

Trinity Broadcasting Network

Quarterly Report

January, February, March 2009

KTBN-TV Channel 40, KTBN-DT Channel 23

Santa Ana, California

Ascertainment List

Leading Community Issues

Results of ascertainment from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

Youth

Health

Economy

Crime

Family

Civic Affairs

Program Title Program Topic Duration Segment Type Airdate Time

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

Duration

Source

Youth

Joy In Our Town #367	30:00	15:00	L	PA/O	03/06/2009	2:30 AM
					03/06/2009	10:00 AM
					03/09/2009	8:30 AM

Host Gayle Pereira talks with Luis Galdamez, Executive Director of Abstinence Education about Sexually transmitted diseases in youth. The top three diseases affecting teenagers today are HPV, Chlamydia and Herpes. First time in this decade, we have less teenagers having sex than before. However the number of diseases is on the rise. There are over 19 million diseases. Teenagers are at a higher risk for STDs. Over half of the diseases affect youth in the 12-25 age range. About 44% of teenagers are sexually active, while over 54% are choosing to wait. Teenagers need to know that no form of contraception that is 100% guaranteed to prevent all diseases. The best way to prevent is to not have sex. All teenagers need to be tested regularly if they are sexually active. Early treatment can help if a STD is caught early on.

Joy In Our Town # 367	30:00	15:00	L	PA/O	03/06/2009	2:30 AM
					03/06/2009	10:00 AM
					03/09/2009	8:30 AM

Host Gayle Pereira talks with Luis Galdamez, Executive Director of Abstinence Education about Abstinence Education for youth. The number 1 disease affecting teenagers in America is HPV. Condoms can't protect youth at all from getting it. Youth between the ages of 12-25 are at the highest risk. Youth need to be taught abstinence education starting at 6th grade. It is generally taught in health class or science class. In order to get youth to listen, the speaker needs to be real and not fake. The material needs to be relevant to the youth and their culture. It's important to tell them the truth and not lies. Youth are already receiving misinformation from the media and television shows. It's important to establish a relationship with them. Once these are in place, youth will take in and process what is being taught to them.

Joy In Our Town # 369	30:00	15:00	L	PA/O	03/20/2009	3:30 AM
					03/20/2009	10:00 AM
					03/23/2009	8:30 AM

Host Gayle Pereira talks with Emy Flores, Program Manager for Think Together about youth dropout rate. There is a high dropout rate not only in Orange County but also throughout the state. Students are facing many distractions like hunger, decaying teeth, lack of parent involvement, poverty and limited English Skills. Warning signs may be disengagement, misbehavior and other family/community issues. It's important that schools and outside organization partner together to provide students with different levels of support. Students need to be equipped with different resources and tools to succeed. Students do better when they feel confident and have a connection to school.

Joy In Our Town # 369	30:00	15:00	L	PA/O	03/20/2009	3:30 AM
					03/20/2009	10:00 AM
					03/23/2009	8:30 AM

Host Gayle Pereira talks with Ava Steaffens, founder of Kidworks about youth dropout rate. There is a high dropout rate in Orange County. 56% of the adult population in Santa Ana has not graduated from High School. Students are facing many distractions like lack of quality housing. Homes may have 2 to 3 families living there. It makes finding a quiet space to do homework a challenge. Children who do well in preschool are more likely to be prepared and enjoy school. Students begin to dropout around middle school. It can be overwhelming with so many choices. They begin to feel lost and don't know where they belong. It's important that parents take responsibility for their children and be involved in their education. It's also important for different organization in the community to work together and develop trust with students and their families.

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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 # 370	30:00	15:00	L	PA/O	03/27/2009	2:30 AM
					03/27/2009	10:00 AM

Host Gayle Pereira talks with Tom Tarpley, Lieutenant with the Tustin Police Department about youth in gangs. Many youth join a gang because there has been a breakdown in the family structure. They are not getting the attention and want to feel needed. They will look for that team environment even if it has negative activities. They want to belong to something. Many come from single family homes. The parent is more focused on trying to make it and survive. Many times youth involved with gangs will get involved with criminal activities such as graffiti, theft, drugs and even murder. Early intervention programs are important to divert children away from gangs. Parents need to pay attention to their children if they notice changes in appearance, friends, behavior and grades.

Health

Joy In Our Town #360	30:00	15:00	L	PA/O	1/16/2009	2:30 AM
					1/16/2009	10:00 AM
					1/19/2009	8:30 AM

Host Sue Perez talks with Dr. Leigh Erin Connealy with South Coast Medical Center for New Medicine about childhood obesity. It is becoming a problem that now we are seeing overweight babies. A report stated that if the current trends continue by 2008, 50% of children will be obese. Children need to be lean and mean. Children are not exercising and are spending time watching TV or playing video games. Children are eating more processed food which lack natural nutrients. They aren't eating enough fruits and vegetables. Obesity can cause heart disease, diabetes, high cholesterol, sleep disorders and asthma. Children need to be exercising, drinking plenty of water and eating more fruits and vegetables. Parents need to monitor their children's health and be an example of a healthy eater.

Joy In Our Town #360	30:00	15:00	L	PA/O	1/16/2009	2:30 AM
					1/16/2009	10:00 AM
					1/19/2009	8:30 AM

Host Sue Perez talks with Dr. Leigh Erin Connealy with South Coast Medical Center for New Medicine about heartburn. It is a burning feeling in the stomach, throat or mouth. It is happening to people at a much younger age because people are eating more processed food which lack natural enzymes. Hydrochloric acid helps in the digestion process. A decrease in it results in improper food digestion, lack of nutrients being absorbed and susceptible to infection from parasites, bacteria and fungi. It's a result of poor eating, aging, toxins in the environment and stress. Heartburn can be a sign of something more serious. People should consult a doctor from the beginning rather than just buy over the counter medicine.

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Health

Duration

Source

Joy In Our Town # 362	30:00	15:00	L	PA/O	1/30/2009	2:30 AM
					1/30/2009	10:00 AM
					2/02/2009	8:30 AM

Host Gayle Pierea talks with Dr. Andrew McIntosh, a pediatric neurologist about Autism. Autism is a neuro behavioral developmental disorder. It's a behavioral diagnosis, characterized by abnormal behaviors. It's a developmental disorder in that the developments of some of the normal behaviors are delayed. . There areas of concern are quality of communication, quality of social interaction and repetitive behaviors or routines. Symtoms start at an early age and affect boys more often than girls. Mainstream medical literature supports that it's probably something you are born with, a genetic predisposition. The statistics are that 1 in 150 children will have Autism. Early diagnosis and treatment can really help children with Autism.

Joy In Our Town # 362	30:00	15:00	L	PA/O	1/30/2009	2:30 AM
					1/30/2009	10:00 AM
					2/02/2009	8:30 AM

Host Gayle Pierea talks with Dr. Andrew McIntosh, a pediatric neurologist about ADHD. It needs to be diagnosed by a trained specialist because it has been overly diagnosed. Children have had other problems like a learning disability, mood disorder or other condition that looked like ADHD. There may be some type of genetic component because it can run in families. There may also be a strong environmental factor. There is hyperactive impulsive subtype which is more common in boys. There is also inattentive and distractible subtype which is equally split between boys and girls. Some symptoms could be constantly on the go, being dangerously daring, climbing and getting into precarious positions, forgetful, distracted easily, constantly being asked to stay on task. Establishing an accurate diagnosis is vital to treatment. Behavior modification along with medication always works better.

Joy In Our Town # 365	30:00	15:00	L	PA/O	02/20/2009	2:30 AM
					02/20/2009	10:00 AM
					02/23/2009	8:30 AM

Host Gayle Pierea talks with George Tucker, clinical psychologist with Teen Savers about depression. There is an increase in depression in adults and kids. There is a difference in depression, sadness and grieving. The grieving process can take 6 to 12 months. The number one sign of depression is loss of interest in regular activities. Sometimes after a big success, it is followed by a period of grieving. Waking up on morning feeling depressed is normal, but if it is consistent it could be a sign of depression. People that awaken really early in the morning might also have it. Parents should watch their children for signs of depression. If a particular pattern lasts more than four weeks, parents should seek help.

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Duration

Source

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 2/18/2009 12:00 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.

Health

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 3/18/2009 12:00 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 9:30 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.

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Doctor #195	to	Doctor	28:30	28:30	REC	PA/O/E	01/13/2009	9:30 AM
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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 #196	to	Doctor	28:30	28:30	REC	PA/O/E	01/20/2009	9:30 AM
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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.

Health

Doctor #197	to	Doctor	28:30	28:30	REC	PA/O/E	01/27/2009	9:30 AM
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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 #198	to	Doctor	28:30	28:30	REC	PA/O/E	02/03/2009	9:30 AM
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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.

Doctor #199	to	Doctor	28:30	28:30	REC	PA/O/E	02/10/2009	9:30 AM
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Dr. Bettye Alston talks about being careful of what we put into our bodies. Our diet should be limited in white foods such as sugar, salt and flour. Instead our food should be colorful and fresh. **Dr. Chauncey Crandall** talk about heart disease. It is when one of the blood vessels of the heart becomes diseased. Arteries to the heart start to get plugged up with fat and cholesterol. It's important to lose weight, exercise and eat right. **Dr. Shellie Faris** talks about colon cancer. Polyps that are found in the colon must be removed or they can lead to cancer. It is the third most common cancer and the second leading cancer killer in the United States. It is important to be screened at age 50.

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Dr. r .						
Doctor #200	to Doctor	28:30	28:30	REC	PA/O/E	02/17/2009 9:30 AM

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 9:30 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 9:30 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 reflux disease, lesions and cancer. If the problem is consistent, you should have it checked out by a doctor.

Health

Doctor #203	to Doctor	28:30	28:30	REC	PA/O/E	03/10/2009 9:30 AM
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Dr. Scott Farhart talks about hot flashes that are associated with menopause. It is caused by the skin temperature rising 4-7 degrees and the cooling back down. It can happen both during the day and night. Sleep medications may be helpful in falling back to sleep after a hot flash. **Dr. Hale Akamine** talks about fear and anxiety. It is an anticipated perception that something negative will happen. Due to high stress or emotions, we may think a situation is worse than it is. It is important to get calm emotionally and refocus thoughts. Exercise and talking may be helpful in dealing with it. **Dr. Stefan Flink** talk about spinal health. The spine can interfere with the nerves and that can affect how other organs in the body function. This can then cause other problems in our body's system. It's important to have your spinal column checked on a regular basis.

Doctor #204	to Doctor	28:30	28:30	REC	PA/O/E	03/17/2009 9:30 AM
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Dr. Dale Peterson talks about strokes or also known as a cerebral vascular accident. It is due to a brain vessel being damaged or having an accident. There is Ischemic stroke where the blood supply is cut off. There is also a Hemorrhagic Stroke where a weak spot causes bleeding in the brain. It is important to seek medical attention if signs of a stroke are present. **Dr. Margaret Nagib** talk about eating disorders. Anorexia involves the person refusing to maintain an appropriate body weight. Bulimia involves a cycle of 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. **Dr. Kent Bartell** talks about food. It is important to avoid processed or canned foods because they can contain toxins that are harmful to the body. It is important to eat fresh fruits and vegetables. Drink lots of water and get plenty of rest each night.

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Doctor to Doctor #205	28:30	28:30	REC	PA/O/E	03/24/2009	9:30 AM

Dr. Melissa Walker talks about Prostate Cancer. Cancerous cells found in the prostate gland can be either fast or slow growing. You can be at risk if you are male, have a family history of it, 50 years or older and have a high fat diet. There is a digital rectum exam and Prostate Specific Antigen that can test for it. **Dr. Samuel Dagogo-Jack** talks about doctor's human understanding. It's important that a doctor have technical skills, scientific knowledge and human understanding. Patients often want to be diagnosed, enlighten, prognosis, treatment and hope. **Dr. Jace Wolfe** talks about hearing loss. It is the most common disability for children at birth. Lack of speech and language from 0-4 can cause irreversible consequences to the areas of the brain that process speech and language. It's important that infants are screened at birth and receive either hearing aid or therapy.

Economy

Joy In Our Town #359	30:00	15:00	L	PA/O	1/9/2009	2:30 AM
					1/9/2009	10:00 AM
					1/12/2009	8:30 AM

Host Dr. Sue Perez talks with Ed Ewart, Executive Director of South County Outreach about the economic impact on low income families. 40,000 jobs have been recently lost in Orange County. There has been a dramatic increase in the level of services needed. Two years ago, they would service 25 families a day now it's up to 75 families a day. Low income families are a family of 4 with a yearly income of \$25,000 or less. Despite the economic situation, more and more people are sending smaller donations and getting involved. Helping people learn new skills to increase their job possibilities.

Joy In Our Town #359	30:00	15:00	L	PA/O	1/9/2009	2:30 AM
					1/9/2009	10:00 AM
					1/12/2009	8:30 AM

Host Dr. Sue Perez talks with Joe Schoeningh, Director of the Second Harvest Food Bank about the economic impact on low income families. The demand for food is skyrocketing. In the last 8 months some organizations have seen a 25% to 40% increase in services rendered. It is causing resources to be stretched thin. Low income families are being impacted by the high cost of food and fuel prices. Suppliers have had to scale back production and have less to donate. Before they would donate damaged goods, now they try to sale them. Despite the economy, people are still generous but within their means.

Joy In Our Town #363	30:00	15:00	L	PA/O	02/06/2009	2:30 AM
					02/06/2009	10:00 AM
					02/09/2009	8:30 AM

Host Dr. Sue Perez talks with Jim Frannea, President of Consumer Credit Counseling Services of Orange County about foreclosures. The government loosened the standards for home buying which allowed more and more people to qualify for a loan. Consumers were ill-informed concerning home loans particularly with adjustable mortgage rates. People could not refinance because the home's value was way below the actual price they paid for it. There is a loss of revenue when a house sits empty. It also impacts the landlord, lenders and service providers. Loan modifications are for clients that need lenders to reduce payments and modify adjustable mortgage rates. It's better for lenders to not push for foreclosures. People need to take action and talk with their banks if they are not going to be able to make a payment. Don't wait two or three months to get behind.

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Economy

Duration

Source

Joy In Our Town #363	30:00	15:00	L	PA/O	02/06/2009	2:30 AM
					02/06/2009	10:00 AM
					02/09/2009	8:30 AM

Host Dr. Sue Perez talks with Jim Frannea, President of Consumer Credit Counseling Services of Orange County about credit card debt. Orange County has always been a very heavy debt use area. It's hard for people to live on just their income. Average family has about \$20,000 worth of credit card debt while individuals have about \$12 to \$15,000. Easy access to credit, especially college students, it builds up and seems easy to make the minimum amount payment. It's easy to fall behind if there is a change in income. People may be paying for years on a debt with an average of 13% interest rate. People need better education in consumer finances. There are many programs available. People also need to be aware of their FICO score and credit report history.

Joy In Our Town #364	30:00	15:00	L	PA/O	02/13/2009	2:30 AM
					02/13/2009	10:00 AM
					02/16/2009	8:30 AM

Host Dr. Sue Perez talks with Bill Campbell with the Orange County Board of Supervisors about the economic status of Orange County. There are over 400 different revenue resources and each one has their own set of rules on how to spend it. There is a general fund that is generated by property taxes and that is \$6 billion. They have dedicated some of it to public safety like sheriff, District Attorney and Public Defender. They have special funds with \$600 million which are dedicated to specific items. The city has to match a certain percentage from 15% to 25% or lose it. The state's sales tax is down which means not enough for the city. Jobs will have to be cut and services will be reduced. The city has started to prepare for this with changes made in the budget. City workers have had taken budget cuts and there has also been a hiring freeze.

Crime

Joy In Our Town #357	30:00	15:00	L	PA/O	01/02/2009	2:30 AM
					01/02/2009	10:00 AM
					01/05/2009	8:30 AM

Host Gayle Pereira talks with Jerry Suclla, with the Orange County Probation Department about domestic violence. The present economic status is causing more layoffs which puts more pressure on families and causes an increase in domestic violence. Most abusers are men, but 10 to 15% are women. When police get involved in domestic violence it is classified as a crime. 25% of abusers have some type of alcohol or drug component to their crime. Restraining orders are useful to keep the victim and children safe from the abuser. Law enforcement should be called if domestic violence is suspected. Many resources are available to provide assistance to those coping with domestic violence.

Joy In Our Town #337	30:00	15:00	L	PA/O	01/02/2009	2:30 AM
					01/02/2009	10:00 AM
					01/05/2009	8:30 AM

Host Gayle Pereira talks with David Haner, with the Orange County Probation Department about adult sex offender. There are no typical characteristics of a sex offender. It could be a neighbor, coach, youth director or teacher. Often times it is someone you don't suspect. Most sex offenders have not been detected. The ones that we do know about have had criminal justice intervention and have been convicted. Currently, there are 67,000 sex offenders in California and 2,900 in Orange County. Some sex offenses by law require you to register as a sex offender. They must register annually and when they move, have a second residence or go to college. Megan's law has over 150 sex offenses from kidnap to indecent exposure. They register for life. Parents need to pay attention to those that are around their children, particularly if the individual is showing a lot of attention. They should also call the police and report if anything has happened.

Program Title	Program	Topic Duration	Segment	Type	Airdate	Time
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Crime

	<i>Duration</i>		<i>Source</i>				
Joy In Our Town #368	30:00	15:00	L	PA/O	03/13/2009	2:30 AM	
					03/13/2009	10:00 AM	
					03/16/2009	8:30 AM	

Host Gayle Pereira talks with DeAnne Molina, Legal advocate with The Sheepfold about domestic violence. The line is crossed with a victim feels physically threatened and maybe in danger. Often times the perpetrator is male, but not in all cases. In today's economy, there has been an increase in domestic violence. Over 26,000 restraining orders have been issued this year. Advocates are fighting to keep the laws to protect domestic violence victims, to keep judges accountable to uphold those laws and to keep shelters open. There are new laws that allow police to arrest a perpetrator if there is suspicion of domestic violence without the victim's testimony. The police will provide a list of shelters for assistance and a 3 day temporary restraining order. The victim is advised to go to court to get a longer one. It's important that people get help and be educated when it comes to domestic violence.

Joy In Our Town # 368	30:00	15:00	L	PA/O	03/13/2009	2:30 AM
					03/13/2009	10:00 AM
					03/16/2009	8:30 AM

Host Gayle Pereira talks with Donna Mrzoa, founder of The Grapevine Outreach about domestic violence. There has been an increase in domestic violence because of the economy. People want to control more as the circumstances surrounding them become more and more unstable. It is the worst form of child abuse for a child to witness a parent being abused. Children growing up in domestic violence households are more likely to get involved with domestic violence as an adult. One problem is that often times the victim is revictimized because their actions are questioned rather than the perpetrators. It is important that people are educated about domestic violence and the consequences that result from it.

Joy In Our Town #370	30:00	15:00	L	PA/O	03/27/2009	2:30 AM
					03/27/2009	10:00 AM

Host Gayle Pereira talks with Tom Tarpley, Lieutenant with the Tustin Police Department about graffiti. Graffiti is a problem in Orange County and it is often associated with gangs. If an individual is caught in the act, they will be arrested and processed. If the damage is under \$400, it will be considered a misdemeanor. If it is above, \$400 it will be considered a felony. If it is a first time offense, they are often sent to a diversion program where they go out into the streets and clean up graffiti. There is less lenience for repeat offenders. Some caught never do it again, but there is a high percentage that will. Graffiti is often considered a gateway to other criminal activity. If citizens notice someone causing graffiti they should call the police and report it.

Family

Joy In Our Town #361	30:00	15:00	L	PA/O	1/23/2009	2:30 AM
					1/23/2009	10:00 AM
					1/26/2009	8:30AM

Host Gayle Pereira talks with Kathy Goodspeed, Interim Executive director of Blind Children's Learning Center about how a child with a special need impacts the family. Parents will often go through a grieving process. They may experience anger, anxiety and other emotions. Sometime parents may not find out right away their child has a special need. A child with a visual impairment may not become noticeable until around 3 to 5 years of age. Signs of a special need may not be there immediately. Guilt can linger on. Every culture deals with it differently. Some cultures are very adamant about it being something the mother did wrong. Parents have to work through the feelings. Support groups for families are extremely important. It is helpful for families to be able to share their experiences.

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

Family

<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 # 361	30:00	15:00	L	PA/O	1/23/2009	2:30 AM
					1/23/2009	10:00 AM
					1/26/2009	8:30AM

Host Gayle Pereira talks with Maura Byron, parent Mentor with Family Support Network about how a child with a special need impacts the family. At first it can be overwhelming with doctors talking to you about medical stuff and using terms you don't understand. Parent will often go through phases of grief, anger, frustration, and finally at some point acceptance. Each family goes through it differently. Often times the initial reaction is guilt. The mothers will question if they did something wrong to cause this. Many times families will lose friends because the friends don't know what to say or do. The family often has less time and is limited depending on the needs of the child to socialize. Their world becomes limited. It's important for families to find a balance in trying to maintain some type of normal life. Networking with other individuals with special needs children helps in developing a support group. It's easier to discuss issues with other that can relate.

Joy In Our Town # 365	30:00	15:00	L	PA/O	02/20/2009	2:30 AM
					02/20/2009	10:00 AM
					02/23/2009	8:30 AM

Host Gayle Pierea talks with George Tucker, clinical psychologist with Teen Savers about how a child with a learning disability impacts the family. It can cause conflict in the family. The child is spending more and more time , but getting nowhere in school. The child may know how to spell a word on Wednesday and by Friday doesn't recognize the word. Parents often time try to remedy the problem themselves. It becomes more of an emotional battle rather than a battle to solve the problem. Parents need to get their child tested with an IQ test. It can find out particular areas a child is strong and weak in. They also need to get help from a trained professions such as a reading or speech thearapist.

Joy In Our Town # 366	30:00	15:00	L	PA/O	02/27/2009	2:30 AM
					02/27/2009	10:00 AM
					03/02/2009	8:30AM

Host Gayle Pereira talks with Dave Balch, founder of the Patient/Partner Project about how cancer impacts the family. There is a lot of worry when cancer comes into a family. There are a lot of schedule changes in addition to the regular schedule. Family members often have to take on other responsibilities because of the family member having cancer. Some cancer patients tell no one and others tell everyone. The family has to deal with people who want to help. Sometimes the family doesn't want the help being offered. If people want to help, they should ask the family if they want help and what type. The family may not want to discuss the cancer, so ask if they want to talk about it.

Joy In Our Town # 366	30:00	15:00	L	PA/O	02/27/2009	2:30 AM
					02/27/2009	10:00 AM
					03/02/2009	8:30AM

Host Gayle Pereira talks with Christine Shively, founder of Knots-of-Love about how cancer impacts the family. There family has to deal with the reality that the person may not be there. The family member may lose his/her hair and that may cause self-esteem issues. They may become concern about how the family members are going to perceive them now that they don't have any hair. Hair is a big part of you and can be devastating to a person and the family when it is lost. The cancer patient receiving a cap may feel special that someone took time to make it for them. It helps to comfort them after a long day in a wig. If people want to help they should ask the family if they want help and what type. Many times people will request a cap for a family member or friend that has cancer.

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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>
Civic Affairs Joy In Our Town #364	30:00	15:00	L	PA/O/E	02/13/2009	2:30 AM
					02/13/2009	10:00 AM
					02/16/2009	8:30AM

Host Dr. Sue Perez talks with Bill Campbell with the Orange County Board of Supervisors about his goals for Orange County for 2009. Transportation is a big concern. There needs to be a better connection on the 91 freeway between Riverside and San Bernardino County. There is tremendous traffic on it. They are discussing a toll road with no distinction between counties. The Foothill South extension in South County was turned down. This leaves a lot of congestion on the 5 freeway. There needs to be alternative ways to offer mobility. Orange County is blessed with thousands of acres of open space. There needs to be integration between agencies on how to manage the land. Some of the land is fenced and people don't have access to it. People need to be able to enjoy the land and still protect it.

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Trinity Broadcasting Network

Quarterly Report

April, May, June 2009

KTBN-TV Channel 40, KTBN-DT Channel 23

Santa Ana, California

Ascertainment List

Leading Community Issues

Results of ascertainment from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

Substance Abuse

Health

Homeless

Unemployment

Gangs

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>
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Substance Abuse

Joy In Our Town #372	30:00	15:00	L	PA/O	04/17/2009	2:30 AM
					04/17/2009	10:00 AM
					04/20/2009	8:30 AM

Host Dr. Sue Perez with Jim Walker, Chairman for the Orange County Tobacco Education Coalition, and Margo Finlayso, Program Manager for NCADD-OC/Community Alliance Network , talk about tobacco and smoking alternatives. In youth and young adults, there has been an increase in the number that are smoking. Tobacco companies are increasing marketing budgets to target this particular age demographic. They are also promoting the sale of tobacco in different forms to make it look more attractive. There is tobacco candy, dissolvable tobacco strips, electronic cigarettes, smokeless tobacco and the Hookah. There is no such thing as safe smoking or tobacco. Plus there is no level of safe exposure. The key to prevention or helping people quit is education and learning about the harmful effects.

Joy In Our Town # 373	30:00	15:00	L	PA/O	04/24/2009	2:30 AM
					04/24/2009	10:00 AM
					04/27/2009	8:30 AM

Host Gayle Pereira talks with Phillip Falcetti with the NCADD about prescription drug abuse. Teens participate in "Pharm" parties. They bring prescription medicine from home, mix it in a bowl and take a handful. The health consequences can be fatal because they are not taking the medication as intended. A new trend is accessing prescription drugs online. They are able to set up accounts and have the drugs delivered to the house. Parents don't notice because the teens get home before them. Parents need to be aware and educated about the ways teens obtain drugs. They should also discard any old prescription medications. Parents need to communicate with their children on a daily basis and be aware of any changes in behavior.

Joy In Our Town # 373	30:00	15:00	L	PA/O	04/24/2009	3:30 AM
					04/24/2009	10:00 AM
					04/27/2009	8:30 AM

Host Gayle Pereira talks with Phillip Falcetti with the NCADD about underage drinking. Teens are taking drinking to an extreme level. They are have 8 to 10 drinks in a couple of hours with the intended purpose of getting drunk till they pass or black out. Teens are able to access alcohol from parents at home, friends and online. There are websites that sell alcohol and teens can set up accounts with parents not knowing. Alcohol use becomes more consistently used in 15 to 16 year olds. Parents need to monitor and communicate with their children. They also need to get to know their children's friends and their parents. Parents need to know where their children are going and be involved.

Joy In Our Town # 355	30:00	15:00	L	PA/O	04/06/2009	8:30 AM
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Host Gayle Pereira talks with Mauricio Estrada, Detective with the Santa Ana Police Department about underage drinking. It is drinking under the age of 21. Most underage drinkers get a fake ID or ask adults to buy alcohol for them. Establishments that sell alcohol to underage drinkers can be cited and eventually have their business license revoked. Some parents will provide alcohol as long as they remain at house. They feel it's safer. Alcohol is the starting point for drug usage. Teens, that drink, are more likely to engage in unprotected sex. Beer is usually the starting point or preferred alcohol beverage for underage youth. Parents need to monitor their children and know their kid's friends.

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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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Substance Abuse

Joy In Our Town # 355	30:00	15:00	L	PA/O	04/06/2009	8:30 AM
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Host Gayle Pereira talks with Mauricio Estrada, Detective with the Santa Ana Police Department about Marijuana. The usage of Marijuana has decreased, but the potency of it has increased. It has a higher level of THC and the affects of it are greater now. Marijuana is addictive and can lead to other drug usage. 60% of first time users are between the ages of 15-19. Symptoms of Marijuana use are memory loss, unable to retain information, e depression, changes in behavior, secretive behavior, hiding things and pipes. If parents have suspicions of drug use, they should speak to their child about it and inquire.

Health

Joy In Our Town #372	30:00	15:00	L	PA/O	04/17/2009	2:30 AM
					04/17/2009	10:00 AM
					04/20/2009	8:30 AM

Host Sue Perez with Jim Walker, Chairman for the Orange County Tobacco Education Coalition, and Margo Finlayso, Program Manager for NCADD-OC/Community Alliance Network , talk about the harmful effects of second and third hand smoke. Over 50,000 people die each year from second hand smoke. Pregnant women exposed to smoke can cause premature delivery, low birth weight and heart problems. Babies that are exposed to smoke have a higher risk of respiratory diseases, Sudden Infant Death Syndrome and asthma. If you can smell smoke, it is causing some type of harm. First hand smoke is when you get it directly from a source. Second hand smoke you get from someone near you that is smoking. Third hand smoke you get from the tobacco residue left on clothing or furniture. The key is prevention or helping people quit by educating them on the harmful effects of smoking.

Joy In Our Town #374	30:00	15:00	L	PA/O	05/01/2009	2:30 AM
					05/01/2009	10:00 AM
					05/04/2009	8:30 AM

Host Gayle Pereira with Dr. Warren Johnston with the American Heart Association about heart disease. It is the leading cause of death in the United States. About 800,000 people die each year from it. Heart disease can be caused by genetics, smoking, hypertension, high cholesterol, diabetes and being overweight. 70 million Americans have some form of risk factor that can lead to a heart attack. Symptoms can be chest discomfort, shortness of breath, sweating, radiating neck or arm pain and dizziness. It's important to get evaluated and let a doctor know if there is a family history of heart disease. It's also important to not smoke, eat right and exercise.

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Health

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Joy In Our Town # 374	30:00	15:00	L	PA/O	05/01/2009	2:30 AM
					05/01/2009	10:00 AM
					05/04/2009	8:30 AM

Host Gayle Pereira with Dr. Warren Johnston with the American Heart Association about strokes. Strokes are caused by a neurological deficiency that can result in weakness of the body and speech delay. 83% of strokes are Ischemic, which is caused by the clogging of the arteries. 17% of strokes are Hemorrhagic, which is caused by bleeding in the brain. Strokes are the third leading cause of death in the United States and the number one cause of disability. Symptoms can be gargle talking, weak arm and difficulty seeing. It often happens in the very early morning hours. Risk factors are smoking, high blood pressure and age. It's important to seek medical attention right away if symptoms arise. It's also important to have regular screenings, exercise and healthy body weight.

Joy In Our Town # 371	30:00	15:00	L	PA/O	04/10/2009	10:00 AM
					04/13/2009	8:30 AM

Host Sue Perez talks with Dr. Azhar Qureshi about childhood obesity. In the 1970's, only about 5% of kids were obese compared to 20% now nationwide. 1 in 5 children are obese and 1 in 3 children are considered overweight. Many factors such as genetics, lack of public parks, safety concerns, and lack of healthy food choices contribute to the problem. If one parent is obese, then a child has three times the risk of being obese. If both parents are obese, a child has ten times the risk of being obese. Children from lower economic status have a 50% higher risk of being obese. Children spend an average of 21 hours in front of a TV or computer screen. Some of the health risks are hypertension and diabetes. It's important for children and parents to be educated about healthy food choices. Parents should make sure that their children are seen by a pediatrician.

Joy In Our Town # 371	30:00	15:00	L	PA/O	04/10/2009	10:00 AM
					04/13/2009	8:30 AM

Host Sue Perez talks with Tracy Bryars, program manager for Healthy for Life/PE 4 ME about childhood obesity. In the last 20 to 30 years, there has been a dramatic increase in childhood obesity. In Orange County, 33% of children are obese or overweight. Doctors can determine by using the body mass indicator and compare it to growth charts. There has been an increase in consuming food at restaurants or fast food places. The food tends to be higher in fat, calories and sodium. It's important that children eat smaller portions because they need less calories. They also need at least 60 minutes of physical activity a day. It's important that parents are educated about healthy food choices.

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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>
700 Club CBN NewsWatch #040809	1:00:00	6:00	REC	PA/O/E	4/08/2009	12:00 PM

Lori Johnson, CBN News Reporter, says fad diets are popular because you do lose weight at first, but they're nearly impossible to stick to, so you gain back the weight. Nutritionist Joy Bauer says the diet that you can and should stick to for the rest of your life is one that promotes overall good health. "So the quality of what you eat, lean proteins, lots of fresh fruits, vegetables, high fiber, whole grains -- those are the right foods that you want to be eating throughout the day that will leave you feeling energetic, empowered, while the weight comes off." Aim for nine servings of fruits and vegetables a day, which sounds like a lot, but really, it's just a cup and a half of veggies at lunch and again at dinner and two fruit snacks. The best cancer-fighting foods are colorful. The brighter the better: Red bell pepper, blueberries, strawberries, broccoli. Get a gorgeous complexion with beta carotene, like spinach, kale, carrots, sweet potatoes, and pumpkin. And for your heart, the best foods are omega-3 fats. "Fatty fish like wild salmon, sardines are loaded and they're also nice and inexpensive when you buy them in the can in the grocery store. Ground flaxseeds contain omega 3s and walnuts can make a terrific omega 3 snack," she said. Omega 3s also boost your memory as does some produce. In fact, foods that have been shown to slow down memory loss, sometimes even reverse it are cruciferous vegetables like cabbage, foods like berries that contain anthocyanin, and quercetin in foods like onions. Coffee's good, too. "Thankfully, the research on coffee is two thumbs up. We find that coffee increases your alertness, your focus, and your memory -- it even reduces the risk for certain cancers. But you want to avoid it if you're pregnant, thinking about becoming pregnant or have insomnia," Bauer said. Millions of people think foods containing sugar, but nothing could be further from the truth. Sugar actually zaps your strength. It's deceiving, because sugar gives an energy boost moments after eating it, but minutes later, energy levels plummets lower than they were before eating sugar. The amount of water you need to drink varies on your size, the climate, how much you perspire and the foods you eat. For instance produce contains a lot of water so you don't need to drink as much. But generally you should drink 64 ounces each day.

Health/Mental Health

700 Club CBN NewsWatch #042209	1:00:00	5:00	REC	PA/O/E	4/22/2009	12:00 PM
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Lori Johnson, CBN News reporter, says hospital errors such as infections, surgical slip-ups and medication mistakes claim the lives of thousands each year. The good news is there are lots of things patients themselves can do to drastically minimize the chance of becoming the victim of hospital error. The most important thing is knowledge. Learn as much as you can about the reason you're being hospitalized and learn as much as possible about your treatment plan. Ask questions and if you don't understand the answer continue asking until you do. Since two heads are better than one, also get yourself a support system. It's best to have a friend or family member by your side as much as possible, particularly at discharge when patients are given lots of instructions about what to do when they get home. Be sure that you understand exactly how much of which medications you need to take, and when. Also, discuss other medications, vitamins and herbal remedies. Good communication is essential in the prevention of hospital errors. If a patient has blood work, cultures or an X-ray, he or she should ask about the results. To reduce the chance of medication error, patients should ask their nurse to double-check their medication with their wristband nametag. Many medication mix-ups occur between patients with similar names or when drugs that sound or look alike are accidentally switched. Patients should be aware of what medications they're taking, the dose and the frequency. Many hospital-acquired infections are the result of bacteria on catheters, particularly urinary catheters. Patients can reduce their risk of getting an infection from a catheter if they ask their nurse to remove the catheter as soon as possible. In some cases, patients can negotiate with their doctor pre-operatively to avoid using a catheter altogether. Sometimes if a patient promises not to eat or drink several hours before a procedure the doctor will deem it unnecessary to use a urinary catheter. Sometimes

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infections are the result of poor hygiene, so before anyone touches you, make sure you see them clean their hands--and it's okay to ask. Unfortunately, there is no national "scorecard" that rates hospital patient safety scores. The reporting of adverse events varies from state to state, and so far there is nothing nationally mandated. But there are some things you can do to get an idea of a hospital's level of patient safety. The most basic indicator is what's known as the "mortality ratio." It's the actual death rate compared with the expected death rate within a hospital. If the actual death rate is higher than the expected death rate, there are some problems at that hospital. However, if the actual death rate is lower than the expected death rate, that means the hospital has been putting extra effort into improving safety.

Health/Mental Health

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 5/06/2009 12:00 PM
#050609

Gailon Totheroh, CBN News Science & Medical Reporter, reports that the prospect of surgery usually causes fear, if not outright panic, for many patients. But what if doctors didn't have to make a single cut? A procedure is being tested that uses high-tech images and beams of sound to do the cutting. It's known as "focused ultrasound surgery" and some believe it to be the greatest leap in medicine since the scalpel. Surrounded by a standard MRI machine, the patient lies down with the ultrasonic surgery device immediately below the abdomen. The multiple ultrasound beams come up from there and destroy the fibroid tissue with controlled heat. Everything on the monitors is color coded. For instance, the blue spots are areas of the tumor already done; the green circles are future targets; and the red circles tell that an area is too close. Despite that 2004 FDA approval, insurance companies aren't paying. Patients can expect to pay more than \$10,000 out of pocket. In other words, focused ultrasound is unique in that the procedure could be used time and again to keep cancer in check. Radiation and invasive surgeries have a narrow limit because of the collateral damage they produce. One potential heart application is to zap life-threatening clots blocking blood vessels. Another possibility is using the ultrasound beams to pinpoint and release injected medicine. That is, medicine can be micro-encapsulated in heat-sensitive "envelopes." The ultrasound is focused right where it's needed with just enough heat to dispense the drug, herb, or nutrient -- fighting tumors or promoting healing of many kinds. The medicine is released no where else and the rest of the body remains free of side effects.

Health/Mental Health

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 06/10/2009 12:00 PM
#061009

Gailon Totheroh, CBN News Science & Medical Reporter, a number of leading doctors, especially cardiologists, are especially keen on this quartet consisting of magnesium, Coenzyme Q10, carnitine, and ribose. In medical circles, magnesium is often overlooked. For instance, magnesium as an intravenous (IV) drip used to be a standard and effective treatment following heart attack. In that same intravenous form, magnesium has also demonstrated effectiveness following concussions. Supplements are the most reliable way to get magnesium, but a diet rich in broccoli, peanuts, halibut, plantains, and leafy greens not only provides magnesium but many other nutrients as well. Another of the fantastic four is Coenzyme Q10, widely known and available in supplement form. It not only helps the body make ATP but serves as an antioxidant as well. We get small amounts of CoQ10 from foods such as beef, chicken, herring, and canola oil. That may be enough for many people. CoQ10 becomes especially important for those taking certain drugs which interfere with its production. Those pharmaceuticals include statins, beta blockers, some blood pressure medications, and all hypoglycemic agents used for Type II diabetes. The third energy booster is L-carnitine. Carnitine is found in the highest concentration in tissues that use fats as a primary fuel. Not surprisingly, that means the heart as well as skeletal muscles. In other words, cardiology and exercise applications are the most common. Some carnitine is found in beef, pork, and cow's milk. For battling diseases, a dose of several hundred milligrams is often recommended. Finally, there's a relatively new kid on the block: ribose. Though other sugars are burned for body fuel, this six-sided sugar is not. Ribose actually provides the raw material for the central portion of the ATP molecule. Another aspect is that ribose works quickly - in about half an hour after consumption. That speed of action helps enable longer workouts. This could be especially useful for the frail elderly who may need a boost to exercise at all. Others who could benefit include young moms whose heart valves don't have the energy to close properly (mitral valve prolapse) and anyone trying to exercise longer for better workouts. On a foundation of omega-3 fats, increasing evidence shows that magnesium, Coenzyme Q10, carnitine, and ribose can combine to fight disease and help people feel energized. And that could be a true awesome foursome for better health.

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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>
Doctor to Doctor #206	28:30	28:30	L	PA/O/E	04/14/2009	9:30 AM

Dr. Caroline Leaf talks about how our thoughts can impact our physical function. We can grow good or bad memory in the brain. Negative memory looks like thorns and can release toxins into the body. Toxins can block creativity, cause memory to be foggy and can create physical illness. It's important to choose to create positive memories. **Dr. Robert Gear** talks about sore feet. The foot is composed of many bones that work together through the joints and are held together by the muscles. A problem in the spine can cause problems in the muscles which can then cause problems in the feet. It's important to look at the whole system if there is a problem. **Dr. Carl Schmidt** talks about bone health. Calcium can be leached out of the bones to help the blood to maintain a ph balance. It's important we get the right minerals, proteins and good oils for the bones. Vitamin D, Calcium, raw salads, sea plants, certain hormones, exercise and light weights can help the bones.

Health/Mental Health

Doctor to Doctor #207	28:30	28:30	L	PA/O/E	04/21/2009	9:30 AM
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Dr. Asa Andrews talks about how healthy hearts results in healthy blood. High blood pressure can be treated with Potassium, L-Arginine, L-Citrulline, NADH, CoQ10, Vitamin B12, Folic acid, using sea salt and jumping on a trampoline. High Cholesterol can be helped by eating organic eggs and exercise. **Dr. Thomas Distefano** talked about the common conditions of the elbow Tennis elbow and Golfer's elbow. The terms used for these conditions are Lateral Epicondylitis and Medial Epicondylitis. Symptoms are mainly pain either inside, outside or a combination. Conservative treatment for it is Anti-Inflammatory medication, physical therapy and cortisone injections. **Dr. Yvonne Sanders** talked about childhood obesity. Overweight and obesity causes type 2 diabetes, hypertension and high cholesterol. Children should have a consistent diet, exercise 2 hours a day, receive at least 50% to 65% of carbohydrates and 30% of lean protein to prevent overweight and obesity.

Doctor to Doctor #208	28:30	28:30	L	PA/O/E	04/28/2009	9:30 AM
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Dr. Gene James talked about the introduction to chiropractic, what chiropractors do and the origin. He briefly discussed the connection of the spine, nervous system and the person's health. Chiropractors assess your condition through x-ray examination, studies and what adjustments need to be done. **Dr. Randy Burden** talked about blood clots. If a person has been diagnosed with blood clot they may be at risk for another blood clot. Warfarin is given to patients to make their blood thinner to prevent risks. **Dr. Tonya Lyons Anderson** talked about Pediatric concerns with children in the dental office. Children should be taken to the dentist at age 2 because at that age children should already have 20 of their primary teeth present in the mouth. Parents should also teach their children good habits and make sure they are brushing their teeth.

Doctor to Doctor #209	28:30	28:30	L	PA/O/E	05/05/2009	9:30 AM
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Dr. Craig S. Travis talked about the functionality of anxiety and depression as a stress reaction. Stress is the body's emergency reaction, it's like an alarm system that we have in our body, and it's highly adaptive and very functional. The core feature of anxiety is vulnerability. **Dr. Bettye Alston** talked about how our body's talk to us before something catastrophic happens. You always want to get checked by your physician. Headaches or migraines increase magnesium. Drink more water, probiotics and detox get all the bad stuff out. **Dr. Carolina Ceron-Canas** talked about pediatric nutrition. A child should be given a hug every morning. Four hugs a day for maintenance, eight for growth and twelve to maintain that. Exercise regularly with your children. Outdoor activities give us vitamin D. Children are required about 25% of their total carbohydrates in a day just to use for their brains.

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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>
Doctor to Doctor #210	28:30	28:30	L	PA/O/E	05/12/2009	9:30 AM

Dr. David Sklar talked how to prevent injuries. Always wear your seat belts and go the speed limit when you're driving. Pedestrian injuries often occur around areas where there is a lot of walking. At each age group the risks are different and the same is true with driving. **Dr. Ace Anglin** talked about Bromhidrosis and Hyperhidrosis. The meanings of these two terms are sweaty and smelly feet. The increase of bacterium can cause foot odor. It's important to wear socks that are made from synthetic material it has properties that allow them to wick away moisture from the feet. **Dr. Eric Braverman** talked how to stay thin. The brain burns 25% to 50% of your calories if you feed your brain chemistry. Spices will build the brain chemical dopamine and cut your appetite for sugar and carbohydrates. Teas will cut your appetite for junk food and add appetite for many other important healthy foods.

Health/Mental Health

Doctor to Doctor #211	28:30	28:30	L	PA/O/E	05/19/2009	9:30 AM
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Dr. Carl Schmidt talked about cold and flu preventions. People that supplement with vitamin C, a good quality supplement or multivitamin do much better. Grapefruit seed extract is in a little bottle and can be used to put in water or soap and it increases how things can be sterilized to prevent symptoms. **Dr. Caroline Leaf** talked about detoxing our brain through controlling our thought life. You need to evaluate what kind of thoughts you have, how many bad ones, how many if only's, how many negative things that you say and have a conscious decision to detox your thought life. **Dr. Robert Gear** talked about the autonomic nervous system and how it is sympathetic and parasympathetic. The sympathetic is the part that goes out of the spinal cord and in the neck. Parasympathetic is the part that comes out of the brain and out of the sacrum area. Seek doctor's consultation if you have any issues.

Doctor to Doctor #212	28:30	28:30	L	PA/O/E	05/26/2009	9:30 AM
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Dr. Stefan Flink talked about chiropractic adjustment and how a thrust is put upon the spinal cord or spinal column. Activator methods are used in an instrument and this is a hand held instrument its either manual operated or they come in an electrical which is more a sensor that allows doing a quicker adjustment. **Dr. Dale Peterson** talked about multiple sclerosis. Symptoms are brief episode of blurred or double vision, vague numbness or tingling on one side of the body and unexplained muscle weakness. OPC allows nutrients to get the nervous system more effectively. **Dr. Hale Akamine** talked about road rage and how it puts people at risky behaviors. Talking to one self eventually unleashes angry and often dangerous responses. Talk to love ones if they have road rage it should be brought up to their attention but never during a road rage situation.

Doctor to Doctor #213	28:30	28:30	L	PA/O/E	06/02/2009	9:30 AM
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Dr. Tonya Lyons Anderson talked about illnesses that show signs in the month. Diabetes, high blood pressure and HIV are the types of illnesses that have oral manifestation. See dentist at least twice a year get a complete exam so that they can catch any bacteria or decay in time. **Dr. Armando Pineda-Velez** talked about high blood pressure and how it's not a disease it only means that you have your blood pressure higher than normal, which puts you at risk of a heart attack or stroke. High blood pressure can be treated with medication. **Dr. Carl Schmidt** talked about junk food. You make a product more acidic when it has fructose corn syrup. Natural ingredients sound good but it could have MSG or other preservatives that have chemicals that can harm us. Train yourself to eat healthy and make better choices.

Doctor to Doctor #214	28:30	28:30	L	PA/O/E	06/09/2009	9:30 AM
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Dr. Ace Anglin talked about plantar warts and how they are caused by a virus that may affect the foot. It affects the bottom or the plantar surface of the foot. It's not dangerous but is extremely painful. To prevent warts keep foot moist and dry. If you have warts and they do not go away see your physician. **Dr. Caroline Leaf** talked about how our mind can affect the way we function. Attitude is a state of mind that will influence the brain. There are three places in the brain we can control our attitude, the outer part, the middle which is a very strong physical reaction and in the front where we have a free will. **Dr. Randy Burden** talked about diabetes and how it is characterized by an increase in your blood glucose or blood sugar levels that can be above normal. It can also cause a heart attack or stroke. Diabetes can be prevented or delayed by incorporating a lifestyle change and increasing your activity and losing 5% to 10% of your body weight.

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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 #215	to Doctor	28:30	28:30	L	PA/O/E	06/16/2009	9:30 AM
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Dr. Chauncey Crandall talked about Diet. Most people start a diet when they are diagnosed with diabetes or hypertension. We should be eating 3 to 4 small meals a day. Focus on the number of calories. You should be taking 1200-1400 calories a day for weight reduction. **Dr. C. Mack Sewell** talked about the pandemic influenza. Influenza becomes pandemic when there is a novel influenza strain without natural immunity it can be transmitted person to person. To avoid influenza avoid exposure, get vaccinated, get anti-viral treatment, wash your hands and cover your mouth when you cough or sneeze. **Dr. Monica Allison** talked about orthokeratology (Ortho-K). The cornea is the front surface of the eye it's the clear part of the eye were we see through. Ortho-K is a process where they reshape the front surface of the eyes using special contact lenses that you can sleep in at night. People that are nearsighted can get this treatment. It is a safe process and can see an immediate improvement in your vision.

Doctor #216	to Doctor	28:30	28:30	L	PA/O/E	03/17/2009	9:30 AM
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Dr. Zev Mellman talked about posture. Structure determines function. If someone's head is tilted that is compressing their nerve system and how those cells and cellular posture your heart and lungs. Exercise and seek advice from your physician. **Dr. Glen Steele** talked about Infant see. If a baby don't look, don't follow, and are not aware of their parents the baby may have a vision problem. Glasses can take care of the problem, but other times you want to monitor and prescribe guidance activities like putting babies on their stomach. **Dr. Margaret Nagib** talked about dual diagnosis and co occurrences. These can cause eating disorder, substance abuse or alcohol problems. Treatment for eating disorder and OCD involves medication and behavioral management. Effective treatments also involves thorough assessment.

Homeless

Joy In Our Town #375		30:00	15:00	L	PA/O	05/08/2009	2:30 AM
						05/08/2009	10:00 AM
						05/11/2009	8:30 AM

Host Dr. Sue Perez talks Margie Wakeham and Anne Kranz with Families Forward about housing for the homeless. Housing in Orange County is very expensive and there is a lack of affordable housing for the homeless. There are 30,000 episodes of homelessness and only 3,000 beds available. There are chronically and situational homeless. Situational homeless are homeless for a shorter period of time, have had permanent housing, been self sufficient, but are homeless due to a crisis. It's important to get people back into housing because the longer a person is homeless the more acute their problems become. It's important that people that are facing the possibility of becoming homeless seek out assistance sooner rather than later.

Joy In Our Town #375		30:00	15:00	L	PA/O	05/08/2009	2:30 AM
						05/08/2009	10:00 AM
						05/11/2009	8:30 AM

Host Dr. Sue Perez talks Margie Wakeham and Anne Kranz with Families Forward about how homelessness impacts children. The impact it has on a child will depend on the age of the child and the length of being homeless. Every aspect of the child's life is affected. Academically a child can experience gaps in their education by having to transfer school or not even being in school. Middle to High School students are often embarrassed to share with their peers. They are also humiliated because they feel they are incapable of doing things their peers are doing. Lack of security and the exposure to life changing experiences can have long term consequences. Parents have a tough time talking to their children because they want to protect them. It's important that parents are encouraged to talk to their children and let them know what's going on. The discussion needs to be age appropriate and not talked about constantly.

Joy In Our Town #376		30:00	15:00	L	PA/O	05/15/2009	2:30 AM
						05/15/2009	10:00 AM
						05/18/2009	8:30 AM

Host Dr. Sue Perez talks with Pam Allison, Executive Director of Project Hope of School Forward about the impact of homelessness on children. In Orange County, about 16,000 children are homeless. Many children find themselves living in hotels, cars, parks or with other families. Children face unstable situations as they go from place to place. Education becomes less of a priority as parents are more concerned about safety. Children are often hungry, dirty and may wear the same clothes repeatedly. It's important that families become stable so that the child can remain at one school rather than skip around. It's important that resources are sufficient and easily accessible for families.

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Homeless

<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 #376	30:00	15:00	L	PA/O	05/15/2009	2:30 AM
					05/15/2009	10:00 AM
					05/18/2009	8:30 AM

Host Dr. Sue Perez talks with Marisa Mendoza, with the Orange County Department of Education about the impact of homelessness on children. In Orange County, about 35,000 are homeless. 60% to 70% of those include families with children. The numbers are steadily increasing, but it has always an issue. Due to the economy, there are a lot of families finding themselves in the situation. Children often lack basic needs, a safe place to go, transportation to school and often live in hotels. Their belongings have to be mobile because they have to be packed up every night. It's important to provide children and parents with the necessary tools to survive. It's important to help parents navigating the educational system when they are homeless.

Joy In Our Town #379	30:00	15:00	L	PA/O	06/05/2009	2:30 AM
					06/05/2009	10:00 AM
					06/08/2009	8:30 AM

Host Dr. Tracy Kemble talks with Georgan Browning, director of the Village of Hope, about homelessness in Orange County. The face of homelessness is changing with the change in the economy. We are seeing more middle aged individuals and middle income families becoming homeless. Many have lost their jobs or have had a health issue that has drained the savings and lead to losing cars and homes. There have been huge layoffs in the mortgage and construction companies. The biggest challenge is finding affordable housing in Orange County. Many cannot afford to pay rent and still feed and clothe children. It's important to keep families together and to reestablish stability as soon as possible. There are resources available to those that need assistance.

Joy In Our Town #379	30:00	15:00	L	PA/O	06/05/2009	2:30 AM
					06/05/2009	10:00 AM
					06/08/2009	8:30 AM

Host Dr. Tracy Kemble talks with Georgan Browning, director of the Village of Hope, about healthcare for the homeless. Due to State Legislation, there have been cutbacks in funding for healthcare programs for the homeless. It's very difficult to get healthcare or healthcare insurance. Many homeless have chronic illness such as diabetes. They are simple unable to afford the continual care need to maintain their health. Many move around or lack transportation to access consistent medical care. There are few programs available to homeless to support them. Many will use the emergency room as their primary medical treatment. Many end up dying on the streets because of basic illnesses. People can call 211 to receive information about healthcare services available in their area.

Unemployment

Joy In Our Town #377	30:00	15:00	L	PA/O	05/22/2009	2:30 AM
					05/22/2009	10:00 AM
					05/25/2009	8:30 AM

Host Gayle Pereira talks with Jerri Rosen, founder of Working Wardrobes about unemployment. Nationally the unemployment rate is 9%. In California, the unemployment rate is 11%. In Orange County, the unemployment rate is 8 1/2 %. The lack of jobs is putting pressure on organizations that provide services that the unemployed need. Increase in individuals that have been with the same company for 20 to 25 years. Job losses have been seen across the board, particularly in the manufacturing industries. The unemployed need assistance in developing resumes, managing change in jobs/careers and interview skills. There are new opportunities in retail, while banking and mortgage jobs are resurfacing. There are many opportunities for individuals to enter a new field and work their way up. There are many resources out there to assist individuals in finding a new job.

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Unemployment

Joy In Our Town #377	30:00	15:00	L	PA/O	05/22/2009	2:30 AM
					05/22/2009	10:00 AM
					05/25/2009	8:30 AM

Host Gayle Pereira talks with Ed Ewart, Executive Director of South County Outreach about unemployment. The job loss rate is equal to 1993. Services to the unemployed have grown in proportionately large. In the last 8 months, there has been a double increase. They went from 28,000 to 41,000 services provided. A job seek needs to be persistent in looking because it may take awhile. People need to be open to other industries and look at jobs where their abilities will be used. 211 is a great resource that people can call to get information about job services in their community. While looking for a job, a person should volunteer. It's a great way to work, give back to the community and network.

Joy In Our Town #380	30:00	15:00	L	PA/O	06/12/2009	2:30 AM
					06/12/2009	10:00 AM
					06/15/2009	8:30 AM

Host Dr. Tracy Kemble talks with Rich Dryden, Executive director with the Disabled Veterans Business Alliance about disabled veterans in the work force. California has the most veterans and disabled veterans, approximately 235,000. 4 to 5000 veterans have established businesses. The state's unemployment rate is 8-9% while the rate for unemployed veterans is 12-15%. Legislation has been passed for non-profits Veterans service agency have 75% of the employees be veterans. It's important to rehabilitate them back into the economic community and allow them to pay taxes. A solution is entrepreneurialism. It helps give veterans a way back into society and can help them to lead a comfortable economic life.

Joy In Our Town #380	30:00	15:00	L	PA/O	06/12/2009	2:30 AM
					06/12/2009	10:00 AM
					06/15/2009	8:30 AM

Host Dr. Tracy Kemble talks with Robert Thomas, with the Robert Thomas Brown Company about disabled veterans in the work force. There is a major problem with the perception of people with disabilities. Many of the disabled veterans are quite capable of working. It's important to understand what they have been through and the post traumatic stress they still may have. For example, certain noises may trigger flashbacks. They make great employees because they are skilled, discipline and are use to a structured environment. It's important to support veterans in becoming business owners since they are used to working independently and desire to be their own boss. It is a way for them to get back into society and make a way for themselves economically.

Gangs

Joy In Our Town #378	30:00	15:00	L	PA/O	05/22/2009	2:30 AM
					05/22/2009	10:00 AM
					05/25/2009	8:30 AM

Host Gayle Pereira talks with Kevin Brown, Director for Lives Worth Saving about gangs in Orange County. One city of 27 square miles has 90 different gangs. Out of those 90 gangs, there are 5,000 documented gang members. In the 70's and 80's gang members dressed a particular way, but now it has changed and less obvious. Many join gangs because there is no hope at home, violence, physical and sexual abuse. Many feel that they would rather be on the streets than be home in a negative environment. Gang members are becoming younger and younger and more violent. There are three areas to combat gangs. Suppression, which is the law. Prevention, which is to keep them out of gangs. Then there is intervention, which is to go to them and get them plugged into resources. The key is to provide families with tools and resources to help stop kids from joining gangs.

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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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Gangs

Joy In Our Town # 378	30:00	15:00	L	PA/O	05/22/2009	2:30 AM
					05/22/2009	10:00 AM
					05/25/2009	8:30 AM

Host Gayle Pereira talks with Steve Kim, Pastor of Purpose Community Church about gangs in Orange County. There has been an increase in gang activity because of the economy. Juvenile Hall has a lot of individuals affiliated with Gang Members. The problem is that many grew up surrounded by it in their neighborhoods. Gang membership is usually about something else. It could be the result of poverty, hurt, pain or trauma. Peers have always wanted to be with each other. It's just a matter of turning that into a positive thing. One way to combat gangs is to provide the families with tools and resources to deal with it. Many time gang members are looking for hope and it's important to provide that to them.

Joy In Our Town #382	30:00	15:00	L	PA/O	06/26/2009	2:30 AM
					06/26/2009	10:00 AM
					06/29/2009	8:30 AM

Host Gayle Pereira talks with Edward Thomas, Project Manager with COR-Community Development Corp. about Gang involvement. Many people believe the gang problem is only in Los Angeles. However, there is a major gang problem in Orange County. If one life is lost than it is a problem. Some warning signs to look for are not going to school, becoming irresponsible and dressing differently. In order to stop kids from becoming a product of their environment there must be a bridge in the gap between school, police and churches. It's important to provide educational tools and resources to help youth deal with life challenges. It's important to help them make better choices then to get involved with gangs.

Joy In Our Town #382	30:00	15:00	L	PA/O	06/26/2009	2:30 AM
					06/26/2009	10:00 AM
					06/29/2009	8:30AM

Host Gayle Pereira talks with Art Guerrero, Outreach Coordinator for Taller San Jose about gang involvement. There is a crisis going on in Orange County with gangs. Many gang members want to get out but are not sure how to do it. It's important to expose gang members to life outside of their neighborhood, so that they see that there is another world out there. It's also important that they see a lifestyle that is not destructive. It's important to provide role models that have stepped out of the gang and have become successful. It's important to teach basic life skills to them such as dressing for success, interview skills and how to put together a resume.

Gangs

Joy In Our Town # 381	30:00	15:00	L	PA/O	06/19/2009	2:30 AM
					06/19/2009	10:00 AM
					06/22/2009	8:30AM

Host Gayle Pereira talks with Santa Ana Police Chief Paul Walters about gang activity in Orange County. It is a tremendous problem in Orange County and across the nation. In the last 15 years, there has been a drastic increase in the number of gang members. They are also getting into all types of organized crimes. Santa Ana has the largest gang population because it is the largest city. In Orange County, there is a close working relationship with other police agencies, District Attorneys, FBI and federal agencies. Fighting gangs needs multiple strategies just not arrest and prosecuting. It also involves prevention. The police are trying to make a difference in the community by working with the youth through athletics and education.

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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>
Civic Affairs Joy In Our Town #378	30:00	15:00	L	PA/O/E	02/13/2009	2:30 AM
					02/13/2009	10:00 AM
					02/16/2009	8:30AM

Host Gayle Pereira talks with Santa Ana Police Chief Paul Walters about crime in Orange County. In the last 3 ½ years, major crime dropped 40% in Santa Ana. There has been an increase in crime as a result of the economic recession. People are doing crimes that have never done crime before. They feel it is an easy way to make money. Orange County Probation found that only 8% of youth repeat crime. They discovered three common factors. It was not doing well in school, lack of support at home and getting involved with drugs or gangs. They are seeing an increase in people being robbed at bus stops because criminals know that the victims s have money. Fight Crime Invest in Kids is a National Program trying to lobby for funding for preschool programs. For every dollar spent in the preschool system, it saves \$10 in the justice system.

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Trinity Broadcasting Network

Quarterly Report

July, August, September 2009

KTBN-TV Channel 40, KTBN-DT Channel 23

Santa Ana, California

Ascertainment List

Leading Community Issues

Results of ascertainment from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

Youth

Health

Family

Crime

Economy

Civic Affairs

Youth

<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 # 384	30:00	15:00	L	PA/O	07/10/2009	2:30 AM
					07/10/2009	10:00 AM
					07/13/2009	8:30 AM

Host Sue Perez talks with Michele Martinez, Santa Ana Councilmember, about the high dropout rate in Santa Ana. Santa Ana have over 60,000 students. It's High School dropout rate is extremely high and is causing alarming concern. It is a mobile city and often times students will move somewhere else. There are many factors that are contributing to the problem such as high pregnancy rate, gangs, incarceration, parents absent and lack of mentors. Males are more likely to dropout than females. It's important that the city, school and community partner together to make a difference. The city is planning on partnering with the schools to help the libraries stay open after school hours. Additional resources are needed to help children in preschool and early elementary school.

Joy In Our Town # 385	30:00	15:00	L	PA/O	07/24/2009	2:30 AM
					07/24/2009	10:00 AM
					07/27/2009	8:30 AM

Host Gayle Pereira talks with Luis Galdamez, Excutive Director of Abstinence Education, about the lack of abstinence education. Funding for programs is being cut off in 2010. President Obama felts abstinence education is ineffective and comprehensive sex education is the best. Abstinence education gives teenagers a choice to wait till marriage and shows the benefits of healthy habits. 8 out of 10 parents prefer abstinence education over comprehensive sex education. Programs will no longer have funding and will have to switch to donors, private organizations and volunteers. Parents need to be informed of their rights and choices for their children. The best things is for parents to talk to their children about their feelings about sex, etc.

Joy In Our Town # 386	30:00	15:00	L	PA/O	07/31/2009	2:30 AM
					07/31/2009	10:00 AM
					08/03/2009	8:30 AM

Host Gayle Pereira talks with Resham Parikh, a teen with Laura's House, about teen dating violence. 1 in 4 teens experience some form of domestic violence. It can be physical, emotional and psychological. Resham experienced it first hand when her boyfriend started to abuse her. At 2 months, she was sexually assaulted. At 1 year, he started to punch holes in the wall. He was also yelling and calling her names. She did not think it was abuse because she had no scars or bruises. She realized she needed to get out of the relationship because he had been cheating on her the whole time. Resham was able to get involved with the H.E.A.R.T program at Laura's house and become aware of the signs of domestic violence. She is now able to help other girls become aware of it as well. She is often told by other teens that they have experienced the same thing.

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Youth

Joy In Our Town # 390	30:00	15:00	L	PA/O	08/28/2009	2:30 AM
					08/28/2009	10:00 AM
					08/31/2009	8:30 AM

Host Dr. Sue Perez talks with Officer Tom Serafin, Director of the Santa Ana Police Athletic and Activities League, about preventing youth from getting into trouble. In Santa Ana, there are about 90,000 people and 60,000 are children. Many children will fall behind in school, join a gang and get involved with the wrong activities. It's important to keep children off of the streets and keep them busy. It's important to provide the students with positive reinforcement and involvement with other police officers. It also makes a difference if the student knows that someone cares about them.

Joy In Our Town # 390	30:00	15:00	L	PA/O	08/28/2009	2:30 AM
					08/28/2009	10:00 AM
					08/31/2009	8:30 AM

Host Dr. Sue Perez talks with Sela Longacre, Principal of Andrew Jackson School, about the positive impact of physical fitness for students. The physical fitness program is a very successful program because it uses students' lunch time and does not get in the way of classroom time. The students want to participate and are able to learn the correct exercises for the Presidential Fitness Test. The students were able to see improvement from the year before. The rate of passing the test went from 2.9 to 95.3. It also allows the students to get to know law enforcement officers and feel comfortable in approaching them for help.

Health

Joy In Our Town # 351	30:00	15:00	L	PA/O	07/06/2009	8:30 AM
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Host Dr. Sue Perez talks with Kathleen Eaton, Founder and Joan Frank, Nurse Manger of Birth Choice Health Clinics about the health risks of having an abortion. A survey done by the Elliot Institute sees a correlation between having an abortion an depression, anxiety disorders, suicide, and substance abuse. 85% of American adults believe negative emotional problems occur after an abortion. Many women become promiscuous because of the lack of self worth or will drown their emotional feelings in alcohol or drugs. There are physical complications like bleeding and infection. The long term consequences could be infertility, miscarriages and breast cancer risk. Women using the RU486 drug have a higher incidence of incomplete abortions. There are post abortion support groups. If women notice symptoms they should seek out help.

Joy In Our Town # 351	30:00	15:00	L	PA/O	07/06/2009	8:30 AM
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Host Dr. Sue Perez talks with Joan Frank, Nurse Manger of Birth Choice Health Clinics about STDs in youth. Youth are "hooking up" when they meet a guy/girl in an hour and have sex. A 16 year old already had 12 partners. If those 12 partners had 12 partners then that girl has been exposed to thousands of STDs. About 80% of the girls with multiple partners do not have a father in their lives. Youth are being influenced by sexual images and internet pornography. Youth need to be tested with every new partner. Increase in teens that are choosing abstinence.

Joy In Our Town #388	30:00	15:00	L	PA/O	08/14/2009	2:30 AM
					08/14/2009	10:00 AM
					08/17/2009	8:30 AM

Host Sue Perez talks with Bryan Steward, President of Donate Life California Registry, about organ donation. The registry is set up for people to make a legally binding decision to donate their organs upon deceasing. There is a great need for kidney donations. The Hispanic and African American communities face a high risk of kidney failure due to diabetes and hypertension. There are approximately 80,000 waiting for a kidney donation. 1 in 100 deaths qualify as organ donators. Possible donations are kidney, lungs, liver, pancreas, tissue, skin, bones, veins and connective tissue. The average wait varies for a recipient to receive a necessary organ donation. It's very important for people to sign up on the registry and to let family members know their wishes.

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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>
Joy In Our Town # 394	30:00	15:00	L	PA/O	09/25/2009	2:30 AM
					09/25/2009	10:00 AM
					09/28/2009	8:30 AM

Host Dr. Sue Perez talks with Dr. Connealy, with the Center for New Medicine, about the Swine Flu. Swine Flu is of the same type as the common flu. It is not transferred from pigs but rather human to human contact. It is nothing alarming and should be treated like the common flu. Symptoms maybe fever, cough, aches, pains and just don't feel good. It is best to treat symptoms with lots of fluids, Advil, avoid sugar, rest and maybe a few days off of work. A person can prevent the flu by taking Vitamin C or other immune boosting herbs, washing hands often and getting plenty of rest. A person should visit a doctor if symptoms persist because a secondary infection could occur.

Joy In Our Town # 394	30:00	15:00	L	PA/O	09/25/2009	2:30 AM
					09/25/2009	10:00 AM
					09/28/2009	8:30 AM

Host Dr. Sue Perez talks with Dr. Connealy, with the Center for New Medicine, about cancer. Cancer is a very serious and growing problem. Now 1 out of 2.5 people are being diagnosed with cancer. Cancer today is very different in the past. It is more complicated and is more resistant to medications. The last 40 years the standard treatment has been surgery, chemo and radiation. This is no longer working because there are many factors to cancer. There needs to be a integrated approach with diet, the emotional system, nutrition level, blood, hormones and activity level. It is important that everything is in balance. There needs to new approaches to treatment because people continue to get sicker not healthier.

700 Club CBN NewsWatch #072909	1:00:00	5:00	REC	PA/O/E	7/29/2009	12:00 PM
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Lori Johnson, CBN News Reporter, says vaccines can be a touchy subject. But most doctors are solidly behind them. And in most places, it's the law: in order to attend school, children must be vaccinated. But there are exceptions. All states allow medical exemptions, many offer religious exemptions, and an increasing number offer philosophical exemptions. In some school districts, as many as 20 percent of students are opting-out of vaccines, which has led to disease outbreaks. But many parents are wary of vaccines because they believe they cause autism. However in February, the U.S. Court of Federal Claims ruled that vaccines do not cause autism, examining several studies brought forth by the Institute of Medicine that failed to prove any connection. The Department of Health and Human Services, the Centers for Disease Control and Prevention, The Food and Drug Administration, and The American Academy of Pediatrics all agree that vaccines do not cause autism. In addition to childhood vaccines, there's also debate about adult vaccines, particularly for the seasonal flu. Most physicians recommend the flu shot for seniors and women of childbearing age. A Columbia University study showed getting the flu in the first half of pregnancy results in three times the risk of schizophrenia in the baby. If she gets the flu in the first 13 weeks, that risk jumps seven-fold. In fact, 14 percent of all schizophrenia cases are linked to the flu virus in the womb. Having the flu while pregnant is also linked to other developmental disorders like low I.Q. But flu shot critics say it doesn't work, citing an American Medical Association study that found that three percent of unvaccinated adults got the flu, but two percent of those who were vaccinated also got it. Right now, vaccine makers are planning for this fall, when the flu season begins. This year they have a new challenge: a swine flu vaccine. They're developing a vaccines, but they have to decide which will be needed most: a swine flu or seasonal flu vaccine. Making one takes away from making the other. Only a finite number can be manufactured, and it takes months to do it. The seasonal flu kills 36,000 Americans a year. So far, the swine flu has killed 300. But it's unknown whether the swine flu will become widespread. So when it comes to vaccines, whether for kids or adults, doctors overwhelmingly agree, they're not perfect, but we need them.

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

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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Doctor #218	to Doctor	28:30	28:30	REC	PA/O/E	07/07/2009 9:30 AM
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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 #219	to Doctor	28:30	28:30	REC	PA/O/E	07/14/2009 9:30 AM
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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 #220	to Doctor	28:30	28:30	REC	PA/O/E	07/21/2009 9:30 AM
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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 #221	to Doctor	28:30	28:30	REC	PA/O/E	07/28/2009 9:30 AM
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Dr. Asa Andrew talked about the males and females hormonal issues. 80% of our health challenges are lack of diet and lifestyle. Males should get blood test or PSA tested by physician, take 100milgrams of zinc a day and 2 milgrams of copper to help testosterone levels increase. Females should get blood work done by physician and take organic iodine everyday and about 150 micrograms for ovaries and thyroid gland and overall health. **Dr Ace Anglin** talked about the three types of arthritis which are osteoarthritis, rheumatoid and gouty arthritis. The symptoms for arthritis are pain, swelling, maybe even redness in the particular joint and as well as limitation of movement. There are medication, treatments, and physical therapy. **Dr Barbara McAnney** talked about the Medicare system. Medicare is a way to help senior citizens with healthcare. Medicare part"A" is the hospital insurance trust fund. Part "B" is added on outpatient services. Medicare payments are not covering the cost of senior citizens so therefore it's affecting our economy and patients because doctors are only taking a number of people on Medicare.

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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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Doctor to Doctor #222	28:30	28:30	REC	PA/O/E	08/04/2009	9:30 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 to Doctor #223	28:30	28:30	REC	PA/O/E	08/11/2009	9:30 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 you blood pressure, eating better and losing weight it can help you live a healthier live. **Dr. Monica Allison** talked about dry eyes. Having a lack of tears can cause dry eyes. Tears wash away debris, prevent infections and provide a clear comfortable smooth surface as well as lubrication. You can get over the counter medication as long as there not for red eyes and preservative free.

Doctor to Doctor #224	28:30	28:30	REC	PA/O/E	08/18/2009	9:30 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 or walking pneumonia comes more slowly feeling achy, cold, or scratch throat. Symptoms for pneumonia are high fevers and difficulty breathing. Take antibiotics, drink plenty of water, get rest and eat healthy fresh foods. Check with physician if symptoms get worst. **Dr. Armando Pineda-Velez** talked about the three different kinds of arthritis osteo arthritis which is seen in the elderly, juvenile arthritis is seen in young people and rheumatic fever is the arthritis people get called rheumatism. See a doctor to determine what kind of arthritis you have. There is over the counter treatment but try to exercise, take hot showers, take vitamin C and fish oils to help prevent pain and other affects.

Doctor to Doctor #225	28:30	28:30	REC	PA/O/E	08/25/2009	9:30 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 McAnneny** 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.

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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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Doctor to Doctor #226	28:30	28:30	REC	PA/O/E	09/01/2009	9:30AM
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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 distance between shoulders and waist. The width of their backpacks should be no wider than their backs. It's important that straps are worn on both shoulders to help balance and prevent injuries. **Dr. Dale Peterson** talked about attention deficit disorder (ADD or ADHD). Children shown to have ADD/ADHD have low PST enzymes and have lower levels of minerals, including magnesium, copper, zinc, calcium and iron. Vitamins, omega 3 fatty acid are and a good diet is recommended with ADD/ADHD. **Dr. Carl Schmidt** talked about pain. Pain occurs in our body by signaling different sequences and trying to tell us what we're dealing with. Many foods can cause inflammation. Sugars or carbohydrates that are processed with high fructose, corn syrup or artificial sweeteners can cause the body to be more acidic and the more acidic the more pain. By drinking more water it and eating right it helps the pain not to be as strong.

Doctor to Doctor #227	28:30	28:30	REC	PA/O/E	09/15/2009	9:30 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 a chiropractor just in case you need to have therapy. **Dr. Thomas Destephano** talked about ankle replacement surgery. People develop bad changes in their ankles often from post-trauma, previous fracture or having had previous surgery. Patient may need to go get MRI to get diagnosis. **Dr. Steve Johnson** talked about special needs children. Special needs can mean children with learning disorders, ADD, cerebral palsy, down syndrome and autistic. To identify if your child has special needs they have to get an M-CHAT scan. This procedure is a survey for parents that pediatricians use to see if the child fits in the category. It's important to identify early if the child has any special needs so that they can be put in therapy or given treatment.

Doctor to Doctor #228	28:30	28:30	REC	PA/O/E	09/22/2009	9:30 AM
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Dr. Chauncey Crandall talked about stress. Being overweight can cause stress. By improving your 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 quiet time brings out stress levels so by reading a book can help you relax. **Dr. Dale Peterson** talked about prostate cancer. The prostate gland is approximately the size and shape of a walnut that is located near the outlet of the bladder. If the prostate enlarges it blocks the urine flow. Prostate cancer does not show any signs or symptoms until it is advanced. Prostate trauma can cause inflammation. To prevent prostate cancer start checking prostate at age's 30's or 40's, take omega 3 oils and resveratrol which are grape skin. **Dr. Barbara McAnney** talked about family history with cancer. Cancer develops because a mutation occurs and an error happens in the DNA. Sporadic cancers not related from generation to generation but you still need to do early screening because if early cancer is detected there is a much greater chance of healing.

Family

Joy In Our Town #383	30:00	15:00	L	PA/O	07/17/2009	2:30 AM
					07/17/2009	10:00 AM
					07/20/2009	8:30 AM

Host Sue Perez talks with Tami Tucker, Clinical Psychologist, about parenting during difficult economic times. It's important that parents are honest with their children about what is going on. Children can sense when something is wrong. If you don't tell them then they will imagine something worse and will feel that it is their fault. Make sure what you share is age appropriate and suitable for the child to handle. Parents should educate their children about finances and offer reassurance that they will be safe, together and have a place to sleep. Family meetings can be scheduled on a regular basis to discuss values, increase communication and bring the family together.

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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>
Joy In Our Town #385	30:00	15:00	L	PA/O	07/24/2009	2:30 AM
					07/24/2009	10:00 AM
					07/27/2009	8:30 AM

Host Gayle Pereira talks with Luis Galdamez, Excutive Director of Abstinence Education, about parent involvement in education. It's the most important role in the life of a child. Every child has a mom and dad spot in their life. Parents need to maintain it by not trying to be a friend. Lack of parent involvement causes problems. They usually don't get involved because of a lack of education. They repeat the cycle of accepting "less knowledge" concerning their child's education. Some parents lack of English skills and knowing their parental rights discourages them from not being involved. Parents that are involved prevent their children from joining gangs, drugs, and dropping out.

Joy In Our Town #386	30:00	15:00	L	PA/O	07/31/2009	2:30 AM
					07/31/2009	10:00 AM
					08/03/2009	8:30 AM

Host Gayle Pereira talks with Nadia Islam, Director of Programs for Laura's House, about the impact of domestic violence on the family. Domestic Violence is a pattern of behavior to maintain control in a relationship. It can be verbal, psychological and physical. Statistically domestic violence is usually perpetrated by male upon females. Children growing up in a household with domestic violence can suffer psychological, physical and emotional problems. Some behavioral problems are increased aggressiveness, lack of concentration, attention seeking behaviors, nightmares, wetting, fear, guilt, lack of self-esteem and difficulties in school. 36% of all 911 calls regarding domestic violence in Orange County come from children. It's important that adults provide a listening ear for the child and provide non-judgmental support.

Joy In Our Town #388	30:00	15:00	L	PA/O	08/14/2009	2:30 AM
					08/14/2009	10:00 AM
					08/17/2009	8:30 AM

Host Sue Perez talks with Kathleen host, who donated a kidney to her husband, about the impact of organ donation on the family. It was an opportunity to give life to her husband and a father back to his children. Kathleen's husband was on Kidney dialysis three times a week for 2 ½ years. She was able to become a living organ donor. Her son was upset because he was unable to be the one to give a Kidney to his dad. The family was able to reap the benefit of having one family member donate to another family member. It changed the family to appreciate each day and to realize that everything happens for a reason.

Joy In Our Town #392	30:00	15:00	L	PA/O	09/11/2009	2:30 AM
					09/14/2009	8:30 AM

Host Dr. Sue Perez talks with Dr. Ana Nogales, Founder of Casa De La Familia, about infidelity in the family. When infidelity strikes a family it can create pain for everyone. The children are very hurt when they find out a parent has cheated. In a recent survey, 3 out of 4 people felt betrayed themselves by a cheating parent. Women were severely affected when dad was the cheater and men when mom was the cheater. The children can exhibit resentment and anger toward the parent. Many children feel the event transformed their lives forever. It's important that children learn to forgive their parent because they are not perfect. It also takes time to redevelop trust as well.

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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 #387	30:00	15:00	L	PA/O	08/07/2009	2:30 AM
					08/07/2009	10:00 AM
					08/10/2009	8:30 AM

Host Sue Perez talks with Tony Nassif, President of Cedars Cultural and Educational Foundation, about child predators. The biggest threat to children is online predators. They have great sophistication and are very skilled at manipulating information out of children. They are able to lure children by deception and gain the trust of the child. An adult male could pretend to be a 12 year old girl. Child pornography is the fastest growing on the internet. Predators come from all sectors of society. Besides single abductors, there is an organized network of child abductors. The children abducted are sometimes random, but other times they are planned out and stalked. It's important that parents and children are educated about the warning signs. It's also important that parents maintain a trusting relationship with their children.

Joy In Our Town #387	30:00	15:00	L	PA/O	08/07/2009	2:30 AM
					08/07/2009	10:00 AM
					08/10/2009	8:30 AM

Host Sue Perez talks with Tony Nassif, President of Cedars Cultural and Educational Foundation, about human trafficking. 30 million women and children are trafficked annually worldwide. This number grows by 1 million people per year. Human trafficking is sex slavery in modern terms either by force, fraud or coercion. 83% of victims are looking for a better job and life. The entertainment industry is one component that is adding to a corrupt culture which is fueling the demand for pornography and prostitution. It's important that people are educated, motivated and activated. Government officials need to be elected that are going to change the culture for the better. It's also important that the churches get involved to make a difference.

Joy In Our Town #391	30:00	15:00	L	PA/O	09/04/2009	2:30 AM
					09/04/2009	10:00 AM

Host Dr. Sue Perez talks with Stuart Haskin, Executive director of Get Safe, about child safety against abductions. It is rare for a child to be abducted by a stranger. It will often be someone that the child knows such as a parent or family member. It's important that if there is a custody battle and threats have been made that the school or daycare has procedures to protect the child. Another warning sign is if the child is receiving too much unnecessary attention from someone, especially a neighbor. Parent can visit websites like Megan's Law to check if there are predators in the neighborhood. It's important that children are taught to look for trouble and stay away from it. Open communication between parents and children will help if it is started at an early age and continues.

Joy In Our Town #391	30:00	15:00	L	PA/O	09/04/2009	2:30 AM
					09/04/2009	10:00 AM

Host Dr. Sue Perez talks with Stuart Haskin, Executive director of Get Safe, about teen dating. It is a very real problem. 1 out of 3 teens have experienced some form of abuse or violence. Society is getting more violent and teens are reporting it more now. Some signs are depression, loss of trust, anxiety, weight loss, isolated and a decline in communication. Many teens are embarrassed and blame themselves for the violence. They often feel that they might have done something to deserve it. It's important that teens realize that they can't change anyone and if there is violence to get out of the situation. Parents need to monitor their child's behavior and look for changes in it.

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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>
Joy In Our Town #392	30:00	15:00	L	PA/O	09/11/2009	2:30 AM
					09/14/2009	8:30 AM

Host Dr. Sue Perez talks with Dr. Ana Nogales, Founder of Casa De La Familia, about Human Trafficking. Human trafficking relates to trafficking from country to country and also within the United States. It is fueled by fraud, coercion, sexual exploitation, labor slavery and organ selling. About 50,00 people are trafficked to the United States often through Mexico. The victims are often 12 years old, slim and tiny with 80% being female and 15% being minors. 80% are runaways from abuse or homes with domestic violence. 1 out of 3 end up in prostitution within 24 to 48 hours of being on the streets. Those that are caught trafficking can face hefty prison terms. Those seeking prostitution with a minor can also face time in prison. A minor is not able to consent because he or she is a minor.

Economy

Joy In Our Town #383	30:00	15:00	L	PA/O	07/17/2009	2:30 AM
					07/17/2009	10:00 AM
					07/20/2009	8:30 AM

Host Sue Perez talks with Tami Tucker, Clinical Psychologist, about the psychological impact of a job loss. With the downturn in the economy many individuals have been faced with a job loss. This can impact a person's finances, social network, structure and sense of purpose. More men are experiencing anxiety from the loss of a job and are seeking treatment for it. Some of the feelings associated are sadness, shock, confusion, depression, sleeplessness and lack of appetite. How you interpret the job loss will determine how you get through it. It's important that individuals receive support and love regardless of their job. It's also important that they don't feel alone, they make getting a job their new job, they have structure to their routine and they monitor their thoughts.

Joy In Our Town # 389	30:00	15:00	L	PA/O	08/21/2009	2:30 AM
					08/21/2009	10:00 AM
					08/24/2009	8:30 AM

Host Sue Perez talks with Kelly Rogers, Director of Education for the Consumer Credit Counseling Service of Orange County, about bankruptcy. It is very difficult to file for bankruptcy and not have it hurt your credit report. Medical bills contribute to 60% of debt. In 2005, a law was passed that would require a person to do pre-filing counseling before being able to file for bankruptcy. When consumers file for bankruptcy, creditors take a loss. Many people use their credit cards for basic living or pull out money to use for their mortgages. There are a lot of options to prevent bankruptcy. Housing can be the easiest kind of problem to deal with. People need to be proactive in seeking assistance for their situation from either counselors or lenders.

Joy In Our Town #389	30:00	15:00	L	PA/O	08/21/2009	2:30 AM
					08/21/2009	10:00 AM
					08/24/2009	8:30 AM

Host Sue Perez talks with Kelly Rogers, Director of Education for the Consumer Credit Counseling Service of Orange County, about identity theft. It refers to someone's name being stolen. 10 million people are affected by identity theft each year and no one is safe. People need to be careful of the personal information that they give out. If a bank calls asking for information, call the bank back to verify. Shred all unsolicited mail. Never keep your social security card in your wallet. Check our mail and the billing cycles. It's better to receive them electronically so that you can monitor it. It's also important to check your credit score each year for unnecessary accounts. Seniors need to be extra careful since they are often seen as easy targets.

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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 #393	30:00	15:00	L	PA/O	09/18/2009	2:30 AM
					09/18/2009	10:00 AM
					09/21/2009	8:30AM

Host Dr. Sue Perez talks with Sean Ryan, with Coast Reality Solutions, Inc, about loan modifications. Loan modifications are agreements with the bank on loans already in existence to prevent foreclosures. People usually need a loan modification if interest rates change during the life of the loan or if a person becomes unemployed or sick. People should speak to their lender if they are falling behind in payments. They may need to put together a loan modification request which would include documentation of hardship, pay stubs, bank statements and previous 2 years of tax returns. A person may be denied a loan modification if there is no income. It is best to have some type of income.

Joy In Our Town # 393	30:00	15:00	L	PA/O	09/18/2009	2:30 AM
					09/18/2009	10:00 AM
					09/21/2009	8:30AM

Host Dr. Sue Perez talks with Sean Ryan, with Coast Reality Solutions, Inc, about foreclosures. Foreclosures is damaging for everyone and can be prevented. A short sale is always better than a foreclosure. Short sales are a relatively new phenomenon as a result of the declining economy over the past several years. Short sales allow enough to pay the lender but not enough to pay the real estate agent. Good communication with the lender is a plus. It shows that you are trying to make it work. Right now there are great prices for 1st time buyers.

700 Club CBN NewsWatch #070609	1:00:00	6:00	REC	PA/O/E	7/06/2009	12:00 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	12:00 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

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create your own good times. If you just have to turn on the TV, here's a way to make it extremely interactive. Put on a movie, mute the sound and make up the dialogue yourselves. The cheesier the movie, the better. Make Hollywood wish you had been the screenwriters. Let's dwell now on sunnier times -- namely those days sunny or warm enough to escape the house and enjoy the big world outdoors. Grab neighbor kids and hold a mini-Olympics. Come up with all your own competitions -- the wackier the better. Run backward all the way around the house. Toss everyone's stuffed animals in wagons and take them for an expedition. Here's one for getting your kids to think about others -- do secret good deeds, such as gathering up litter or fixing something a neighbor needs repaired behind their back. Camp out in the backyard. Sleep there. Cook there. Eat there. If you have some woods or waters nearby, go to them often, enjoy them, let them change you. Study the plants, the animals, the rocks and the stars. Other tips include reading together -- making stories a big part of your family. Do mental games like build your perfect home or plan your perfect vacation. It will widen your horizons and ignite your imaginations. Write your own family history a day at a time. If you cannot afford a fancy vacation, you may think you have to splurge on stay-cations to make them really fun. But it turns out your biggest profits could come from doing the things that have no price tag at all. And because they're free, you can do them any time. So think about it. You can have happier kids, stronger family ties, and a better outlook on life. While reaping all of these rewards, you could also save a few thousand dollars in the process.

Economy

<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>
700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	09/21/2009	12:00 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.

Civic Affairs

Joy In Our Town #384	30:00	15:00	L	PA/O/E	07/10/2009	2:30 AM
					07/10/2009	10:00 AM
					07/13/2009	8:30 AM

Host Sue Perez talks with Michele Martinez, Santa Ana Councilmember, about the California Endowment that the city was selected, along with 14 other cities, to receive. It would help to provide health insurance for children. There would be focus on a area of particular need for the next 10 years. Money would be directed to non-profits to make a difference in transportation, housing, safety, poverty and crime. The city was selected because of the high numbers of young people, 65,000. The city would try to help bring the different services in the community together and try to incorporate health polices into each one.

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