02/17/2009	2:30 AM
					02/18/2009	2:30 AM

Host Tiffany Dwight Estell talked with David Williams, the Athletic Director at Missouri Western State University. They discussed the economic impact it would have when the National Football Leagues Kansas City Chiefs move their training camp to Missouri Western State University in St. Joseph, MO. David Williams said that state officials have given final approval to tax credits that could bring the training camp of the Kansas City Chiefs to Missouri Western State University. Mr. Williams said hosting the Chiefs' training camp would bring significant economic benefits to the region. In addition to the money spent by the expected 5,000 visitors a day, the camp could strengthen the ties between St. Joseph and Kansas City. He said many Kansas City residents will come to St. Joseph that might not have visited us otherwise. Once they see what St. Joseph has to offer, we're sure they'll return again and again. David Williams then said the state must choose its investments carefully and that this proposal had obvious economic benefits to the city, including nearly 300 construction jobs and the camp's tourism value. He said the part you can't put dollars to is how you change the attitude of the community. It pays back in the attitude, which is immeasurable in St. Joseph.

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

*Economy*

Joy In Our Town #090313 PM	28:02	14:00	L	PA/O	03/13/2009	12:00
					03/14/2009	2:30
AM					03/16/2009	10:30
AM					03/17/2009	2:30
AM					03/18/2009	2:30
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Host Kimberly Warren talked with Ted Allison, President/CEO of the St. Joseph Area Chamber of Commerce. They discussed economic development activities and job growth in the community. Ted Allison said locally we have risen above the national economic problems and are very fortunate. Mr. Allison said through the course of time we have attracted a number of industries whose product base is not subjected to the swings that our economy has seen in other areas. Most of the industry jobs in St. Joseph are not consumer oriented. Allison stated that things are still going well here considering that we are still attached to the global market place. Mr. Allison said that the Chamber of Commerce is working daily to attract new businesses but also to help the existing industry. He says helping existing industries not only tackle the challenges that come up, but to help them to take advantage of growth opportunities. Mr. Allison said at any given time there are several plant expansions in the works in this immediate area that are creating new quality jobs, new capital investments that will eventually be on the tax rolls to help build those new schools and so forth.

*Youth*

Joy In Our Town #090109 PM	25:01	12:00	L	PA/O	01/09/2009	12:00
					01/10/2009	2:30 AM
					01/12/2009	10:30 AM
					01/13/2009	2:30 AM
					01/14/2009	2:30 AM

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Host Tiffany Dwight Estell interviewed David, Diana, and Heather Slawson. They are a family from St. Joseph that wants to help deter violence in schools by using a program called Rachel's challenge. In the past few months the St. Joseph area has seen a trend in possible school violence in area high schools. There have been several bomb threats and a student was caught bringing a gun into a school. Diana Slawson said the idea for Rachel's Challenge began shortly after the Columbine massacre in 1999. Rachel Scott, the programs namesake, was the first victim of the Columbine shootings. Her acts of kindness and compassion coupled with the contents of her six diaries have become the foundation for one of the most life-changing school programs in America. Now, Diana and her husband and daughter want to bring the program to St. Joseph. Mrs. Slawson said that we live in an age where people could come into your school and shoot you or issue bomb threats. She stated that people in today's world have to take this seriously because they are not just threats anymore. Rachel's Challenge focuses on helping students recognize their purpose in life. This program consists of an emotionally charged school assembly, a peer training session, and an evening community event that will inspire every listener towards a life of kindness and compassion.

Joy In Our Town #090130 PM	27:14	14:12	L	PA/O	01/30/2009	12:00
					01/31/2009	2:30 AM
					02/02/2009	10:30 AM
					02/03/2009	2:30 AM
					02/04/2009	2:30 AM

Tiffany Dwight Estell interviewed Dr. Karl Kosse, MD, pediatrician whose specialties are infant and adolescent care. They discussed the growing cases of Autism in children. Dr. Kosse stated that approximately 3 to 6 out of every 10,000 children born are diagnosed with autism. He said that autism can prevent a child from forming relationships with others in part due to an inability to interpret facial expressions or emotions. Dr. Kosse said some people point to childhood vaccinations and the mercury-containing preservative thimerosal that was widely used in many of them. There are also suspicions about lead or other toxins in the environment, diet, viruses and medications. Dr. Kosse said that in treating autism there is special education involved that are highly structured that focus on social skills, speech, language, self-care, and job skills. He says that medication is also helpful in treating some symptoms of autism in some children. Dr. Kosse says the mental health professionals provide parent counseling, social skills training, and individual therapy.

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

***Youth***

Joy In Our Town #090220 PM	26:54	13:35	L	PA/O	02/20/2009	12:00
					02/21/2009	2:30
AM					02/23/2009	10:30
AM					02/24/2009	2:30
AM					02/25/2009	2:30
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Host Tiffany Dwight Estell talked with Anne Roy-Forcier with the Family Guidance Centers Children's department. They discussed mental health in children. Mrs. Roy-Forcier stated that children have a lot of psych social stressors in their lives such as singer parents, drug use in the home, or they have been removed from the home. These stressors are often manifested in their everyday lives through acting out. Mrs. Roy-Forcier says teaching children coping skills and life skills allow them to function at the highest level they can in everyday life. They begin to stop talking out in class, being aggressive with their peers or disrespecting authority. Roy-Forcier said the key to changing behaviors is enforcing boundaries by building a bond or connection with the children. Roy-Forcier says as group leaders their actions, behaviors, and emotions are the same and consistent so the children see stability and know what to expect from them.

Joy In Our Town #090220 PM	26:54	13:19	L	PA/O	02/20/2009	12:00
					02/21/2009	2:30
AM					02/23/2009	10:30
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AM 02/24/2009 2:30  
 AM 02/25/2009 2:30

Host Tiffany Dwight Estell talked with Anita Jolly and Rachel Meadows of the St. Joseph Youth Alliance. They discussed the importance of youth volunteerism. Ms. Jolly said the Youth Action Coalition is the driving force behind youth-centered volunteerism in St. Joseph. This empowers youth in middle and high school to improve their community through volunteer service. Ms. Jolly said community service or volunteering is being required more and more for high school graduation and college. Volunteering gives youth valuable experience and training they can use forever. Rachel Meadows stated that youth volunteering changes the way St. Joseph looks at young people and gets them training in areas like becoming a leader, making good life choices, citizenship and others. She stated that youth who volunteer just one hour a week are 50 percent less likely to abuse drugs, alcohol, cigarettes, or engage in destructive behavior.

<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 #090206 PM	27:19	13:15	L	PA/O	02/06/2009	12:00
					02/07/2009	2:30 AM
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					02/11/2009	2:30 AM

Host Tiffany Dwight Estell talked with Chief Mike Dalsing of the St. Joseph Fire Department. They discussed the hidden danger of Carbon Monoxide poisoning and its dangers. Chief Dalsing said that carbon monoxide is a colorless, odorless, tasteless, highly toxic gas that is undetectable to human senses. He said victims of carbon monoxide poisoning often become disoriented before they realize they are in danger. Carbon Monoxide displaces oxygen in the blood causing the brain, heart, organs, and tissues to become oxygen starved. Chief Dalsing stated early symptoms of CO poisoning, such as headaches, nausea, and fatigue, are often mistaken for the 'flu because the deadly gas goes undetected in a home. Prolonged exposure can lead to brain damage and even death. Sources of carbon monoxide includes unvented kerosene and gas space heaters; leaking chimneys and furnaces; back-drafting from furnaces, gas water heaters, wood stoves, and fireplaces; gas stoves; generators and other gasoline powered equipment; automobile exhaust from attached garages; and tobacco smoke. Chief Dalsing stated the best way to protect yourself from becoming a victim of carbon monoxide poisoning is to install a CO detector on every level of your home. The detector should be UL approved and placed in the vicinity of the heating unit.

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Missouri Western State University. They discussed how to keep the weight off. Mr. Russell talked about simple ways to build more physical activity into your daily life. He says that including more activity into at least 30-minutes of your daily routine can improve your health status. Russell stated that people should simply park farther away when shopping and walk the distance. Taking the stairs is another good way to add activity. Doing simple stretching and calisthenics exercise at your desk can go a long ways. Mr. Russell talked about the health risk of fad dieting. He says there is no doubt that you lose weight on the diet but at certain risk. By omitting certain foods, and sometimes even entire food groups, these diets are deficient in such major nutrients as dietary fiber and carbohydrates, as well as in selected vitamins and minerals. Reducing carbohydrates also reduces muscle which could be dangerous.

Joy In Our Town #090102 PM	28:55	13:45	L	PA/O	01/02/2009	12:00
					01/03/2009	2:30 AM
					01/05/2009	10:30 AM
					01/06/2009	2:30 AM
					01/07/2009	2:30 AM

Host Tiffany Dwight Estell talked with Jessica Hagey, a dietitian with Heartland Regional Medical Center. They discussed weight loss and general nutrition. Ms. Hagey stated that a basic health and fitness concept is calories expended vs. calories consumed. Hagey 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. Hagey 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 #090123 PM	29:21	14:12	L	PA/O	01/23/2009	12:00
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AM					01/27/2009	2:30
AM					01/28/2009	2:30
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Host Tiffany Dwight Estell talked with wellness specialist Laura De Kraay. They discussed a community health program called The Pound Plunge in which people in the St. Joseph community come together to promote healthy living lifestyles. Laura De Kraay said that an obesity problem is not just a St. Joseph problem but a national problem. Ms. De Kraay talked about a few principles to follow when losing weight. The key is to set specific goals. She said losing 10 percent of your current body weight may significantly improve your health. If your extra weight is all around your waist, think "2." Taking 2 inches off your waist may lower your blood pressure and reduce your risk of many diseases. Ms. De Kraay said focus on losing weight in 5-pound increments instead of in large increments. This will help you maintain your focus and positive attitude. Ms. De Kraay stated the principles are making a commitment, build your self-confidence, set realistic goals, and learn to enjoy healthier foods.

<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*

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Joy In Our Town #090213 29:22 14:15 L PA/O 02/13/2009 12:00 PM

02/14/2009 2:30 AM  
 02/16/2009 10:30 AM  
 02/17/2009 2:30 AM  
 02/18/2009 2:30 AM

Host Tiffany Dwight Estell interviewed Robin Rhodes, Assistant Director of Health at the Buchanan County Health Department. They discussed the issue of standards in restaurant food inspections. Mr. Rhodes said that at any time, anyone who sells food in St. Joseph can get an unannounced inspection from the St. Joseph-Buchanan County Health Department. Most restaurants, delis and carry-outs are inspected three times per year. He said there are nearly 300 ways a food establishment can get in trouble with the Health Department, and about 125 of those are considered critical violations. Rhodes said if you have an infestation of any type of pest, mice, rats, roaches, or flies, you're going to get closed. He said the most likely source for a food outbreak is the temperature that food is cooked, cooled and stored. Foods must be kept below 41 degrees or above 140 degrees to prevent bacterial growth. Rhodes also stated that an open drink in the kitchen, with each sip by an employee, transfers bacteria from his or her mouth to hand, which may then get into food. Mr. Rhodes said critical violations must be corrected within 72 hours. Some of these are often corrected immediately while others take the full 72 hours to be corrected. Rhodes said the critical violations prompt re-inspections for confirmation of compliance.

Joy In Our Town #090306 29:41 15:21 L PA/O 03/06/2009 12:00 PM

03/07/2009 2:30 AM  
 03/09/2009 10:30 AM  
 03/10/2009 2:30 AM  
 03/11/2009 2:30 AM

Host Tiffany Dwight Estell interviewed Teri Harr, spokesperson for the Stroke Awareness Association. Mrs. Harr said stroke is a type of cardiovascular disease. It occurs when a blood vessel that carries oxygen and nutrients to your brain gets blocked or bursts. When that happens, the affected part of your brain doesn't get the blood it needs. In minutes, it starts to die. She said the two main types of stroke are ischemic and hemorrhagic. Clots that block an artery cause ischemic strokes. Ischemic stroke is the most common type, representing almost 90 percent of all strokes. Hemorrhagic, or bleeding, strokes are caused by burst blood vessels in the brain. To End Stroke is an education and awareness campaign that embraces and celebrates the culture, energy, creativity and lifestyles of African Americans. It unites African Americans to help make an impact on the high incidence of stroke within the community. Mrs. Harr then said that heart disease and stroke are major health risks for all people. But African Americans are at particularly high risk. She said African Americans have almost twice the risk of first-ever strokes compared to whites. African Americans also have higher death rates for stroke compared to whites. The prevalence of high blood pressure in African Americans in the United States is the highest in the world.

Joy In Our Town #090306 29:41 8:00 L PA/O 03/06/2009 12:00 PM

03/07/2009 2:30 AM  
 03/09/2009 10:30 AM  
 03/10/2009 2:30 AM  
 03/11/2009 2:30 AM

Dr. Tom Distefano, an orthopedic surgeon who specializes in sports medicine and joint replacement surgery appeared on Joy in Our Town. He talked about shoulder pain in people 40 years and older. Dr. Distefano said the most common problem is developing arthritis in the AC joint on top of the shoulder. This creates shoulder bone spurs that goes both above and below the joint. He said treatment for this includes anti-inflammatory medication, cortisone injections, and physical exercise to strengthen up the rotator cuff and ice.

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

***Health/Mental Health***

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

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 2/18/2009 2:00 PM  
 #021809

Lorie Johnson, CBN News Medical reporter , found that Sleep Apnea is a condition whereby you stop breathing in your sleep. Approximately 80 percent of the patients at the Norfolk Sleep Disorders Clinic are treated for sleep apnea. While snoring is when your airway is narrowed, Sleep Apnea is when your airway closes completely. This is serious, because when your airway closes completely, the oxygen supply to your body is cut off. When that happens, your body jolts out of deep sleep, so you start breathing again. This happens repeatedly all night long. The end result is that the person with Sleep Apnea doesn't experience enough of the deep, stage 4 sleep that restores your body, or the dreaming sleep, otherwise known as REM sleep. People with Sleep Apnea wake feeling as though they haven't slept a wink. And the next day, they perform as though they haven't slept at all. Sleep Apnea can be attributed to accidents at work or in the car as well as a host of other behavioral problems. In addition to behavioral problems, Sleep Apnea can be attributed to a number of medical problems. Dr. Vorona says if you feel you might have Sleep Apnea, talk to your doctor. Your physician may recommend a sleep study. Other treatments include the use of a CPAP device. A CPAP device is a mask that is worn at night, over the nose, or over both the nose and mouth, that pumps enough air to keep the airway open. Another treatment is a dental appliance that is also worn at night. It is designed to prevent the lower jaw from slipping backward while you sleep, and therefore keeps the airway open.

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 3/18/2009 2:00 PM  
 #031809

Gailon Totheroh, CBN News Medical reporter , found that the eye can be used as a window to the body. "It's the only place in the body where we can actually see living tissue without having to dissect the tissue away to see how the blood flows in the blood vessels," Dr. Kenneth Lebow, an optometrist, explained. Lebow says obtain an excellent view of the posterior pole of the eye, the retina, is critical. Lebow gets that view from Optomap, a new technology that captures detailed images of the back of the eye. Many patients are choosing the scan to go beyond routine exams. Optomap and similar technologies help medical detectives find clues about damage to the body ranging from diabetes to glaucoma to high blood pressure. They can even spy out some brain tumors as well as and cancers right in the retina. Retinal images also help evaluate another common problem called macular degeneration. This condition increases as we age and eventually causes patients to lose the very center of eyesight. High blood pressure, or hypertension, can be a silent killer that threatens the eyes and even life itself. As diagnosis improves, eye doctors are starting to recommend lifestyle changes. Those changes for the good can be monitored in retinal scans. Thus the outcome of those eye pictures can show improvement -- an advantage in people of any age.

Doctor to Doctor 28:30 28:30 REC PA/O/E 01/06/2009 11:30 AM  
 #193

**Dr. Scott Farhart** talks about bulimia being an excessive eating cycle of bingeing followed by purging. Some consequences are dehydration, hypoglycemia, potassium loss and esophagus or stomach tears. Healthcare professionals such a dentist or doctor may notice changes over time. **Dr. Robert Gear** talks about Scoliosis meaning the "side bending of the spine". There are various levels of it depending on what region of the spinal cord is being affected. Treatment can greatly improve the curving of the spine. **Dr. David ERB** talks about how to cure asthma. It's important to decrease medication, inflammation, intensity of workout and to make sure your back/neck are adjusted. It's important to find a doctor that specialized in Asthma.

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

***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 28:30 28:30 REC PA/O/E 01/13/2009 11:30 AM  
#195

**Dr. Pat Riley** talks about how our bodies need vitamins for every task. It's important to eat a well balanced diet filled with colorful veggies and fruits. It may be also necessary to take a multivitamin. **Dr. Hale Akamine** talks about ways to be happy. It's important to have good friends, optimism, appreciation and purpose. **Dr. Robert Gear** talks about understanding tissue circulation. Nerves travel to all the areas of our body and how blood is able to flow throughout the whole body. When the spinal cord twists, it can hinder the circulation in the body.

Doctor to Doctor 28:30 28:30 REC PA/O/E 01/20/2009 11:30 AM  
#196

**Dr. Jace Wolfe** talks about hearing loss. It may be caused by genetics, exposure to high levels of noise or exposure to gunfire. A couple of ways to prevent it are staying away from loud noise and wearing hearing protection. **Dr. Leon Mellman and Dr. Zev Mellman** talk about chiropractic wellness. It's important to measure the nervous system to get a starting point on your health. It's important to eat right, exercise and get adjusted on a regular basis. **Dr. Thomas DiStefano** talks about hip problems. It can be inflamed or irritated or become a bursitis. There are usually ways to treat it without surgery. It's important to get a physical exam and x-rays to see what the problem is.

Doctor to Doctor 28:30 28:30 REC PA/O/E 01/27/2009 11:30 AM  
#197

**Dr. Eileen Silvia** talks about cleansing, balancing and oxygenating the body. It's important that our colon and liver are being cleansed regularly. We can do this by drinking plenty of water, exercising, limiting stress, eating lots of fiber and getting lots of rest. **Dr. Malcolm Hill** talks about making healthier food choices. Healthier foods are found on the outer aisle of the grocery store. It's important to eat fruits, vegetables, nuts and whole grains. It is also important to drink plenty of water. **Dr. Chip Abbadessa** talks about the spine and nervous system. The spinal cord connects the brain to the rest of the body. The spin can lose its normal alignment and have subluxation. This can cause problems by getting in the way of the messages being sent to the brain. It's important to maintain proper posture and to get spin adjustments when necessary.

Doctor to Doctor 28:30 28:30 REC PA/O/E 02/03/2009 11:30 AM  
#198

**Dr. Dale Peterson** talks about first aid. In dealing with a secondary prevention, it is important to respond quickly and affectionately to the crisis. Some common ones are burns, sprains/strains, bruises, cuts/scrapes and nosebleeds. Immediate attention can help in the recovery time. **Dr. Gene James** talks about stress and your health. It is important to have an awareness of the factors that cause stress and then to maintain balance. It's important to have a positive perception about things in life. It's also important to find ways to relax or exercise. **Dr. Kent Bartell** talks about detoxification. The three areas that toxins are release through are the urinary tract, skin and colon. It's important to eat healthy foods and drink plenty of water.

*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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*Health/Mental Health*

Doctor #199	to	Doctor	28:30	28:30	REC	PA/O/E	02/10/2009	11:30 AM
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**Dr. Betty Alston** talks about being careful of what we put into our bodies. Our diet should be limited in white foods such as sugar, salt and flour. Instead our food should be colorful and fresh. **Dr. Chauncey Crandall** talk about heart disease. It is when one of the blood vessels of the heart becomes diseased. Arteries to the heart start to get plugged up with fat and cholesterol. It's important to lose weight, exercise and eat right. **Dr. Shellie Faris** talks about colon cancer. Polyps that are found in the colon must be removed or they can lead to cancer. It is the third most common cancer and the second leading cancer killer in the United States. It is important to be screened at age 50.

Doctor #200	to	Doctor	28:30	28:30	REC	PA/O/E	02/17/2009	11:30 AM
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**Dr. Dale Peterson** talks about the common cold and how over 500 million colds occur each year in the United States. Some recommended steps to help prevent it are drink plenty of water, get enough rest, avoid alcohol, regular hand washing and eat plenty of fruits and vegetables. **Dr. Aaron Wall** talks about key ways to losing weight since the United States has an obesity issue. The key is to look at the times you are eating. Morning should be high in carbohydrates such as oats and fruits. Lunch and dinner should be high in protein such as chicken, beef and fish while carbohydrates are limited. **Dr. Shellie Faris** talks about how people 50 years of age should be screened for colon cancer. Colonoscopy, fecal occult blood test and double contrast harium enema are ways to test for it. Risks for a colonoscopy include bleeding, non-visualized lesions, incomplete examination or holes being created. It is recommended to be tested 5 to 10 years after the first initial test.

Doctor #201	to	Doctor	28:30	28:30	REC	PA/O/E	02/24/2009	11:30 AM
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**Dr. Scott Farhart** talks about menopause. It is when a woman runs out of eggs and there is a decline in estrogen. Symptoms can be irritability, hot flashes, loss of sleep, and difficulty with intimacy. Estrogen replacement is an option, but needs to be monitored regularly by a physician. **Dr. Robert Gear** talks about arthritis which is an inflammation of the joints. Long term inflammation causes the bones to grow out and make spurs. It also causes the discs to degenerate and push out against the spin. A person should see a doctor that looks at all the tissues. **Dr. Ace Anglin** talks about how poor circulation or Peripheral Arterial disease can affect the arteries of the legs and feet. It can cause cold feet or extremities, absence of hair and dystrophic nails. It's important to give an adequate medical history to your doctor and eat a diet low in cholesterol and high in fiber.

Doctor #202	to	Doctor	28:30	28:30	REC	PA/O/E	03/03/2009	11:30 AM
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**Dr. Aaron Wall** talks about burst training. It is doing exercise at 90-100% of max performance for 30-60 seconds. This helps to burn up sugar and then continues to burn fat for up to 36 hours. It doesn't take long and burns fat longer. **Dr. Carl Schmidt** talks about brain health. It's important that the brain receives complex carbohydrates, essential fatty acids, protein and vitamin B. It is also important that there is proper digestion and assimilation of nutrients, rest and exercise. **Dr. Eileen Raynor** talks about the throat, larynx and vocal cords. Using the voice too much or in a harsh manner may cause the voice to be raspy. Other problems that may occur for this particular area are nodules, acid reflex disease, lesions and cancer. If the problem is consistent, you should have it checked out by a doctor.

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*Health/Mental  
Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #203	28:30	28:30	REC	PA/O/E	03/10/2009	11:30 AM
<p><b>Dr. Scott Farhart</b> talks about hot flashes that are associated with menopause. It is caused by the skin temperature rising 4-7 degrees and the cooling back down. It can happen both during the day and night. Sleep medications may be helpful in falling back to sleep after a hot flash. <b>Dr. Hale Akamine</b> talks about fear and anxiety. It is an anticipated perception that something negative will happen. Due to high stress or emotions, we may think a situation is worse than it is. It is important to get calm emotionally and refocus thoughts. Exercise and talking may be helpful in dealing with it. <b>Dr. Stefan Flink</b> talk about spinal health. The spine can interfere with the nerves and that can affect how other organs in the body function. This can then cause other problems in our body's system. It's important to have your spinal column checked on a regular basis.</p>						
Doctor to Doctor #204	28:30	28:30	REC	PA/O/E	03/17/2009	11:30 AM
<p><b>Dr. Dale Peterson</b> talks about strokes or also known as a cerebral vascular accident. It is due to a brain vessel being damage or having an accident. There is Ischemic stroke where the blood supply is cut off. There is also a Hemorrhagic Stroke where a weak spot causes bleeding in the brain. It is important to seek medical attention if signs of a stroke are present. <b>Dr. Margaret Nagib</b> talk about eating disorders. Anorexia involves the person refusing to maintain an appropriate body weight. Bulimia involves a cycle of bingeing and purging. Binge eating disorder involves compulsive eating and the person feeling a lack of self control. Treatment needs to involve a team of specialist to help with the different areas it affects. <b>Dr. Kent Bartell</b> talks about food. It is important to avoid processed or canned foods because they can contain toxins that are harmful to the body. It is important to eat fresh fruits and vegetables. Drink lots of water and get plenty of rest each night.</p>						
Doctor to Doctor #205	28:30	28:30	REC	PA/O/E	03/24/2009	11:30 AM
<p><b>Dr. Melissa Walker</b> talks about Prostate Cancer. Cancerous cells found in the prostate gland can be either fast or slow growing. You can be at risk if you are male, have a family history of it, 50 years or older and have a high fat diet. There is a digital rectum exam and Prostate Specific Antigen that can test for it. <b>Dr. Samuel Dagogo-Jack</b> talks about doctor's human understanding. It's important that a doctor have technical skills, scientific knowledge and human understanding. Patients often want to be diagnosed, enlighten, prognosis, treatment and hope. <b>Dr. Jace Wolfe</b> talks about hearing loss. It is the most common disability for children at birth. Lack of speech and language from 0-4 can cause irreversible consequences to the areas of the brain that process speech and language. It's important that infants are screened at birth and receive either hearing aid or therapy.</p>						

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# Trinity Broadcasting Network

## *KTAJ-DT*

April, May, June 2009

Central Time

Leading Community Issues

Youth

Civic Affairs

Education

Safety

Housing

Crime

<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.*

*Youth*

Joy In Our Town #090409	27:54	14:24	L	PA/O	04/09/2009	12:00
PM					04/10/2009	2:30
AM					04/12/2009	10:30
AM					04/13/2009	2:30
AM					04/14/2009	2:30
AM						

Host Kimberly Warren talked with Sgt. Larry Stobbs Jr. of the St. Joseph Police Department and Angela Reynolds of the St. Joseph Youth Alliance regarding the issue of minors involved in drug and alcohol consumption and what law enforcement is doing to curb this problem. Sgt. Stobbs said that youth access and underage drinking needs to be addressed. A child drinking at age thirteen has a 40% chance of becoming addicted to alcohol. Angela Reynolds said another problem that is prevalent in society is adults going and buying alcohol for underage youth. Often parents host these parties. 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. She added that it surfaced in the St. Joseph community because underage drinking was the biggest catalyst in the community plan written for the next ten years. A lot of parents believe that if they host these parties then their child would be safe but Ms. Reynolds disagrees.

Joy In Our Town #090501	27:01	14:01	L	PA/O	05/01/2009	12:00
PM					05/02/2009	2:30 AM
					05/04/2009	10:30 AM
					05/05/2009	2:30 AM
					05/06/2009	2:30 AM

Host Kimberly Warren talked with Christy Healy of the Northwest Missouri Autism Association. They discussed the growing cases of Autism in children. Mrs. Healy described autism a complex developmental disability that causes problems with social interaction and communication. Symptoms usually start before age three and can cause delays or problems in many different skills that develop from infancy to adulthood. Healy says different people with autism can have very different symptoms. She says autism is a spectrum disorder, which is a group of disorders with similar features. One person may have mild symptoms, while another may have serious symptoms. But they both have an autism spectrum disorder. Healy has a four year old son who has autism. He had a lack of speech language and eye contact. Ms. Healy said that in treating autism there is special education involved that are highly structured that focus on social skills, speech, language, self-care, and job skills. She says the mental health professionals provide parent counseling, social skills training, and individual therapy.

Joy In Our Town #090522	29:05	14:00	L	PA/O	05/22/2009	12:00
PM					05/23/2009	2:30
AM					05/25/2009	10:30
AM					05/26/2009	2:30
AM					05/27/2009	2:30
AM						

Tiffany Dwight Estell interviewed Will Stuck of the St. Joseph Public Library about summer reading programs for children. Mr. Stuck said that the goal is to help kids enjoy reading and to get them involved in reading in the summer. Experts agree the children who read during the summer gain reading skills, while those who do not often experience learning losses. He stated that it's important for children to get the hang of reading for fun without the attachment of having to read for homework. Mr. Stuck talked about a disturbing statistic that showed one out of every five Missourians are functionally illiterate. That means that they are reading below the reading level of an adult. Stuck went on to state that however most newspapers are written at a fifth grade level. If that is the only thing that people tend to read then our language skills go down and our word usage goes down. Technically when people pick up a book one out of five Missourians would not be reading at the proper level. This characteristic goes all the way down to children.

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<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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*Youth*

Joy In Our Town #090612 PM	27:40	13:15	L	PA/O	06/12/2009	12:00
					06/13/2009	2:30
AM					06/15/2009	10:30
AM					06/16/2009	2:30
AM					06/17/2009	2:30

Host Kimberly Warren interviewed Amber Harmeyer of the St. Joseph Animal Control and Rescue. They discussed the issue of safety concerns with youth around animals. Ms. Harmeyer said children are naturally drawn to animals. In order to help make "man's best friend" your child's best friend, it is important to take into account the guidelines for the safety of your child around animals. She stated that As a parent, you must be the one to decide the appropriate time to introduce a pet to the family based on your child's age, behavior, maturity, and interest. Ms. Harmeyer said the most important lesson to teach your children is to always treat animals gently and with kindness. She said animals that are in pain, are afraid, or feel threatened are most likely to bite or scratch to protect themselves. To ensure animal safety for kids teach your child never to pull an animal's ear, tail, or feet when playing and to not wrestle roughly with animals. Harmeyer said children should never restrain animals against their will.

Joy In Our Town #090619 PM	28:32	15:17	L	PA/O	06/19/2009	12:00
					06/20/2009	2:30
AM					06/22/2009	10:30
AM					06/23/2009	2:30
AM					06/24/2009	2:30

Host Kimberly Warren talked to Marjorie Mitchell of the Parents as Teachers program. They discussed the importance of early childhood development. Mrs. Mitchell said the Parents as Teachers Program is for families who have children between Birth and 5 years of age (prior to starting Kindergarten.) She 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. Mrs. Mitchell stated that parents' vocabulary and conversational styles vary widely among families, influencing the daily exposure to language for children. Family and community variables such as these shape the literacy world of young children, influencing the foundational skills for literacy.

700 Club CBN NewsWatch #041409	1:00:00	6:00	REC	PA/O/E	4/14/2009	2:00 PM
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*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

Heather Sells, CBN News Reporter, says today's media specialists are not just the librarian-turned-Internet-surfer at your child's school. It's parents. The job requirement? Monitor and mentor your child through often heavy use of cell phone, Internet, and other technological gadgetry. Cell phones. They're just the tip of the new media iceberg you may fear is headed your way. One Harris poll says more than half of all teens say their cell phone is key to their social life. And, they're good. Forty-two percent say they could text blind-folded! Besides cell phones, parents must oversee Internet use, video games, music and TV. Bottomline: For most, it's an overwhelming amount of content to help children navigate. When they go on-line, kids are always just a click away from danger. A recent Kaiser study found seven out of 10 kids accidentally view porn on the Internet. Ironically, much of the help to protect against dangerous new media can be found on the new media. For instance, Focus on the Family and Web-wise kids both have reliable, inexpensive filters you can download in minutes onto your computer. Other options -- you and your child can click onto [Cyberbully](#) for tips on online harrassment. When it comes to TV, [ControlYourTV.org](#) shows you how to block entire channels or just specific programs using your TV and cable equipment. And when it comes to cell phones, there's [WebWiseKids](#) - a new interactive cell phone game teaches safety to a prime target: middle school age kids.

*Civic Affairs*

<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>
Joy In Our Town #090206 PM	27:19	13:07	L	PA/O	04/17/2009	12:00
					04/18/2009	2:30
AM					04/20/2009	10:30
AM					04/21/2009	2:30
AM					04/22/2009	2:30

Host Tiffany Dwight Estell talked with the Mayor of St. Joseph, MO Ken Shearin. They discussed the Mayors annual state of the city address. Mayor Shearin said that he wanted the quality of life in St. Joseph to outpace the cost of living. He said the city should position itself for further growth in the life science industry and support small businesses with the same vigor devoted to larger employers such as Triumph Foods. Mayor Shearin made reference to confidential memos and closed meetings that take place at city hall saying he worried these incidents could erode taxpayer trust. To help clear the air Mayor Shearin called for a part time internal auditor as well as the reassignment of at least one member of the city legal staff to report directly to the council regarding spending and legal issues.

Joy In Our Town #090605 PM	27:15	14:15	L	PA/O	06/05/2009	12:00
					06/06/2009	2:30
AM					06/08/2009	10:30
AM					06/09/2009	2:30
AM					06/10/2009	2:30

Host Kimberly Warren 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 said that he hopes to capture funds from the economic recovery package President Barack Obama signed so Missouri can invest in several categories to help transform the economy. He wants Missouri to use the stimulus funds for worker training and retraining, along with efforts to update technology in school classrooms to make sort of an investment in human capital. The Transform Missouri Initiative looks invest in science and technology which includes plans to invest more specialized job training, particularly in life sciences, and energy conservation initiatives.

12:00 PM	Joy In Our Town #090612	27:40	14:25	L	PA/O	06/12/2009
						06/13/2009 2:30
	AM					06/15/2009 10:30
	AM					06/16/2009 2:30

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

Kimberly Warren interviewed Senator Charlie Shields, Missouri Senate president pro tem. During an overview of the 2009 legislative session, Mr. Shields' first term at the helm of the Senate, he said he was pleased overall with progress on legislation aimed at economic development and the bipartisan budget process, but some business remains undone. Senator Shields said if he had to look at the one missed opportunity, it would probably be health care. He said the legislature adjourned without approving an attempt at expanding state health care eligibility and coverage to uninsured Missourians this spring. In fact, he has created a long-term committee to address health care, part of a long-range planning effort he dubbed as a first for Missouri government.

<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>Education</i> Joy In Our Town #090327 AM	29:28	15:15	L	PA/O	04/06/2009	10:30
					04/07/2009	2:30
					04/08/2009	2:30
AM						
AM						

Host Kimberly Warren interviewed the Superintendent of the St. Joseph School District Dr. Melody Smith and the assistant to the Superintendent Steve Huff. On April 7, St. Joseph residents will be asked to vote on two separate school funding issues. One is to make permanent the 63-cent temporary operating levy that was approved in 2004. The other voting issue is a \$45 million "Vision for the Future" bond initiative that would provide for the construction of two new schools, an addition to Skaith Elementary and allow the purchase of property for a future school in the city's southern sector. Dr. Melody Smith said both issues weren't frivolously planned. The levy and bond issues come from a tremendous amount of data gathering, research and listening to the community. She says that the public can expect increased class sizes, fee increases, more trailers and modular units, and the revocation of transfers from one elementary school to another if one or both issues fail. Mr. Steve Huff said that the proposed plan is due to several factors. Over the years, the district's enrollment has declined as the student population has shifted to the east part of the city. Mr. Smith said the old, deteriorating buildings in the heart of the city have small student populations and are too close together. He stated that the school district has 18 elementary schools and that's too many and financially it doesn't make sense to keep all of the buildings.

Joy In Our Town #090424 PM	28:38	14:22	L	PA/O	04/24/2009	12:00
					04/25/2009	2:30 AM
					04/27/2009	10:30 AM

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

Host Kimberly Warren interviewed Bobbie Cronk, Director of Early Childhood Initiatives and Success by 6. They discussed a new project to help children learned called Destination Kindergarten. Ms. Cronk said that school readiness is so important because studies show that children who lag behind their classmates in kindergarten tend to remain behind throughout their school years. She wants to be proactive and prevent problems before they start. Ms. Cronk said that Success By 6 is a community-based movement of public and private partners working together to deliver proven solutions for children. The goal is to ensure all children ages zero to six are healthy, nurtured and ready to succeed. Ms. Cronk said that Success By 6 works with eleven early education providers in St. Joseph to enhance their quality through safety by making sure they are licensed as well as getting the providers accredited.

Joy In Our Town #090427 PM	28:38	14:16	L	PA/O	04/27/2009	12:00
					04/28/2009	2:30
AM					04/30/2009	10:30
AM					05/01/2009	2:30
AM					05/02/2009	2:30

Host Kimberly Warren talked with Carol Williams a home school educator. They discussed the issue of home schooling. Carol Williams has home schooled her three sons for the past twenty years. She says the benefits of home schooling are that she was able to meet each one of her children's learning needs on an individual bases and it has brought them much closer as a family. In keeping track of the test scores and lesson plans Mrs. Williams state that the Missouri state law is very lenient. She said they allow you to have 1000 hours in a year's period. Williams said 600 of those hours have to be in the core subjects such a language arts, math and social studies. The other 400 hours would be in your other studies like art and music. Mrs. Williams stated that progress must be shown from year to year in the form of standardized test, keeping track of papers from each subject, or lesson plans. Home school parents have to be accountable to division of family services and the prosecuting attorney.

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

*Education*

Joy In Our Town #090508 PM	28:16	13:16	L	PA/O	05/08/2009	12:00
					05/09/2009	2:30
AM					05/11/2009	10:30
AM					05/12/2009	2:30
AM					05/13/2009	2:30

Host Kimberly Warren interviewed Betty Kimberling of the St. Joseph School Districts Adult Education and Literacy Program. They discussed Adult Basic Education. 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 indicted 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.

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

Joy In Our Town #090605 PM	27:15	13:00	L	PA/O	06/05/2009	12:00
					06/06/2009	2:30 AM
					06/08/2009	10:30 AM
					06/09/2009	2:30 AM
					06/10/2009	2:30 AM

Host Kimberly Warren interviewed Charisse Giseburt, Coordinator of Summer Programs at the St. Joseph School District. Ms. Giseburt said classes go through the month of June. Classes are available for four-year-olds all the way through eleventh grade. Giseburt mentioned that the slogan, "Mission Extreme 2009", purposely left the word school out. Attending school seems like a tedious process for a lot of youth. Summer has always been seen as a time of fun and vacationing for the youth. Ms. Giseburt went on to say that in the past attending summer school used to leave a negative connotation so the word school was left out of the slogan to give a more relaxed feel to summer courses.

*Safety*

Joy In Our Town #090206 PM	27:19	14:12	L	PA/O	04/17/2009	12:00
					04/18/2009	2:30
AM					04/20/2009	10:30
AM					04/21/2009	2:30
AM					04/22/2009	2:30
AM						

Host Tiffany Dwight Estell talked with Chief Mike Dalsing of the St. Joseph Fire Department. They discussed the hidden danger of Carbon Monoxide poisoning and its dangers. Chief Dalsing said that carbon monoxide is a colorless, odorless, tasteless, highly toxic gas that is undetectable to human senses. He said victims of carbon monoxide poisoning often become disoriented before they realize they are in danger. Carbon Monoxide displaces oxygen in the blood causing the brain, heart, organs, and tissues to become oxygen starved. Chief Dalsing stated early symptoms of CO poisoning, such as headaches, nausea, and fatigue, are often mistaken for the 'flu because the deadly gas goes undetected in a home. Prolonged exposure can lead to brain damage and even death. Sources of carbon monoxide includes unvented kerosene and gas space heaters; leaking chimneys and furnaces; back-drafting from furnaces, gas water heaters, wood stoves, and fireplaces; gas stoves; generators and other gasoline powered equipment; automobile exhaust from attached garages; and tobacco smoke. Chief Dalsing stated the best way to protect yourself from becoming a victim of carbon monoxide poisoning is to install a CO detector on every level of your home. The detector should be UL approved and placed in the vicinity of the heating unit.

<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 #090501 PM	27:01	13:00	L	PA/O	05/01/2009	12:00
					05/02/2009	2:30 AM
					05/04/2009	10:30 AM
					05/05/2009	2:30 AM
					05/06/2009	2:30 AM

Kimberly Warren talked with Karen Dawson, chief motor vehicle inspector with the Missouri State Highway Patrol. They discussed motor vehicle inspections. Ms. Dawson stated that as chief motor vehicle inspector her job is

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licensing and monitoring inspector/mechanics and inspection stations. Ms. Dawson says the need for motor vehicle inspection is safety. She says there are three factors involved which contribute to the overall accident experience. They are the driver, the roadway and the vehicle. Events observed have shown that many owners fail to properly maintain their vehicles. She says the function of the Missouri State Highway Patrol in motor vehicle inspection is to identify these defective vehicles and cause them to be repaired or removed from the highways of the state. The only way to be reasonably certain vehicles are maintained mechanically safe is through periodic motor vehicle inspection. Dawson said this has contributed to the continual decrease in the death rate per 100 million miles.

Joy In Our Town #080515 PM	26:48	13:15	L	PA/O	05/15/2008	12:00
					05/16/2008	2:30
AM					05/18/2008	10:30
AM					05/19/2008	2:30
AM					05/20/2008	2:30
AM						

Host Tiffany Dwight Estell talked with Officer Ralph Bledsoe of the Missouri Water Patrol. They discussed water safety measures taken for the upcoming summer on the Lake. Officer Bledsoe gave a few safety tips to adhere by when boating. Wear a life jacket. Approximately 80% of the victims in fatal boating accidents aren't wearing life jackets. Watch your speed. With increased speed comes less reaction time when confronted with miss/hit situations. Avoid congested areas and do not jump wakes where your line of sight is obscured. Know before you go. Operators should be familiar with the laws and safe boating practice before getting on the water.

Joy In Our Town #090522 PM	29:05	15:05	L	PA/O	05/22/2009	12:00
					05/23/2009	2:30
AM					05/25/2009	10:30
AM					05/26/2009	2:30
AM					05/27/2009	2:30
AM						

Host Angela Alford interviewed Registered Nurse Connie Bonebrake with the St. Joseph Health Department. They discussed the swine flu epidemic. Ms. Bonebrake said symptoms of swine flu are like regular flu symptoms and include fever, cough, sore throat, runny nose, body aches, headache, chills, and fatigue. Many people with swine flu have had diarrhea and vomiting. Nearly everyone with flu has at least two of these symptoms. But these symptoms can also be caused by many other conditions. Ms. Bonebrake stated that only lab tests can definitively show whether you've got swine flu. The Health Department and other health-care providers have a plan for testing for it. It involves sending nasal pharyngeal swabs from patients with flu symptoms to the state for testing. Specimens that raise suspicion will then be sent to the Centers for Disease Control and Prevention if the patients have a history of travel to Mexico, have been in contact with people who have recently traveled there or with people diagnosed with swine flu.

<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*

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

Joy In Our Town #090529 PM	24:48	12:35	L	PA/O	05/29/2009	12:00
					05/30/2009	2:30
AM					06/01/2009	10:30
AM					06/02/2009	2:30
AM					06/03/2009	2:30

Host Angela Alford talked with George Albert, of the St. Joseph Fire Department. They discussed severe weather season and tornadoes. Mr. Albert said that every spring and early summer in this part of the United States citizens can expect their rounds of severe weather. Mr. Albert went on to explain how tornadoes are formed by super cells with a rotating up draft. He looks for certain ingredients when trying to forecast tornadoes. High instability which means the atmosphere will support a lot of vertical motion as well as wind sheers which shows how the wind changes with height. Mr. Albert said that St. Joseph, MO and the Midwest is the part of the country that is more proan to having tornadoes form. Tornado alley extends from northern Texas up to the plains through western Missouri and up through Iowa. As a result of our location in relation to the mountains out west and the cold air coming down from the Rockies/ the warm moist air coming up form the Gulf of Mexico, puts tornado alley in a sort of weather battle zone. That is the zone where warm moist air and the cold air comes together and that is where we get our severe thunderstorms.

### *Housing*

Joy In Our Town #090327 AM	29:28	14:13	L	PA/O	04/06/2009	10:30
					04/07/2009	2:30
AM					04/08/2009	2:30
AM						

Kimberly Warren interviewed Sam Barber, the Customer Services Director for the City of St. Joseph. They discussed the proposed changes to contractor and trade licensing ordinances. Mr. Barber stated that in 2006 and 2007, several proposed changes were made to our City Council concerning our communities Contractor and Trade Licensing programs. He said after looking at what other communities are doing and meeting several times with our trade advisory boards, the following proposal was drafted. The new standards potentially affect every homeowner in St. Joseph, by requiring all general contractors, roofers and others to pass a test and hold insurance. Mr. Barber said the standards, if they can be policed, would help eliminate shoddy work and fly-by-night contractors. Mr. Barber said only plumbers have a practical exam, given and graded by the city plumbers examining and appeals board. Barber said the electrical and mechanical trades have said in letters and meetings that they either want everyone to go a standardized test, or they want to create local practical tests of their own. General contractors currently have no testing but are willing to adopt national standardized testing. Mr. Barber recommends across-the-board standardized testing for safety, efficiency and to benefit customers.

Joy In Our Town #090508 PM	28:16	15:00	L	PA/O	05/08/2009	12:00
					05/09/2009	2:30 AM
					05/11/2009	10:30 AM
					05/12/2009	2:30 AM
					05/13/2009	2:30 AM

Host Kimberly Warren interviewed Jerry Reeves, the housing and foreclosing intervention counselor with Catholic Charities. They discussed assisting people facing foreclosure through advocacy and mediation. Mr. Reeves said the program is open to any St. Joseph area resident who has a current income and is in danger of facing foreclosure. A housing counselor will not only work with these clients in developing a budget and provide other financial counseling, but also act as mediator in negotiating an agreement with lenders. Reeves says Missouri ranks 13th highest in the state foreclosure rate for 2007. He said last year in Buchanan County there were 340 foreclosure starts. He thinks what happens when someone is facing foreclosure they need someone to advocate for them. A lot of times lenders may not treat them as nice. Reeves said the main approach of our job is educating them as to what are their different options.

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<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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*Housing*

Joy In Our Town #090529 PM	24:48	12:13	L	PA/O	05/29/2009	12:00
					05/30/2009	2:30
AM					06/01/2009	10:30
AM					06/02/2009	2:30
AM					06/03/2009	2:30
AM						

Host Kimberly Warren talked with Alex McClain, the Director of Development with the St. Joseph Habitat for Humanity. McClain stated that the work of Habitat for Humanity is driven by the desire to give tangible expression to the love of God through the work of eliminating poverty. He says in order to help eliminate substandard housing and homelessness Habitat uses the necessity of putting faith into action, the "economics of Jesus" and the "theology of the hammer." Together, the donated labor of construction volunteers, the support of partner organizations and the homeowners' "sweat equity" make Habitat's house-building possible. McClain stated that each family that receives a home through Habitat for Humanity is required to work at 400 hours side-by-side with volunteers in building the home. He went on to say that this is not an entitlement but a partnership with the family and referred to Habitat as a hand-up, not a hand-out.

Joy In Our Town #090626 PM	26:46	13:32	L	PA/O	06/26/2009	12:00
					06/27/2009	2:30
AM					06/29/2009	10:30
AM					06/30/2009	2:30
AM						

Host Tiffany Dwight Estell talked to Chad Orstad a mortgage specialist about the mortgage crisis in the United States. Mr. Orstad said subprime borrowing was a major contributor to an increase in home ownership rates and the demand for housing. He continued by stating that this demand helped fuel housing price increases and consumer spending. Orstad said American home prices increased by 124%. Some homeowners used the increased property value experienced in the housing bubble to refinance their homes with lower interest rates and take out second mortgages against the added value to use the funds for consumer spending. Orstad said now homes are worth less than they were when consumers bought them. If someone has to sell their home and the value has declined since they purchased it, they will likely sell at a loss.

*Crime*

Joy In Our Town #090409 PM	27:54	13:30	L	PA/O	04/09/2009	12:00
					04/10/2009	2:30
AM					04/12/2009	10:30
AM					04/13/2009	2:30
AM					04/14/2009	2:30
AM						

Host Kimberly Warren talked with Sgt. Greg Gilpin of the St. Joseph Police Department. They discussed crime safety in neighborhoods. Sgt. Gilpin said that neighborhood watch is a partnership approach in which the goal is for police to work hand in hand with citizens and neighbors in an effort to reduce crime and enhance the quality of

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life in your community. Sgt. Gilpin stated that a watch group can help residents learn ways to keep their homes and neighborhood secure. He said many watch groups organized neighborhood patrols that consist of trained volunteers who walk or drive a specified route in number, keeping an eye out for problems. This helps to discourage crime and create a sense that residents are in control. Sgt. Gilpin examples of suspicious activity to look for. A moving van in front of a home, when residents are not there, different people entering and leaving an address throughout the day, a possible sign of drug dealing or other crimes, people hanging around a parking lot possibly looking to break into a car, or suspicious vehicles slowly creeping down a street.

*Crime*

<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>
Joy In Our Town #090515 PM	26:48	13:33	L	PA/O	05/15/2009	12:00
AM					05/16/2009	2:30
AM					05/18/2009	10:30
AM					05/19/2009	2:30
AM					05/20/2009	2:30

Host Tiffany Dwight Estell talked with Sergeant Bill McCammon of the St. Joseph Police Departments Neighborhood Traffic Safety Program. They discussed the issue of residents being trained in the use of radar guns. Sgt. McCammon said the new program under the St. Joseph Police Department will give radar guns to residents to clock speeders in their residential neighborhoods. Volunteers can't write a ticket, but their report may result in warning letters being sent by police. Sgt. McCammon said only motorists going at least 10 mph over the speed limit will be subject to the letters. Sgt. McCammon said the neighborhood speed watcher program was prompted by the limited number of officers available to catch speeders and because police want residents to become more involved in their neighborhoods.

Joy In Our Town #090619 PM	28:32	13:15	L	PA/O	06/19/2009	12:00
AM					06/20/2009	2:30
AM					06/22/2009	10:30
AM					06/23/2009	2:30
AM					06/24/2009	2:30

Kimberly Warren talked with Sergeant Greg Gilpin with the St. Joseph Police Department. They discussed crime prevention for residents going on vacation this summer season. Sergeant Gilpin talked about that crime goes up in the summer but doesn't have to with the right planning and prevention. The police department has a program called Watch Residents where the home owner can get a hold of the police department and fill out a form that tells them of when they will be gone. The police officers will keep an eye on the residents while on their shifts. Sergeant Gilpin showed some examples of different items to help out with crime prevention. Some example to make doors stronger with quality dead bolts. Another is metal covers for the door hinge area to give the bolt more support. He then went on to show some window and door alarms for a very reasonable price that might deter an intruder. Last he talked about replacing the windows around the front door with plexy glass to prevent the burglar to break the window. Sergeant Gilpin then talked about the three D's of a good system. He said you want a system that will Detect, Deter, and Defend.

12:00 PM	Joy In Our Town #090626	26:46	13:14	L	PA/O	06/26/2009
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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	06/27/2009	2:30
AM	06/29/2009	10:30
AM	06/30/2009	2:30

Host Tiffany Dwight Estell interviewed Sergeant Bill McCammon of the St. Joseph Police Department. They discussed the use of mopeds, motor scooters and regulations associated with the use of these vehicles. Sgt. McCammon said they see an increase with scooters with the increase of gas prices. He stated that some laws regarding mopeds and motor scooters aren't being recognized by scooter riders. Sgt. McCammon says there are three major laws that the police department sees being broken. The driver has to have a valid driver's license, meaning be at least 16 years old. The scooter or moped can not travel more than 30 mph on flat ground and the scooter has to be under 50cc. McCammon says that any scooter or bike that has an engine size larger than 50cc is classified as a motorcycle and falls under a different set of laws and regulations. Sgt. McCammon said there are places where you can and cannot ride a scooter. According to Missouri law, it is illegal to operate a scooter on an interstate or business loop interstate system. For residents of St. Joseph this means driving a scooter on Belt Highway or Frederick Avenue is illegal.

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# Trinity Broadcasting Network

***KTAJ-DT***

July, August, September 2009

Central Time

Leading Community Issues

Civic Affairs

Economy

Environment

Safety

Family

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.*

Joy In Our Town #090706 PM	27:21	14:15	L	PA/O	07/06/2009	12:00
					07/07/2009	2:30 AM
					07/09/2009	10:30 AM
					07/10/2009	2:30 AM
					07/11/2009	2:30 AM

Host Kimberly Warren 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 said that he hopes to capture funds from the economic recovery package President Barack Obama signed so Missouri can invest in several categories to help transform the economy. He wants Missouri to use the stimulus funds for worker training and retraining, along with efforts to update technology in school classrooms to make sort of an investment in human capital. The Transform Missouri Initiative looks invest in science and technology which includes plans to invest more specialized job training, particularly in life sciences, and energy conservation initiatives.

Joy In Our Town #090706 PM	27:21	14:25	L	PA/O	07/06/2009	12:00
					07/07/2009	2:30 AM
					07/09/2009	10:30 AM
					07/10/2009	2:30 AM
					07/11/2009	2:30 AM

Kimberly Warren interviewed Senator Charlie Shields, Missouri Senate president pro tem. During an overview of the 2009 legislative session, Mr. Shields' first term at the helm of the Senate, he said he was pleased overall with progress on legislation aimed at economic development and the bipartisan budget process, but some business remains undone. Senator Shields said if he had to look at the one missed opportunity, it would probably be health care. He said the legislature adjourned without approving an attempt at expanding state health care eligibility and coverage to uninsured Missourians this spring. In fact, he has created a long-term committee to address health care, part of a long-range planning effort he dubbed as a first for Missouri government.

Joy In Our Town #090904 PM	28:05	14:05	L	PA/O	09/04/2009	12:00
					09/05/2009	2:30 AM
					09/07/2009	10:30 AM
					09/08/2009	2:30 AM
					09/09/2009	2:30 AM

Host Kimberly Warren talked with Deputy Mayor, Donna Jean Boyer for the St. Joseph City Council. Talked about the progress downtown, some new initiatives going on in the council and how the public can get involved. Donna filled the position of Deputy Mayor after the passing of Deputy Mayor Mike Hirter. The council is going thru application to fill the vacant council member spot. The council will make the final decision to have the position fill for the remainder of the term. Some of the new initiatives coming on board at the city council is updating the city sewer system which they will have to do in stages. The first stage will take 20 years to complete. At that point they will do an assessment to determine what will need to be done next. The sewer rate for the citizens will have to go up to pay for the system. The city council meeting is now being broadcasting live to increase the community involvement. They are at 7pm every Monday evening till the meeting is over. The meeting will also be rebroadcasted on the city's access channel. If a citizen would like to be involved, they should first call to make an appointment to be on the agenda for the meeting. There is time in the meeting for the public to come to the mic make a suggestion or to voice an opinion.

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*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #090814 PM	28:12	15:00	L	PA/O	08/14/2009	12:00
					08/15/2009	2:30 AM
					08/17/2009	10:30 AM
					08/18/2009	2:30 AM
					08/19/2009	2:30 AM

Host Kimberly Warren talked with Delphia Shanks with the Community Action Partnership of St. Joseph. They talked about poverty and some strategies that are being done to help end it. Delphia began by talking about poverty in the country and not the whole world, due to the time and how big of a problem it is worldwide. She talked about how it is defined by two ways. The government has defined poverty by a Federal Poverty Guideline developed in the 60's. The family used 1/3 of their budget on food, so they multiplied that by 3 to determine the total income of a family. Since the 60's the cost of living has changed and now has become an issue. They then talked about the second definition which deals with the human side of poverty. This is not about the money but the stress that comes with the knowledge that you don't have the mean to support the day to day basic needs. They then went on to talk about the health of poverty stricken individuals. From statistics and studies, people in poverty live shorter lives then ones who have money. She explained that ones with jobs in a more manager role have less stress then ones who have don't. It could also be the environment, neighborhoods, and schools. The single most powerful tool that Delphia feels will help reduce poverty is a personal connection. She did note that there really isn't any one cure all because poverty is in so many different forms from different situations that really cannot be a fixed with one act.

Joy In Our Town #090814 PM	28:12	13:12	L	PA/O	08/14/2009	12:00
					08/15/2009	2:30 AM
					08/17/2009	10:30 AM
					08/18/2009	2:30 AM
					08/19/2009	2:30 AM

Host Kimberly Warren talked with Soraya Johnson with the Family Support Division of Buchanan County. They talked about the food stamp program and the need for the program. They began by talking about the program the deals with the nutrition of the economic challenged in the area. The program is the food stamp program. This program helps those with financial challenges to supplement their income. The foods that are on the program are more nutritional foods that might not by purchased by the buyer. The food stamp program is still called food stamps in the state of Missouri. The government has changed the name to Supplemental nutritional program. There are no longer stamps. It is done by electronic debt card system. The reason for that was to limit the purchases to just food and not other items. It is not a cash system to prevent the purchase of unnecessary items. The computers know what is and not is allowed to be purchased with the card.

Joy In Our Town #090828 PM	27:00	13:00	L	PA/O	08/28/2009	12:00
					08/29/2009	2:30 AM
					08/31/2009	10:30 AM
					09/01/2009	2:30 AM
					09/02/2009	2:30 AM

Joy in Our Town host Tiffany Dwight Estell talked with Linda Garlinger, Director of Career Development at Missouri Western State College, about how she helps students figure out what career they would like to pursue. Students are often searching for what field has the most job openings or what field pays the most money. The only problem with this approach is that company's that surge in job openings and pay the most is usually a temporary factor. Students coming into college as freshman could see the economy change four years from now. The key is to get into a field of your interest and go from there. Right now the job situation in St. Joseph, Missouri has taken a big hit with the loss of 500 manufacturing jobs. With large number of people searching for jobs in one city it seems that abundance of employment would shrink fast in this community. The chamber of commerce are at this point and time working on bringing good companies to St. Joseph. Linda Garlinger's message to people is to be patient and be able to harness skills in a different direction in order to adjust from working in manufacturing into something more technical.

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*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Joy In Our Town #090904 PM	28:05	14:00	L	PA/O	09/04/2009	12:00
					09/05/2009	2:30 AM
					09/07/2009	10:30 AM
					09/08/2009	2:30 AM
					09/09/2009	2:30 AM

Host Kimberly Warren talked with Judge Jerry Venters from the U.S. Bankruptcy Courts about the CARE program being presented in the schools to help students to understand debt. Judge Venters began by talking about Credit Abuse Resistance Education program or CARE was started five years ago on the western side of Missouri. The program targeted juniors and seniors in high school to educate them on how to use credit, the hazards of having a credit card, and what to look for when owning a credit card. Some of the main reasons for anybody to file for bankruptcy is from medical bills especially for the uninsured. Divorces and loss of jobs are also some of the top reasons for filling. This can be avoided and can be controlled. Judge Venters mentioned that the program is not telling the students not to get a credit card. They for the most part are an essential part of our society and can hardly be avoided. They talked about credit reports and how they are great tools to monitor your credit history. The judge stress the education for the student will help them avoid bankruptcy. The statistics show that young adults are the ones filling so he is trying to get them before it happens.

700 Club CBN NewsWatch #070609	1:00:00	6:00	REC	PA/O/E	7/06/2009	2:00 PM
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Carolyn Castleberry, CBN News Reporter, says according to one financial aid source, two-thirds of all undergraduates leave college in the hole financially. Graduate students can be saddled with more than \$100,000 in debt before they ever start their careers or even think about buying a house. Instead consider a school you can actually afford. It's also called scholarships and grants. Sources of funding that won't put you in the hole financially. But what will kill students financially is the mindset of entitlement. Now, for you students who are in college. Don't put any of the extras on credit cards, like pizza and parties. Now, for students and graduates who are already buried in debt, here's your financial plan for the next few years. Consider getting a second job just to pay for your debt. Don't try to get out of it or put it off until later.

700 Club CBN NewsWatch #091809	1:00:00	5:00	REC	PA/O/E	09/18/2009	2:00 PM
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Paul Strand, CBN News Reporter, says according even in these tough economic times, the average American family is still budgeting almost \$900 for vacationing this year. The thinking seems to be you need to get up and get really far away to have a really good time. Families will spend a small fortune to come and enjoy beautiful wilderness areas like the ones that can be found in Oregon. In fact, the highest quality entertainment for a family comes from being simple. Have a board game marathon, with everyone pulling out their favorite game and playing them all. To mix it up, let the person who picked that game change one major rule. Get out the family photo books and reminisce. Share family history. Make a family tree with a photo for everyone on it. Divvy pictures up into fun categories, including weirdest, coolest, most embarrassing, happiest. The point is to share time and create your own good times. If you just have to turn on the TV, here's a way to make it extremely interactive. Put on a movie, mute the sound and make up the dialogue yourselves. The cheesier the movie, the better. Make Hollywood wish you had been the screenwriters. Let's dwell now on sunnier times -- namely those days sunny or warm enough to escape the house and enjoy the big world outdoors. Grab neighbor kids and hold a mini-Olympics. Come up with all your own competitions -- the wackier the better. Run backward all the way around the house. Toss everyone's stuffed animals in wagons and take them for an expedition. Here's one for getting your kids to think about others -- do secret good deeds, such as gathering up litter or fixing something a neighbor needs repaired behind their back. Camp out in the backyard. Sleep there. Cook there. Eat there. If you have some woods or waters nearby, go to them often, enjoy them, let them change you. Study the plants, the animals, the rocks and the stars. Other tips include reading together -- making stories a big part of your family. Do mental games like build your perfect home or plan your perfect vacation. It will widen your horizons and ignite your imaginations. Write your own family history

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

a day at a time. If you cannot afford a fancy vacation, you may think you have to splurge on stay-cations to make them really fun. But it turns out your biggest profits could come from doing the things that have no price tag at all. And because they're free, you can do them any time. So think about it. You can have happier kids, stronger family ties, and a better outlook on life. While reaping all of these rewards, you could also save a few thousand dollars in the process.

<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*

700 Club CBN NewsWatch #092109	1:00:00	5:00	REC	PA/O/E	09/21/2009	2:00 PM
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Charlene Israel, CBN News Reporter, says one in 10 Americans are struggling to pay their mortgage. A growing number have also fallen behind on their credit card bills. Tight economic times have some people turning to companies that promise to reduce or eliminate debt. But while some of these programs are legitimate, some could leave you even deeper in debt. During the country's recession, many Americans are having a hard time paying their bills and that has created a boom in businesses that promise quick and easy debt relief. Debt settlement is a perfectly legal solution for consumers who have fallen behind on their bills. But having a debt-settlement company do the legwork for you is risky -- and it can be expensive. Here's how debt settlement companies work: The company gets your creditors to accept less than the full amount you owe. They promise to knock 50 percent or more off of the debt you have to pay back, with repayment taking between two and four years. The company then sets up a savings account for you, and you make monthly payments to that account. When you've made all the payments, the debt settlement company settles with your creditors in one lump sum. You are told to stop making payments to your creditors and not to contact them. Leave the negotiating to the debt settlement company. When you go this route, you could end up owing more than when you started, and your credit suffers because you stop paying your bills. And that's not all. Some debt settlement companies charge advance fees that can run up to \$1,000 or more. Attorney Sarah Gottovi of the Federal Trade Commission says the agency is concerned about misleading and abusive practices in the debt settlement industry. "Many companies will charge upfront fees that might be the first of several payments, the first several monthly payments that's paid to the company and that will go to the companies fees instead of into the savings account to pay the creditors," Gottovi told CBN News. She mentioned that other fees could also be added in. "The debt settlement company may charge a monthly fee, an account maintenance fee, and they also might charge you a fee at the end of the program when they've settled an account," she said. Gottovi said the FTC has received hundreds of complaints about the claims of some debt settlement companies. But if you're considering signing up with a debt settlement company, you need to pay attention to the red flags such as: Does the company charge an upfront fee? Do they tell you to stop making payments to your creditors? Do they claim they can eliminate your debts? Are they licensed in your state? Has the Better Business Bureau received complaints about the company? And read the fine print -- the money you save through negotiation could be considered income that you have to claim on your taxes. And many people don't realize they can negotiate with their creditors themselves. Creditors are usually willing to work with consumers to pay back their debt. But if you choose to have a debt settlement company negotiate your debt for you, experts say make sure you ask lots of questions, read the fine print, and know exactly what you're getting into before you take the plunge.

*Environment*

Joy In Our Town #090717 PM	26:40	12:10	L	PA/O	07/17/2009	12:00
					07/18/2009	2:30 AM
					07/20/2009	10:30 AM
					07/21/2009	2:30 AM
					07/22/2009	2:30 AM

Host Kimberly Warren interviewed Bruce Woody, Director of Public Works for the City of St. Joseph. They talked about the changes to the waste water plant and how it would affect the citizens of St. Joseph. Mr. Woody began by explaining how the water system works. How the waste water plant removes chemicals and other substances that are harmful to aquatic life before the water is returned to the river. He talked about the changes in the regulations that will cause them to invest in the current facility and to add other facilities. Mr. Woody explained that the changes will not happen all at once. He gave examples such as the disinfectant system will have to be online in 3 years, ammonia removal system in 5 years, and improvements to the sewage system in 20 years. They went on to talk about the combined sewer overflow. Mr. Woody talked about how our older community is part of the old system that is no longer allowed to distribute directly in to the river. He explained during dry times of the year the waste goes to the plant. On heavy rainy days, both storm water and sanitary water flow combine and got the plant until the pipe becomes full. Then the combined waste over flow goes directly to the river. This happens

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78 times per year in our community. Regulations allow only 4 times a year. This increase in the rate will go to fix this issue.

*Environment*

<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>
Joy In Our Town #090717 PM	26:40	14:30	L	PA/O	07/17/2009	12:00
					07/18/2009	2:30 AM
					07/20/2009	10:30 AM
					07/21/2009	2:30 AM
					07/22/2009	2:30 AM

Host Kimberly Warren talked with Shawna Zahner with Stitt Energy Systems. They talked about the impact of putting "green" into your home. Shawna began by explaining that going green in our homes will lower our energy bills by doing some simple things. The other reason to go green is to care for our environment. She explained that our natural resources are finite and we will run out of them. They also are getting harder to find and harder to gather. That will increase the cost of the resource and in turn will increase our utility costs. They went on to talk about the new and old techniques to make a home more efficient. Shawna explained that most of the products are made of materials such as soy beans. She showed and explained examples she brought to the set. Some samples were insulating the wall with a spray insulation that will make the home have a vapor barrier. She then talked about insulation concrete blocks that will keep your basements dry and at a constant temperature. They talked about the fact that you don't have to buy a new home to take advantage of the energy saving techniques. Retro fits can be added and still help with lowering your utility bills. Solar panels, geothermal system can even help a home owner to be off grid or send back energy into the grid.

Joy In Our Town #090807 PM	26:56	13:21	L	PA/O	08/07/2009	12:00
AM					08/08/2009	2:30
AM					08/10/2009	10:30
AM					08/11/2009	2:30
AM					08/12/2009	2:30

Kimberly Warren talked with Capt. George Albert, Emergency Management Coordinator with the St. Joseph Fire Department. They talked about the hazardous materials and it should be handled. Capt. Albert started by talking about the history of how hazardous material was handled. He then said the roles of rules had changed after 911. The main goal of the Hazmat team is to protect the people, property and to contain the material. They do not dispose the material. Outside source will handle the disposal of the material. They went on to talk about that all houses have hazardous materials. Capt. Albert stressed the importance of separating the material and store them properly. Two chemicals can become hazardous if mixed together. Capt. Albert mentioned that St. Joseph has two times a year that they will do an organized hazardous material clean up. Some hazard material samples they talked about were mercury, which is used in old thermostats. They even talked about fire extinguishers can be hazardous because of the chemicals in them. The most common hazardous chemical in the home is regular gasoline.

Joy In Our Town #090821 PM	26:52	13:38	L	PA/O	08/21/2009	12:00
AM					08/22/2009	2:30
AM					08/24/2009	10:30
AM					08/25/2009	2:30

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

AM

Host Kimberly Warren talked with James Teaney and Lezlee Johnson from NWMSU. They discussed the operations at the campus for recycling and using alternative fuels at the campus to save money and power certain systems. James said the NWMSU has a steam plant on campus that produces steam for heating, water heating, and helps run the air condition in the summertime. The system burns woodchips, animal manure, paper pellets, and natural gas to produce the heat to create the steam. Lezlee mentioned that her team collects the paper and trash on campus and works with James's team by providing the ton of paper and having them produce it into paper pellets to be fuel to burn in the steam room. Lezlee then talked about the different ways the community can get involved in recycling. Even though do not accept plastics and batteries for example. They will help anybody who wants information about where to go to recycle those items.

Safety

<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>
Joy In Our Town #090724 PM	27:16	13:08	L	PA/O	07/24/2009	12:00
					07/25/2009	2:30 AM
					07/27/2009	10:30 AM
					07/28/2009	2:30 AM
					07/29/2009	2:30 AM

Host Kimberly Warren talked with Sgt. Sheldon Lyon with the Missouri State Highway Patrol. They discussed safety with summer driving. Sgt. Lyon began by talking about how our society has become face paced. With summer here, there are more vacation travelers, and road construction. It can be more hazardous time to drive. Drivers should be more attentive when driving. He stated that inattention is the number one cause of crashes. Sgt. Lyon explained that if drivers pay close attention to the road sign, obey the speed limits in the construction zones, and be aware of the workers. Drivers should do fine in passing thru the construction zones. They went on to talk about aggressive driving also known as road rage. Sgt. Lyon explained that the driver usually has anger control issues and an example of would be someone pulls out in front of them unintentionally. They will become angered at that driver. Sgt. Lyon explained that you should not stop or make contact with the aggressive driver. Just move out of their way a hopefully they will pass. If not Sgt. Lyon wants you to call \*55 to contact the Highway Patrol to report the drive.

Joy In Our Town #090724 PM	27:16	14:08	L	PA/O	07/24/2009	12:00
					07/25/2009	2:30 AM
					07/27/2009	10:30 AM
					07/28/2009	2:30 AM
					07/29/2009	2:30 AM

Host Kimberly Warren talked with JC Dollar and Marilyn Finney with Meril about making a house or apartment safe for disabled residents. They talk about the fact that many people go into nursing homes prematurely and with Meril they can stay in their homes and be independent. Meril needs to first make an assessment to help with recommendations to make the home safe and functional for them to be independent. JC brought up the fact that a majority of the staff at Meril are disabled themselves. So the staff knows what is required to live independently. They then discussed the emergency number available 24/7. The number is for providing interpreting services for the deaf, hard of hearing and the deaf blind. This number can be used for example if there has been an accident and a hearing impaired individual is involved. An officer can call to get interpreting for that person.

Joy In Our Town #090731 PM	28:15	14:08	L	PA/O	07/31/2009	12:00
					08/01/2009	2:30
AM					08/03/2009	10:30
AM					08/04/2009	2:30
AM						

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AM

Host Kimberly Warren talked with Keolle Barbour, District Maintenance & Traffic Engineer with the Missouri Department of Transportation. They talked about the major project going on the local area and the role of MoDOT. Koelle talked about the major bridge projects going on at the Picket road bridge and the 169 hwy bridge. He mentioned that the Picket bridge should be done in time before school starts, which will help with traffic. He also talked about the new project at 169 hwy bridge. He mentioned the road way to Maryville, Mo from St. Joseph has been converted into 4 lanes making the travel much safer. He mentioned that the public has many ways to contact MoDOT to give input and suggestions by phone or the website. They went on to talk about the median cable project that has been completed for 2 years now. Koelle mentioned that they have seen a huge decrease in fatal cross over accidents due to the system. He said they only had 1 death since the system has been in and over 90 deaths before. He also mentioned that when on project might fix on problem it can sometimes create another issue.

Safety

<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>
Joy In Our Town #090828 PM	27:00	14:00	L	PA/O	08/28/2009	12:00
AM					08/29/2009	2:30
AM					08/31/2009	10:30
AM					09/01/2009	2:30
AM					09/02/2009	2:30

Host Tiffany Dwight Estell talked with Officer Ralph Bledsoe of the Missouri Water Patrol. They discussed water safety measures taken for the upcoming summer on the Lake. Officer Bledsoe gave a few safety tips to adhere by when boating. Wear a life jacket. Approximately 80% of the victims in fatal boating accidents aren't wearing life jackets. Watch your speed. With increased speed comes less reaction time when confronted with miss/hit situations. Avoid congested areas and do not jump wakes where your line of sight is obscured. Know before you go. Operators should be familiar with the laws and safe boating practice before getting on the water.

Joy In Our Town #090918 PM	26:02	13:00	L	PA/O	09/18/2009	12:00
AM					09/19/2009	2:30
AM					09/21/2009	10:30
AM					09/22/2009	2:30
AM					09/23/2009	2:30

Host Kimberly Warren talked with Sgt. Sheldon Lyons with the Missouri State Highway Patrol about the teenage driver going back to school and increase in accidents. This is the time of the year that we have the most fatal accidents due to the schools starting again and a lot of young drivers on the roads. The most common cause of accidents is inattention. Need to be aware of the surroundings and watch out for children, and busses. When it comes to busses, it is state law to stop when the stop arm comes out. Drivers need to be aware of where the children are after they get off the bus. It is not a common courtesy, it is the law. If you pass the bus, the bus driver will get your license and report it to the highway patrol. The new mandate for Missouri is that if you are under the age of 21, you are no longer allowed to talk or text on a cell phone while driving. If they are caught they will get a summons for the offense. They will help make the younger drivers safer. Other situations include

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AM						09/22/2009	2:30
AM						09/23/2009	2:30

Host Kimberly Warren talked with Niki Butner and Diane Redden with Circle of Hope which is a organization that helps children struggling with emotions and mental health issues. The common mental health issues are affecting 1 in 5 children or 20 percent of the population. Some are ADHD, oppositional defiant disorder, and mood disorders anxiety, depression. The program can help these issues and that is their goal. It also helps the parents to deal with these situations. Diane talked about how the support they have received has been awesome. It has help with giving points on communication skills, what to look for in their children. She has found that each of her 3 children are different with 3 different diagnosis. And 3 different things work for each. This program helps parents as well as the schools to deal with the mental situations with confidence. This system has been successful to empower the children and not to resort to medication. As data is still being collected, the peer to peer system has been very successful with the peers sharing their situation and then telling how they dealt with it.

Joy In Our Town #090925	27:30	13:18	L	PA/O	09/25/2009	12:00
PM					09/26/2009	2:30
AM					09/28/2009	10:30
AM					09/29/2009	2:30
AM					09/30/2009	2:30

Host Kimberly Warren talked with Yar Kang, Daniel Mapur, and Achut Lual with the Sudanese Community Center. They talked about services provided by the SCC for the Sudanese new to the area. The purpose of the SCC is to help a new Sudanese person or family transition to the area by helping them with finding a job, daycare, church, and to find a friend in the community. Also it helps out with the language barriers that my a rise since some of the Sudanese don't speak English yet or very well. There are over 100 families that are moving here looking for jobs and the SCC will be a great asset for the families to adjust.

<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 #090710	28:18	13:08	L	PA/O	07/10/2009	12:00
PM					07/11/2009	2:30 AM
					07/13/2009	10:30 AM
					07/14/2009	2:30 AM
					07/15/2009	2:30 AM

Host Angela Alford talked with Kelly Kibirige, RN – HIV/STD Services Supervisor with the St. Joseph Buchanan County Health Department. They talked about Aids awareness and the Northwest Missouri Aids Quilt that came to the St. Joseph Civic Arena. Miss Kibrige talked about the first steps of awareness by starting with talking to our children. Educating our children will help them grow up happy and healthy. She then went on and talked about

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the fact that there are new cases of HIV/Aids each year locally and worldly. Kelly stress the importance of prevention and early access to care the better the long term outcome can be. Kelly then went on to talk about the new type of drug that stops the replication of the virus. She then talked about females who are infected and are pregnant that have taken the medication has successfully prevented the transmission of the virus to a baby here in the area. She stress that education is the key to prevent transmission.

Joy In Our Town #090710 PM	28:18	15:10	L	PA/O	07/10/2009	12:00
					07/11/2009	2:30 AM
					07/13/2009	10:30 AM
					07/14/2009	2:30 AM
					07/15/2009	2:30 AM

Host Angela Alfornd talked with Kristina Hannon, MSW-Director Adult Mental Health with the Family Guidance Center for Behavioral Health. They talked about ACT (Assertive Community Treatment) which Missouri just incorporated into their care service. Mrs. Hannon began by talking about the history of ACT. It had be around since the 1960s and was basically individuals who received care at the hospital did very well and once they were back in society without their community of nurse and doctors. They fell apart and went back to the same symptoms. ACT was then a way for the providers to surround the individual in a community environment with great success which was then standardized and not is used in all 50 states. Kristina then when on to talk about the structure of ACT and the advantages of using this system. Case loads are smaller for psychiatrist from 400 to 600 patients to 100 patients. She talked about the fact that ACT does not work so well in rural areas and it does in urban. They then went on and talked about the local area and what impact ACT has on it. They have been about the lower the homeless rate by 82% by doing a home first tactic. Kristina talked about how having a place to live lowers all aspects across the board. Have a person that the patient can count on is another important aspect to success. That way they have someone there who is always pulling for them.

Joy In Our Town #090731 PM	28:15	14:07	L	PA/O	07/31/2009	12:00
					08/01/2009	2:30
AM					08/03/2009	10:30
AM					08/04/2009	2:30
AM					08/05/2009	2:30

Host Kimberly Warren talked with Dr. Thomas DiStefano M.D. of St. Francis Hospital in Maryville, MO. They talked about summer injuries and what to do to prevent them. The Doctor first talked about the most seen injuries in the summertime are knees, shoulder, and more trauma in the summer. He mention that some reasons for summer time injuries could be the cold winters we have in this area keep us inside and not as active. When summer comes around we go all out and do as much as we can in the nice weather. Injuries could be cause from not stretching properly. Other reasons could be the types of activities we engage in. They could be activities with more risk involved for injuries. The Doctor talked about seven steps to prevent summer injuries. Hydration is important and is recommended to have 16oz. fluids for every 30 minutes of exercise. Stay cool is another point they talked about. He mentioned to pay attention to the heat index. Do exercises in the morning and evenings instead of the middle of the day. The next one is to warm up muscles. He stress stretching and do warm up exercise to prevent injuries. Some of the others are play safe, wear a helmet and never leave children alone and as for adults as well. They went on to talk about develop a base line for your exercise and finally just have fun.

<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 #090807 PM	26:56	13:35	L	PA/O	08/07/2009	12:00
					08/08/2009	2:30
AM					08/10/2009	10:30
AM						

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Doctor to Doctor 28:30 28:30 REC PA/O/E 07/07/2009 11:30 AM  
#218

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 07/14/2009 11:30 AM  
#219

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 07/21/2009 11:30 AM  
#220

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 07/28/2009 11:30 AM  
#221

**Dr. Asa Andrew** talked about the males and females hormonal issues. 80% of our health challenges are lack of diet and lifestyle. Males should get blood test or PSA tested by physician, take 100miligrams of zinc a day and 2 miligrams of copper to help testosterone levels increase. Females should get blood work done by physician and take organic iodine everyday and about 150 micrograms for ovaries and thyroid gland and overall health. **Dr Ace Anglin** talked about the three types of arthritis which are osteoarthritis, rheumatoid and gouty arthritis. The symptoms for arthritis are pain, swelling, maybe even redness in the particular joint and as well as limitation of movement. There are medication, treatments, and physical therapy. **Dr Barbara McAnney** talked about the Medicare system. Medicare is a way to help senior citizens with healthcare. Medicare part"A" is the hospital insurance trust fund. Part "B" is added on outpatient services. Medicare payments are not covering the cost of senior citizens so therefore it's affecting our economy and patients because doctors are only taking a number of people on Medicare.

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<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 #222	to Doctor	28:30	28:30	REC	PA/O/E	08/04/2009	11:30 AM
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**Dr. Caroline Leaf** talked about stress in children and how it affects a child even more than an adult. Most time what may seem like a mild stress to adults may be a major catastrophe for a child. Stress activates by some kind of trigger. In order to control stress start to change your brain pattern by controlling stress levels, academic situations, and give your child lots of love. You may also seek consultation from physician. **Dr. Scott Hannen** talked about weight loss. Blood sugars are what dictate those cravings therefore you start to gain weight. If we eat the right food in the proper balance we don't get disruption in the blood sugar and we don't have canines and gain weight. To keep the weight off the Keto Diet is recommended as well as eating 4 to 6 meals a day with small meals that have protein, complex carbs and fruit or vegetables. **Dr. Melissa Walker** talked about colon cancer. Cancer makes cells form clumps also known as tumors. There are two types of tumors benign tumor which is non-cancerous and malignant tumor which is cancerous. In colon cancer the cells invade the colon which is large intestine in the body. If you experience diarrhea or constipation of any length of time you should go to the doctors to be examined. Early testing offers 92% cure rate.

Doctor #223	to Doctor	28:30	28:30	REC	PA/O/E	08/11/2009	11:30 AM
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**Dr. Craig Thomas** talked about attitude in health. How you think is the impact you have on your health through chemistry and gene expression. Subsequently it gets translated into things in our body and promotes health or will help to have an illness. Three ways to boost up your confidence is count your blessings, have an attitude of gratitude and train your brain to be positive. **Dr. Chauncey Crandall** talked about hypertension also known as the silent killer. Some people are born with hereditary defects and others are not living a good lifestyle, so they develop diseases. By lowering your blood pressure, eating better and losing weight it can help you live a healthier life. **Dr. Monica Allison** talked about dry eyes. Having a lack of tears can cause dry eyes. Tears wash away debris, prevent infections and provide a clear comfortable smooth surface as well as lubrication. You can get over the counter medication as long as there not for red eyes and preservative free.

Doctor #224	to Doctor	28:30	28:30	REC	PA/O/E	08/18/2009	11:30 AM
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**Dr. Eric Braverman** talked about the brain being the most important part of the body. As we get older there are herbs that will keep the brain chemical dopamine high so that you can have energy and not go into menopausal madness. Get as much nutrients as possible and change your lifestyle because it can reverse diseases. **Dr. Carolina Ceron-Canas** talked about walking pneumonia. Typical of walking pneumonia comes more slowly feeling achy, cold, or scratch throat. Symptoms for pneumonia are high fevers and difficulty breathing. Take antibiotics, drink plenty of water, get rest and eat healthy fresh foods. Check with physician if symptoms get worst. **Dr. Armando Pineda-Velez** talked about the three different kinds of arthritis osteo arthritis which is seen in the elderly, juvenile arthritis is seen in young people and rheumatic fever is the arthritis people get called rheumatism. See a doctor to determine what kind of arthritis you have. There is over the counter treatment but try to exercise, take hot showers, take vitamin C and fish oils to help prevent pain and other affects.

Doctor #225	to Doctor	28:30	28:30	REC	PA/O/E	08/25/2009	11:30 AM
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**Dr. Fred Potts** talked about obesity and how it can lead to high blood pressure, diabetes, high cholesterol and heart disease. 95% of people who lose weight gain it back within 5 years. There are treatments for losing weight like surgical for people who need to lose 100 pound or over and medical weight loss therapy. Fast diets don't work. Seek consultation from physician if you want to know more options to help lose weight. **Dr. Monica Allison** talked about computer vision syndrome. There is no perminate damage by using a computer. Symptoms are eye strain, headaches, blurred vision, neck and back strain depending on your computer. A way to eliminate CVS is by taking frequent rest brakes throughout the day and switching to different tasks. **Dr. Barbara McAnney** talked about getting the most out of your doctor's visit. To help the doctor bring your medications and the dose of how much your taking, explain the medical treatments you had in the past, write down and prioritize your questions so you don't for get to ask doctor and bring someone you trust to be there with you just in case you forget some of the thing the doctor tells you. These procedure help save you and the doctor time since there are storages in doctors.

*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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*Health/Mental Health*

Doctor to Doctor #226	28:30	28:30	REC	PA/O/E	09/01/2009	11:30AM
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**Dr. Donna Novak** talked about how to prevent backpack injuries. The type of backpack injuries are pinched nerves in the neck, tingling, numbness, shoulder, back and low back pain. Backpacks should be no more than 2/3 of the distant between shoulders and waist. The width of their backpacks should be no wider then their backs. It's important that straps are worn on both shoulders to help balance and prevent injuries. **Dr. Dale Peterson** talked about attention deficit disorder (ADD or ADHD). Children shown to have ADD/ADHD have low PST enzymes and have lower levels of minerals, including magnesium, copper, zinc, calcium and iron. Vitamins, omega 3 fatty acid are and a good diet is recommended with ADD/ADHD. **Dr. Carl Schmidt** talked about pain. Pain occurs in our body by signaling different sequences and trying to tell us what were dealing with. Many foods can cause inflammation. Sugars or carbohydrates that are processed with high fructose, corn syrup or artificial sweeteners can cause the body to be more acidic and the more acidic the more pain. By drinking more water it and eating right it helps the pain not to be as strong.

Doctor to Doctor #227	28:30	28:30	REC	PA/O/E	09/15/2009	11:30 AM
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**Dr. Jeremy Martin** talked about chiropractic care. The body's physical stress, poor posture, mental stress and chemical stress can cause serious conditions in our bodies called subluxation, it's when there's a breakdown in your brain and body due to stress on the spinal nerves or spinal cord. It's important to get checkups by chiropractor just in case you need to have therapy. **Dr. Thomas Destephano** talked ankle replacement surgery. People develop bad changes in their ankles often from post trauma, previous fracture or having had previous surgery. Patient may need to go get MRI to get diagnosis. **Dr. Steve Johnson** talked about special needs children. Special needs can mean children with learning disorders, ADD, cerebral palsy, down syndrome and autistic. To identify if you r child has down special needs they have to get an M-CHAT scan. This procedure is q survey for parents that pediatricians use to see if the child fits in the category. It's important to identify early if the child have any special needs so that they can be put in therapy or given treatment.

Doctor to Doctor #228	28:30	<b>28:30</b>	REC	PA/O/E	09/22/2009	11:30 AM
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**Dr. Chauncey Crandall** talked about stress. Being overweight can cause stress. By improving you habits you at home you can live to have a predictable day. Sleep is important so get 8 to 10 hours every night. Stay away from negative things and focus on the positive, also having quite time brings out stress levels so by reading a book can help you relax. **Dr. Dale Peterson** talked about prostate cancer. The prostate gland is approximately the size and shape of a walnut that is located near the outlet of the bladder. If the prostate enlarges it blocks the urine flow. Prostate cancer does not show any signs or symptoms until it is advance. Prostate trauma can cause inflammation. To prevent prostate cancer start checking prostate at age's 30's or 40's, take omega 3 oils and resveratrol which are grape skin. **Dr. Barbara McAnney** talked about family history with cancer. Cancer develops because a mutation occurs and an error happens in the DNA. Sporadic cancers not related from generation to generation but you still need to do early screening because if early cancer is detected there is a much greater chance of healing.

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