

Trinity Broadcasting Network

WDLI-TV

Canton, Ohio

January, February, March 2011

Eastern Time

Leading Community Issues

Economy

Health

Education

Family

Housing

Civic Affairs

Other Areas of Concern

Employment

Crime

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Economy</i>	Joy in Our Town #1509	28:45	13:30	L	PA/O/E	02/25/2011	1:00 PM
						02/26/2011	3:30 AM
						03/07/2011	11:30 AM

Veronica Callahan, Executive Director of the Family Economic Success Program, says that everyone could find areas of careless spending if they were to track their expenses for one month. Many people are shocked to see that the little expenses, such as buying a daily cup of coffee on their way to work or smoking cigarettes, can be quite costly. Budgeting is a simple way to balance monthly income against monthly living expenses. Veronica says that a person should treat themselves as they have earned it however she encourages people to also save some money. Many financial institutions can set up saving accounts for retirement, holidays and vacation.

Joy in Our Town #1509	28:45	13:30	L	PA/O/E	02/25/2011	1:00 PM
					02/26/2011	3:30 AM
					03/07/2011	11:30 AM

Professionals are required to be aware of the constantly changing tax laws in order to prepare the best return for their client. Veronica Callahan, Executive Director of the Family Economic Success Program, talked about some of the common mistakes people make when filing their own tax returns. Many families who prepare their own return miss out on thousands of dollars because they are not aware of the credits that they may be eligible for such as Earned Income Tax Credit and Child Tax Credits. Families must also be aware of the time restrictions on tax credits; many are shocked to discover that they can no longer claim a credit because of their child's age. Many free tax services are available to low to moderate income families to ensure they are receiving all the tax credits they are eligible for.

Joy in Our Town #1515	28:45	13:30	L	PA/O/E	03/21/2011	11:30 AM
					03/22/2011	3:30 AM
					03/24/2011	3:30 AM

Norm Craig, Presentation Manger of Western-Southern Financial Group, says that credit has become a major problem in America. The average household has at least one credit card with a balance in excess of \$9,000. Credit card balances should be paid in full at the end of the billing cycle to avoid interest fees. Reducing debt begins by accounting for what is being spent, analyzing the areas of waste and making necessary adjustments: In other words, creating and adhering to a budget. Proper credit card use can help build, repair or establish a good credit report.

Joy in Our Town #1515	28:45	13:30	L	PA/O/E	03/21/2011	11:30 AM
					03/22/2011	3:30 AM
					03/24/2011	3:30 AM

Rhonda Wheeler, CEO of Help Our Women, said the benefit to going into business is to bring growth which creates spending and in turn a strong economy. The black community seems to have lost its hope of becoming successful due to job loss. Rhonda encourages women to step up to the plate to help restore the economy through entrepreneurship. Some of the barriers of moving toward entrepreneurship are lack of resources both financial and educational. Women need to learn to reach out for and accept the help that is available: they must also have the courage to get out of their comfort zones to find it. The internet is a great tool with a wealth of information to help women research and find their niche and move forward to making that dream a reality.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1502	28:45	13:30	L	PA/O/E	01/03/2011 01/06/2011	11:30 AM 4:30 AM

Charles Woolfork, Development Services Director of Mustard Seed Development Center, shared tips with viewers on how to get a handle on their finances to become debt free. Too often people confuse their wants with their needs; these two are complete opposites and will be damaging to anyone's budget. When a person sits down and takes a look at their income and where that money is being spent their eyes are open to where they can free up money to pay on debt or to start a savings plan. A person that smokes, drinks and plays the lottery regularly can easily spend upwards of thirty thousand dollars a year.

Health

	Joy in Our Town #1503	28:45	13:30	L	PA/O/E	01/14/2011 01/15/2011 01/17/2011 01/18/2011 01/20/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Marcella Martell, Registered Dietitian at Aultman Weight Management, says that changing our behaviors is the most difficult process of losing weight. Both men and women typically consume much more than the recommended 1500 to 1200 calories a day. Cutting calories is an important part of losing weight however too few calories will result in a slow metabolism. Successful weight loss can be achieved by nourishing our bodies with fruits, vegetables, lean meats and milk products as well as regular exercise.

	Joy in Our Town #1506	28:45	13:30	L	PA/O/E	02/04/2011 02/05/2011 02/07/2011 02/08/2011 02/10/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Heart disease is the number one killer of both men and women in America. Cardiovascular disease occurs when the heart cannot circulate blood throughout the body because the vessels are clogged. Adene Keller, Registered Nurse at Aultman Heart Cardiac Rehabilitation Center, tells that there are three things that increase our risk of cardiovascular disease that we cannot change that: aging, gender and genetics. Our diet, which we can change, increases our risk of cardiovascular disease greatly. Exercise and good nutrition such as fruits, vegetables and whole grains can help reduce our risk of cardiovascular disease.

	Joy in Our Town #1506	28:45	13:30	L	PA/O/E	02/04/2011 02/05/2011 02/07/2011 02/08/2011 02/10/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Nicotine is as addictive as cocaine and heroin. Sara Schaub, Tobacco Cessation Specialist at Aultman Hospital, says that people usually try to quit smoking cigarettes between seven and nine times before they are successful. Nicotine physically alters our brain function: that is why nicotine replacement therapy is beneficial to people who have difficulty dealing with the withdraw symptoms. The psychological side of addiction is associating certain activities to smoking such as smoking a cigarette while driving or with a morning cup of coffee. Overcoming the nicotine addiction is a difficult process however the health benefits are tremendous; the body begins to repair itself as soon as 30 minutes after the last cigarette is smoked.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1508	28:45	13:30	L	PA/O/E	02/18/2011 02/19/2011 02/21/2011 02/22/2011 02/24/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM

Dale Hodgson, Regional Technical Manager of Rose Pest Solutions, says that bed bugs are the world's greatest hitchhikers. Bed bugs were a huge issue years ago but they disappeared until recently. Numerous cases of bed bugs have been reported in the Akron/Canton Ohio area. Although bed bugs do not carry a disease there are secondary health risks for people that have bed bugs. Some people react differently to the bug bite and will scratch the affected area which could lead to an infection of the skin. Dale shared some pictures of what bed bugs look like so viewers could be watchful when they visit hotels. Getting rid of these pests can be difficult as they flatten themselves and can squeeze into the tiniest cracks.

	Joy in Our Town #1514	28:45	13:30	L	PA/O/E	03/28/2011 03/29/2011 03/31/2011	11:30 AM 3:30 AM 3:30 AM
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Dawn Miller, Program Officer for Sisters of Charity Foundation of Canton, told a story of a 12 year old boy who died because his mother could not access or afford to have his infected tooth removed. In Stark county 30% of third grade students have at least one active cavity. Oral health care is extremely important especially for those who have other health illnesses such as heart disease and diabetes. Bacteria from an infected tooth can travel throughout our bloodstream and can be fatal. Parents need to role model good oral hygiene to their children; mothers can take preventative measures even during pregnancy.

	Doctor to Doctor #284	28:30	8:00	REC/L	PA/O/E	01/11/2011	12:30 PM
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Dr. Dan Collins talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. **Dr. Clark Gerhart** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest; there can be additional years of specialized study. It can take quite a few years to become a doctor.

	Doctor to Doctor #285	28:30	8:00	REC/L	PA/O/E	01/18/2011	12:30 PM
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Dr. James Krystosik talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or food intolerance. It's important to identify the food and eliminate it from the diet. **Dr. John Fischer** talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. **Dr. Martin Finkelstein** talked about arthritis; does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #291	28:30	8:00	REC/L	PA/O/E	03/08/2011	12:30 PM

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

	700 Club NewsWatch #010611	1:00:00	6:00	REC	PA/O/E	01/06/2011	3:00 PM
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Lori Johnson, CBN News Reporter, says resolving to live healthier in the new year is a great decision! If that's your goal, you should know studies show that the more specific you can be, the more likely you will reach your goal. Here are the top ten healthy habits for the new year: 1. Exercise. Exercising has both short-term and long-term benefits. Right away, it can improve your mood, reduce stress, and even make your brain work better. Over time, exercise can prevent health problems ranging from obesity and diabetes to heart disease and even cancer. Even with all these benefits, some 60 percent of Americans stay on the couch. If you'd like to be in the 40 percent of regular exercisers, psychologists say to focus on the first three weeks. Be encouraged that it will get easier! Studies have shown that any activity repeated daily becomes a habit after three weeks. 2. Eat a healthy breakfast. Preferably with protein, within 90 minutes of waking-up. This starts your metabolism for the day and also prevents you from getting too hungry and overeating later in the day. 3. Eat five servings of fruits and vegetables a day. One serving equals a 1/2 cup of cooked vegetables or a full cup of raw or leafy vegetables or one small whole fruit. 4. Avoid trans fats. Trans fats are found mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated," stay away. 5. Eat good fats. Omega-3s are found in foods like fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds, and flaxseed. These have been shown to reduce the risk of heart disease, improve your immunity, and reduce inflammation. 6. Avoid sugar. This is one of the toughest. Its negative laundry list runs from obesity to diabetes to heart disease and cancer. The average American consumes 135 pounds of sugar a year, compared with 109 pounds 20 years ago and only five pounds in the late 1800s! 7. Cleanse your hands often. Eating right and exercising aren't the only habits that keep you healthy. Did you know the best way to avoid getting sick is to keep your hands clean? When using hand sanitizer, make sure it's at least 60 percent alcohol, get in all those nooks and crannies, and rub your hands until they're dry. When using soap and water, lather-up for a full 20 seconds. 8. Practice good dental health. Believe it or not, periodontal infection contributes to heart disease, diabetes, and even premature, underweight births. 9. Get regular screening. The type of screenings you need depend on your age and gender, so consult with your doctor about which ones you need. Some of the most important ones include an annual physical, blood pressure, and cholesterol test, colonoscopy, mammogram, pap test, and prostate and skin cancer screening. 10. Get enough sleep. So at this time of year, when many of us vow to start afresh, take note of these habits to make 2011 your healthiest year yet.

	700 Club NewsWatch #020811	1:00:00	5:00	REC	PA/O/E	02/08/2011	3:00 PM
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Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern

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	Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	01/25/2011	12:30 PM
	<p>Dr. Eric Braverman talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. Dr. Ace Anglin talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. Dr. Susan Cole talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.</p>						
	Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	02/01/2011	12:30 PM
	<p>Dr. Jessica Setnick talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. Dr. Teresa Carlson talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. Dr. Karen Bierman talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.</p>						
	Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	02/08/2011	12:30 PM
	<p>Dr. Bettye Alston talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. Dr. James Mittelberger talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. Dr. David Cawley talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.</p>						
	Doctor to Doctor #289	28:30	28:30	REC	PA/O/E	02/15/2011	12:30 PM
	<p>Dr. Mike Ronsisvalle talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. Kay Spears talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. Dr. Dale Peterson talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.</p>						
	Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	02/22/2011	12:30 PM
	<p>Lisa Buldo talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. Dr. Ace Anglin talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. Dr. Glee Steele talked about vision and learning. It's important that vision is working</p>						

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properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.

Doctor to Doctor #292		28:30	28:30	REC	PA/O/E	03/15/2011	12:30 PM
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Dr. Don Colbert talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. **Dr. Malcolm Hill** talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. **Dr. Kelafo Collie** talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

Doctor to Doctor #239		28:30	28:30	REC	PA/O/E	03/22/2011	12:30 PM
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Dr. Tonya Lyons talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. **Dr. Gerard Guillory** talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. **Dr. Chris Lewis** talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.

Education

Joy in Our Town #1503		28:45	13:30	L	PA/O/E	01/14/2011	1:00 PM
						01/15/2011	3:30 AM
						01/17/2011	11:30 AM
						01/18/2011	3:30 AM
						01/20/2011	3:30 AM

The state government is responsible for providing adequate funds to educate all students. Vernon Sykes, Ohio's 44th District Representative, says that education is at a high importance in today's world and this year is going to be very difficult to maintain adequate resources due to the state's deficit. Studies have shown that from the time of conception right up until the beginning of kindergarten is the most critical time period for the brain development. Early childhood education is extremely important in learning language, music and physical activities that promote coordination which help to structure the brain. Technology is a very critical area, students need to focus their attention on science and math if they are want to be globally competitive.

Joy in Our Town #1476		28:45	13:30	L	PA/O/E	01/28/2011	1:00 PM
						01/29/2011	3:30 AM
						01/31/2011	11:30 AM
						02/01/2011	3:30 AM
						02/03/2011	3:30 AM

Education directly impacts the economy therefore the business communities in Stark County make it a high priority to support education. Canton Regional Chamber of Commerce has teamed up with many organizations in the community such as Stark Education Partnership to bring about awareness of the importance of college education. David Kaminski, Director of Education and Government Affairs, talked

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	Joy in Our Town #1500	28:45	13:30	L	PA/O/E	01/04/2011 01/06/2011	3:30 AM 3:30 AM

Discipline is necessary for all aspects of life. Many parents believe that discipline is getting their child to immediately do what they are told. Debbie Jansen, Director of The Family Training Center, has years of experience in helping families overcome issues of discipline. A child who feels like a slave or a prisoner will often rebel when they reach their teenage years. Children are less likely to experiment in areas such as drugs, alcohol or promiscuous activities if they learn the truth and the consequences of each from their parents at an early age.

	Joy in Our Town #1504	28:45	13:30	L	PA/O/E	01/07/2011 01/08/2011 01/10/2011 01/11/2011 01/13/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Pam McKee says that only about 50% of pregnancies are planned. Being a registered nurse for Pregnancy Support Center she thought that number would have been even lower. Women that plan their pregnancies are better able to avoid health risks for the baby. Any medical condition that the mother has before she becomes pregnant will most likely be more complex during pregnancy. Anemia, gestational diabetes and hypertension are common health complications during pregnancy. Depression can be an issue after the birth of the baby and is more likely to become a problem if mental health issues exist before pregnancy. Maintaining a healthy weight, avoiding unhealthy habits such as smoking and drinking will increase the chances of having a healthy baby.

	Joy in Our Town #1504	28:45	13:30	L	PA/O/E	01/07/2011 01/08/2011 01/10/2011 01/11/2011 01/13/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Low self esteem can hold a person back from achieving their dreams. Pam McKee, Medical Clinic Director at Aultman Hospital, described self esteem as how a person perceives themselves in their mind whether negative or positive. Parents that hear their child saying negative things about themselves should be concerned that their child may have low self esteem. Open communication in the family is very evident in those who have a higher self esteem. Self esteem is a lifelong process. Low self esteem is repairable because it is a mind process; stopping negative thoughts as they come in is very important. Low self esteem in foster children is very common. Focusing on a person's positive instead of negative can help them overcome self esteem issues. Steps to overcoming low self esteem; read the Bible get the words of Christ in your heart, he is telling the truth who you are.

	Joy in Our Town #1507	28:45	13:30	L	PA/O/E	02/11/2011 02/12/2011 02/14/2011 02/15/2011 02/17/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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One in three children are growing up today without fathers. John Hafford, Program Manager for Fame Fathers, says that statistics have shown that children without fathers are more likely to live in poverty and fail academically or even have more health related issues. Men that are not able to support their child financially can still have a positive influence in their child's life. Helping a child with homework or taking a walk or going to the grocery store together can give a child that sense of belonging that they all look for. Selflessness is an important piece of successful parenting.

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	Joy in Our Town #1514	28:45	13:30	L	PA/O/E	03/28/2011 03/29/2011 03/31/2011	11:30 AM 3:30 AM 3:30 AM

Goodwill Industries parenting class Supervisor Carol Hershey says that many times young women lose custody of their children not due to their parenting skills but more so because of making poor decisions. Carol says that 13 years ago it was primarily women who were court ordered to participate in parenting classes but now that more fathers are raising children the class is about equal. Communication is a very important piece of successful parenting. Parents need to spend more time nurturing and talking to their babies because although they may not seem to understand facial expressions say a lot. Quality time spent on the floor playing or taking the child to the park is very important as well. Discipline means to guide or teach and starts at a very young age. Kids love to know what is happening next: Establishing routines and having a structured environment give children a sense of security.

	Joy in Our Town #1439	28:45	13:30	L	PA/O/E	03/25/2011 03/26/2011	1:00 PM 3:30 AM
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A new baby is a learning experience for everyone especially new fathers. Gordon Swaino, Coach of the Boot Camp for New Dad's program at Summa Health, says that having a baby should not change what you do so much as how you do it. Boot Camp for New Dad's is a national organization that teaches men the ropes of how to deal with a crying baby, how to change diapers as well as safety issues that involve a new baby such as the damaging effects of shaken baby syndrome. Not only do new dads need to learn how to communicate and care for their babies they must also take into consideration the needs of the new mommy. Fathers that know what to expect are better able to cope with the new changes in their family.

Housing

	Joy in Our Town #1464	28:45	13:30	L	PA/O/E	01/21/2011 01/22/2011 01/24/2011 01/25/2011 01/27/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Bradley Payne, Senior Single Family Housing Specialist and Douglas Shelby, Field Office Director for the Cleveland U.S. Department of Housing and Urban Development, were on this segment to discuss reverse mortgages. Many seniors live in a situation that Doug calls "house rich and cash poor", meaning their houses have a lot of equity but they are struggling financially. Equity is the difference between what is owed on a house and the house's market value. Reverse mortgages provide folks with capital that they can use to at their discretion to make home improvements or simply live from day to day. All those interested in reverse mortgage are required to have counseling prior to making their application.

	Joy in Our Town #1464	28:45	13:30	L	PA/O/E	01/21/2011 01/22/2011 01/24/2011 01/25/2011 01/27/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Northern Ohio has seen a spike in foreclosures due to subprime or predatory loans as well as economic downturn. Douglas Shelby, Field Office Director for the Cleveland U.S. Department of Housing and Urban Development, talked about the number of programs available to help homeowners who are facing foreclosure. Bradley Payne, Senior Single Family Housing Specialist, says that the first thing a home owner can do if they cannot make their mortgage payment is to contact their lender: Most people do exactly the opposite. It is in the best interest of both the lender and the owner to make arrangement that will keep foreclosure from taking place.

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	Joy in Our Town #1508	28:45	13:30	L	PA/O/E	02/18/2011 02/19/2011 02/21/2011 02/22/2011 02/24/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM

Anthony O'Leary, Executive Director of Akron Metropolitan Housing Authority, has seen a shift in need for affordable housing. In previous years public housing served people who had no income. Recently, especially since welfare reform and the move from a manufacturing to service based economy, more families are working yet their income is not efficient enough to secure affordable housing. Many families pay upwards of the recommended 30% of income on housing which leaves very little money to take care of other needs. Public housing programs can help families pay their rent as well as help them overcome the barriers, such as education, that prevent them from becoming self sufficient.

	Joy in Our Town #1511	28:45	13:30	L	PA/O/E	03/11/2011 03/14/2011	1:00 PM 11:30 AM
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Bob Wilkinson, Chairman of Valor Home Executive Committee, talked about the need to help homeless veterans secure housing. Summit County has about 1000 veterans who are homeless. Many of the veterans are dealing with mental health issues, substance abuse issues as well as just lack of support either family or community. Matthew Slater, Director of Veteran's Programs for Family and Community services, talked about the importance of having wraparound services to ensure that veterans are getting all their needs met.

	Joy in Our Town #1511	28:45	13:30	L	PA/O/E	03/11/2011 03/14/2011	1:00 PM 11:30 AM
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Toree Stokes, CEO of Mustard Seed Development, says that although it appears to be hitting a plateau there is still a huge foreclosure issue. Many homeowners signed a contract with an adjustable rate mortgage and are just beginning to see the effects of the loans resetting. Families that may have been making their mortgage payment are now seeing their payments increase to totals that are no longer affordable for them. The best approach one can take to avoid foreclosure is to contact their lender as soon as they see a problem that could prevent them from making their mortgage payments. Certified HUD counselors can also help families that are at risk of losing their home.

Civic Affairs

	Joy in Our Town #1439	28:45	13:30	L	PA/O/E	03/25/2011 03/26/2011	1:00 PM 3:30 AM
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Billy Soule, Assistant to the Mayor for Community Relations for the City of Akron, says that his office receives many calls each month regarding problems for which city has no jurisdiction over. Although most people learn about the three branches of government in high school, many do not understand the responsibilities of each branch. Billy is currently working on developing a program that will teach the community about government entities and their responsibilities. Citizens that know the works of each branch are less likely to feel they are "getting the runaround" when trying to resolve issues they have whether on the federal, state or local level of government.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
Employment							
	Joy in Our Town #1507	28:45	13:30	L	PA/O/E	02/11/2011 02/12/2011 02/14/2011 02/15/2011 02/17/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM

There are about 5.4 applicants for every job opening right now. Paul Magnus, VP of Workforce Development for Mature Services, says that people, especially older workers, need to learn how to promote themselves in today's very competitive market. Workers need to spend time researching the companies they have interest in to better determine what they have to offer the company. Employers are not necessarily looking for applicants with the most experience but more so the one who meets the specific needs of the employer at that particular time. Many people tend to start searching for jobs by looking in the newspaper or online but about 80% of openings are not advertised, so it is extremely important to get out in the community and talk to people to learn what companies are hiring. Another area that workers tend to overlook is their transferable skills. Older workers take about 50% longer to gain employment: Some need to learn new skills while others may only need to learn how to navigate through today's complex application process.

Crime

	Joy in Our Town #1502	28:45	13:30	L	PA/O/E	01/03/2011 01/06/2011	11:30 AM 4:30 AM
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Canton City Police Chief Dean McKimm acknowledged the existence of gangs within the city. Bruce Allison, Project Director for CIRV (Canton Community Initiative to Reduce Violence), says that seventy-one percent of their shootings occurred by gang members. CIRV states that any gang member that commits an act of violence involving a gun will put the entire gang in jeopardy. Gang members who are on parole or probation have an opportunity to join in CIRV's Call-In where they are encouraged to choose to live a more productive lifestyle. Social service agencies have stepped in to offer services to help gang members get away from a life of crime by helping them finish their education or learn job skills.

	Joy in Our Town #1501	28:45	13:30	L	PA/O/E	01/06/2011	4:00 AM
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Statistics have shown that crime increases during economic downturns however Canton has actually seen a double digit decrease in violent crime over the past two to three years. Dean McKimm, Chief of the Canton Police Department, attributes this success to the community banning together to fight crime and through the use of technology. Communities are coming together through neighborhood watch groups to let criminals know that they will not tolerate crime in their neighborhood. Canton has also installed five cameras throughout the city which have been beneficial in helping detectives solve crimes.

	Joy in Our Town #1501	28:45	13:30	L	PA/O/E	01/06/2011	4:00 AM
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During the holiday season there is normally an uptick in burglaries and robberies. Chief Dean McKimm of the Canton Police Department shared some holiday safety tips. The hustle of holiday shopping is a perfect time for a predator to attack. Always shop in areas in which you are familiar and avoid shopping late at night or alone. Do not carry a lot of cash; using credit or checking account debit cards will reduce the amount the cardholder is responsible to pay in the event that the card is stolen. Neighbors need to ban together and look out for one another to reduce criminal activity.

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

Trinity Broadcasting Network

WDLI-TV

Canton, Ohio

April, May, June 2011

Eastern Time

Leading Community Issues

Minorities

Health

Crime

Family

Economy

Civic Affairs

Other Areas of Concern

Employment

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
Minorities	Joy in Our Town #1520	28:45	13:30	L	PA/O/E	04/01/2011	1:00 PM
						04/02/2011	3:30 AM
						04/04/2011	11:30 AM
						04/05/2011	3:30 AM
						04/07/2011	3:30 AM
<p>Nadine McIlwain-Massey, Executive Director of Coming Together Stark County, talked about the importance of diversity especially in today's global economy. The more diverse an employer's work pool the better they are able to achieve greater success. Businesses that do not have a diverse work population are not using their full potential because everyone has something that they can contribute. Diversity and arts are the top priorities for young people today. When they begin their search for where they want to settle and build their career they look for those two things first. Roosevelt Thomas defined diversity as all of our similarities and differences, so the combination of those things can create positive changes within a community.</p>							
	Joy in Our Town #1527	28:45	13:30	L	PA/O/E	06/03/2011	1:00 PM
						06/04/2011	3:30 AM
						06/06/2011	11:30 AM
						06/07/2011	3:30 AM
						06/09/2011	3:30 AM
<p>In today's global economy we need to have an appreciation and understanding of other cultures. Fedearia Nicholson, Director of Multicultural Development at the University of Akron talked about the importance of diversity among the students as well as the faculty and staff. Cultural diversity as well as spiritual diversity are vital pieces of success. Of the 30,000 students at Akron University about 16% are ethnically underrepresented. Students that do not feel connected tend to struggle academically as well as socially especially in a college setting. College students are no longer competing with students from their area, they are competing with students from different parts of the world. University and colleges provide programming and group support for minorities to help them better achieve their goals.</p>							
	Joy in Our Town #1527	28:45	13:30	L	PA/O/E	06/03/2011	1:00 PM
						06/04/2011	3:30 AM
						06/06/2011	11:30 AM
						06/07/2011	3:30 AM
						06/09/2011	3:30 AM
<p>Fedearia Nicholson, Director of Multicultural Development at the University of Akron, says that although there are 1600 African American male students at the university this population of people have the lowest graduation rate. There are a gamete of reasons why the graduation rate is low among this group. For many, they are first generation college students and do not know what is expected of them. Some come from single parent homes that are struggling financially while others just don't feel connected. Minorities need to grab a hold of the importance and value of a higher education. Preparing for college at a young age will give them an advantage when it is time to choose a college. Programming is becoming more popular to help these men feel connected. Increasing the graduation rate among African American Males would not only make our city more successful but our families would have more stability.</p>							
	Joy in Our Town #1529	28:45	13:30	L	PA/O/E	06/27/2011	11:30 AM
						06/28/2011	3:30 AM
						06/30/2011	3:30 AM
<p>Minorities have more difficulty obtaining capital for entrepreneurship than other groups of people with similar business plans. Small business owners have a lot more restrictions because they do not have the overhead in regards to revenue coming in which makes a lender leery of taking a chance on them. Minorities need to research the market to discover what the fastest growing businesses are; currently IT database development, cabling and voice over IP are taking the lead. The Akron Urban League's Business Development organization can help minorities create a business plan as well as a three year financial projection to give them an edge on obtaining startup capital. Director Tracy Lane believes that minorities can become successful business owners when giving the proper tools.</p>							

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1529	28:45	13:30	L	PA/O/E	06/27/2011 06/28/2011 06/30/2011	11:30 AM 3:30 AM 3:30 AM

Fred Wright, President/CEO of the Akron Urban League talked about civil disadvantages of the 21st century. Minorities lag behind in education and economics. African Americans begin kindergarten with a disadvantage; they tend to have less than half of the vocabulary that the majority population has. This population of people most often focuses on daily survival and things such as reading books are often overlooked. Since the vast amount of urban residents are minorities it is very important to strengthen urban America. Having access and supports to meet the needs of minorities is important and can make a huge difference. Minorities are encouraged to focus on the Stem (science, technology, engineering and math) subjects which need to be mastered in today's society to prepare them for the future global economy.

Health

	Joy in Our Town #1483	28:45	13:30	L	PA/O/E	04/08/2011 04/09/2011 04/11/2011 04/12/2011 04/14/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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The American Cancer Society estimates that at least 1.5 million Americans are given a cancer diagnosis each year. Rebecca Dingle, Nutritionist for The Cancer Project, says that we can make choices to prevent cancer. Diet seems to play the most important role in preventing cancer. Immune systems, which destroy cancer cells, work more efficiently in people that have active lifestyles. Rebecca says that exercise doesn't require joining an expensive gym; it can be as simple as parking a little further away from the door to get to work or shopping. People that smoke or get excessive exposure to sunlight are at risk of getting cancer.

	Joy in Our Town #1521	28:45	13:30	L	PA/O/E	04/29/2011 05/02/2011 05/03/2011 05/05/2011 05/10/2011	1:00 PM 11:30 AM 3:30 AM 3:30 AM 4:30 AM
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Prostate cancer is a silent killer that affects nearly 260,000 men each year. Dr. Ronald Brown, Coordinator of Brother to Brother Project, says that 30,000 men will die from prostate cancer this year. African Americans have the highest rate of prostate cancer than any other group in the world. There are not many warning signs or a definite cause for prostate cancer which could be the reason that so many men do not know they have prostate cancer until it is in an advanced stage. Blood test help to detect cancer however, having a yearly exam can catch this disease in the early stages. Prostate cancer is hereditary and so it is important that one knows their family history. Men should be tested year beginning at age 40 or earlier if they have a family member who has had prostate problems.

	Joy in Our Town #1521	28:45	13:30	L	PA/O/E	04/29/2011 05/02/2011 05/03/2011 05/05/2011 05/10/2011	1:00 PM 11:30 AM 3:30 AM 3:30 AM 4:30 AM
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Dr. Ronald Brown, Coordinator of Brother to Brother Project talked about the prevalence of diabetes especially among minorities. Latinos have the highest rate of diabetes and African Americans fall closely behind with a 60% rate of diabetes. Diabetes is a disease that can go undetected for years especially for those ethnic groups that tend to not have yearly health exams. People who have diabetes die of a heart attack or have a limb amputation or have kidney problems at a higher rate than people who are not affected by this disease. Being overweight, inactive and consuming a poor diet are risk factors of diabetes. Although millions of people have diabetes it can be prevented by maintaining a healthy weight. Following a healthy diet consisting of fruits and vegetables, and limiting red meats and avoiding midnight snacking as well as exercise are ways to help prevent diabetes.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1524	28:45	13:30	L	PA/O/E	05/13/2011 05/14/2011 05/16/2011 05/17/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM

A stroke occurs when blood flow to the brain is blocked. John Andrefsky, Neurologist at Aultman Hospital, tells that there are risk factors that we are not able to change such as age, sex and socioeconomic factors. About 800,000 people in the United States suffered a stroke each year. The statistics are more devastating when you understand the modifiable risk factors that people choose to ignore on a daily basis. Cigarette smoking and hypertension are directly connected to individuals who have suffered a stroke. Exercise helps to prevent health issues and is essential in the recovery process after one as suffered a stroke.

	Joy in Our Town #1525	28:45	13:30	L	PA/O/E	05/20/2011 05/21/2011 05/23/2011 05/24/2011 05/26/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Most children can qualify for HealthyStart Medicaid to address their health concerns, but many adults in the community cannot afford health care. Dottie Achmoody, CEO of OpenM, says there are about 69,000 people without any form of healthcare in Summit County. Many people are unemployed and cannot afford health insurance. Families and individuals that have no insurance coverage are not likely to visit a doctor until they are very ill. This is unfortunate because the illness could have been prevented or discovered before it reached a crisis stage. People that need to take prescription medication will often not take it or split the dosage in half to last longer because they cannot fit that expense into their budget. Social services organizations often offer free screenings to the community but most often they don't follow up with a doctor to further investigate their health concerns.

	Doctor to Doctor #298	28:30	28:30	REC/L	PA/O/E	05/03/2011	12:30 PM
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Lisa Buldo talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

	Doctor to Doctor #299	28:30	28:30	REC/L	PA/O/E	05/10/2011	12:30 PM
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Dr. Christopher Chen talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #304	28:30	28:30	REC/L	PA/O/E	06/14/2011	12:30 PM
	<p>Dr. Ace Anglin talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. Dr. James Krystosik talked about the pH system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. Jannie Wolff talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.</p>						
	Doctor to Doctor #296	28:30	28:30	REC/L	PA/O/E	04/12/2011	12:30 PM
	<p>Dr. Scott Hannen talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. Dr. John Fisher talked about vertebral compression fractures. It is fractures in the spine often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. Dr. Ross Dorsett talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.</p>						
	700 Club CBN NewsWatch #061611	1:00:00	6:00	REC	PA/O/E	06/16/11	3:30 PM
	<p>Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create</p>						

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #295	28:30	28:30	REC	PA/O/E	04/05/2011	12:30 PM
	<p>Dr. Eric Braverman talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. Jessic Setnick talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. Dr. Daniel Leeman talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.</p>						
	Doctor to Doctor #297	28:30	28:30	REC	PA/O/E	04/26/2011	12:30 PM
	<p>Dr. Mike Ronsisvalle talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. Dr. James Mittelberger talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. Dr. Glen Steele talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.</p>						
	Doctor to Doctor #300	28:30	28:30	REC	PA/O/E	05/17/2011	12:30 PM
	<p>Dr. Marc Unterman talked about Ischemic Heart Disease. It's when cholesterol plague builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. Kay Spears talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. Dr. Mark Sheehan talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.</p>						
	Doctor to Doctor #301	28:30	28:30	REC	PA/O/E	05/24/2011	12:30 PM
	<p>Dr. Doreen Lewis talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. Dr. George Alonso talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. Dr. Abinash Achrekar talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.</p>						

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #302	28:30	28:30	REC	PA/O/E	05/31/2011	12:30 PM

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

	Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	06/07/2011	12:30 PM
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Dr. Tonya Lyons Anderson talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. **Dr. Randy Burden** talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. **Dr. Bernice Gonzalez** talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.

	Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	06/21/2011	12:30 PM
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Dr. Valerie Saxon talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. **Dr. Bill Williams** talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. **Dr. Dale Peterson** talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.

Crime

	Joy in Our Town #1523	28:45	13:30	L	PA/O/E	05/06/2011	1:00 PM
						05/07/2011	3:30 AM
						05/09/2011	11:30 AM
						05/10/2011	3:30 AM
						05/12/2011	3:30 AM

The act of bullying is rising. Bullying comes in various forms; verbal, physical and mental. Michael Irby, President of the Akron Chapter of 100 Black Men of America, says that the media plays a role in teaching children to become bullies through the violence that is on television and brought out in the home entertainment games. Too many children have taking their own life due to them being bullied. Communication is essential in curtailing bullying especially in the home. Parents need to talk to their children about bullying and they need to be an example by not being a bully themselves. The community needs to step up and take a role in curbing bullying. By speaking out, which often requires getting in a child's face and politely telling them when they are doing something wrong, we let children know that we care about them and want the best for them. Kids that bully at a young age will often continue that throughout their life however they become more aggressive along the way.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1524	28:45	13:30	L	PA/O/E	05/13/2011 05/14/2011 05/16/2011 05/17/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM

Chandra Robinson, President of the Community Coalition Against Violence, says that violence is often connected to alcoholism, drug abuse, unemployment and lack of recreational activities. In 2010, Canton only had two homicides which was a drastic reduction from the four year prior statistics when 11 people were killed. Reducing violence is the responsibility of everyone. The police cannot be in all areas of the city at all times therefore they rely on the community to report criminal activity and take a stand for reducing violence. Preventing young people from becoming criminals is the best way to reduce crime; we can do this by providing more activities for young people to engage in which leaves little time to get involved in illegal or criminal activities. Neighborhood watch groups are a great way for communities to let criminals know that crime is not welcome in their neighborhood.

	Joy in Our Town #1526	28:45	13:30	L	PA/O/E	05/27/2011 05/28/2011 06/02/2011	1:00 PM 3:30 AM 3:30 AM
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In Ohio we currently have just over 50,000 adults incarcerated. Carol Briney, Executive Director of Reentry Bridge Network Inc. tells that at least 90% of the crimes committed are drug related or influenced by drugs. By addressing the problems in our society that causes a person to pursue drugs, we can reduce the need for so many prisons. The stigmatism that people in prison are bad people is just not true. There are a lot of intelligent, hardworking and spiritual people in the penal system. Felons have a lot to overcome before they can make a change. Three things needed to be successful are a job, a home and support; for a felon finding a job and a home are very difficult. We must work as a community to reduce recidivism by providing support to these individuals.

	Joy in Our Town #1502	28:45	13:30	L	PA/O/E	06/14/2011 06/16/2011 06/17/2011 06/18/2011	3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Canton City Police Chief Dean McKimm acknowledged the existence of gangs within the city. Bruce Allison, Project Director for CIRV (Canton Community Initiative to Reduce Violence), says that seventy-one percent of their shootings occurred by gang members. CIRV states that any gang member that commits an act of violence involving a gun will put the entire gang in jeopardy. Gang members who are on parole or probation have an opportunity to join in CIRV's Call-In where they are encouraged to choose to live a more productive lifestyle. Social service agencies have stepped in to offer services to help gang members get away from a life of crime by helping them finish their education or learn job skills.

	Joy in Our Town #1531	28:45	13:30	L	PA/O/E	06/24/2011 06/25/2011	1:00 PM 3:30 AM
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Reducing crime adds value to a city. Mayor of the City of Canton, William Healy, talked about how the city has managed to reduce crime by 33% since he took office 3 years ago. He began addressing crime by starting internally at the police department by creating a younger workforce. The police force which is smaller in number due to the economy are more effective because of technology and community involvement. Aggressively pursuing criminal activity such as drug dealers, prostitution, rings of shop lifters and theft lowers crime significantly. Shutting down nuisance bars, drug houses, and impacting gang activity has had a huge impact on reducing crime. There is a direct connection between education and crime. As crime goes down our education scores go up. Citizens need to get involved by getting to know neighbors and taking common sense precautions such as locking vehicles and keeping electronics out of sight and reporting suspicious activity.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
Family							
	Joy in Our Town #1507	28:45	13:30	L	PA/O/E	04/12/2011 04/14/2011 04/15/2011 04/16/2011	4:00 AM 4:00 AM 1:00 PM 3:30 AM
One in three children are growing up today without fathers. John Hafford, Program Manager for Fame Fathers, says that statistics have shown that children without fathers are more likely to live in poverty and fail academically or even have more health related issues. Men that are not able to support their child financially can still have a positive influence in their child's life. Helping a child with homework or taking a walk or going to the grocery store together can give a child that sense of belonging that they all look for. Selflessness is an important piece of successful parenting.							
	Joy in Our Town #1523	28:45	13:30	L	PA/O/E	05/06/2011 05/07/2011 05/09/2011 05/10/2011 05/12/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
Michael Irby, President of the Akron Chapter of 100 Black Men of America, talked about the need for young people to have positive role models in their lives. Many children today are being raised in a home without a father figure. Children need guidance and examples to follow: When they do not get these things at home they will find them in the community, which is not always a good choice. Too often parents are trying to be friends to their children when in fact they need to be fair, firm and consistent. The old adage of "it takes a village to raise a child" still rings true today. Positive community members need to embrace children and guide them, especially the ones that have no other positive influence. Mr. Irby says he encourages kids by telling them to keep their grades as well as their pants up and they will be successful. Years ago, mentors were neighbors, family members, and friends who took an active interest in a child's life.							
	Joy in Our Town #1525	28:45	13:30	L	PA/O/E	05/20/2011 05/21/2011 05/23/2011 05/24/2011 05/26/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
Dottie Achmoody, CEO of OpenM and Hannah Nitz, Family Development Specialist, were on this segment to discuss the importance of helping impoverished families succeed. The number of people living in poverty is growing three times as fast as our regular population growth. In Akron 24.6% of the people are classified as living in poverty. Working poor families are replacing the face of poverty that we are used to seeing, which was poor people who had nothing. It is difficult for a provider of a family to make ends meet while working a minimum wage job. It is common to see single mothers struggling to survive; in fact 71% of females are living in poverty. Breaking the cycle of poverty begins with helping people in a holistic way. Educating the public about poverty will help to breakdown stereotypes which can be destructive.							
	Joy in Our Town #1526	28:45	13:30	L	PA/O/E	05/27/2011 05/28/2011 06/02/2011	1:00 PM 3:30 AM 3:30 AM
Carol Briney, Executive Director of Reentry Bridge Network, talked about the affect incarceration has on the family unit. The children of the incarcerated feels that half of them is bad, it eats at them and makes them angry that they do not have that parent. For every two adults in prison there is one child without a parent and in some instances both parents are incarcerated. The grandmother, who ends up raising the children, is traumatized with the thought of her child being in jail and often blames herself. A single mother raising child while the father is in jail has to learn survival skills. Men are known as providers, protectors and possessors, when they are released from prison they automatically want to return to that role, which creates chaos in a home where the women has assumed the man's role.							

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1439	28:45	13:30	L	PA/O/E	06/20/2011 06/21/2011 06/23/2011	11:30 AM 3:30 AM 3:30 AM

A new baby is a learning experience for everyone especially new fathers. Gordon Swaino, Coach of the Boot Camp for New Dad's program at Summa Health, says that having a baby should not change what you do so much as how you do it. Boot Camp for New Dad's is a national organization that teaches men the ropes of how to deal with a crying baby, how to change diapers as well as safety issues that involve a new baby such as the damaging effects of shaken baby syndrome. Not only do new dads need to learn how to communicate and care for their babies they must also take into consideration the needs of the new mommy. Fathers that know what to expect are better able to cope with the new changes in their family.

Economy

	Joy in Our Town #1522	28:45	13:30	L	PA/O/E	04/22/2011 04/25/2011 04/26/2011 04/28/2011 04/30/2011 05/03/2011	1:00 PM 11:30 AM 3:30 AM 3:30 AM 3:30 AM 4:00 AM
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The energy crisis of 1976 brought about the need for a utilities advocacy group to relieve some of the burden on consumers. Chris Verich, Senior Outreach Specialist for the Ohio Consumers Counsel (OCC), tells that the residential community advocacy service is still vitally important in helping Ohioans with problems concerning natural gas, electric, water services and telephone. OCC fights on the behalf of consumers when they are a complaint about billing, service or costs of their utilities. Choosing a nature gas supplier is often confusing; OCC gives consumers a detailed list of each gas provider so they can make an informed decision.

	Joy in Our Town #1522	28:45	13:30	L	PA/O/E	04/22/2011 04/25/2011 04/26/2011 04/28/2011 04/30/2011 05/03/2011	1:00 PM 11:30 AM 3:30 AM 3:30 AM 3:30 AM 4:00 AM
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The Ohio Consumers Counsel has saved Ohioans over 10 billion dollars since its inception in 1976. Senior Outreach Specialist Chris Verich shares some tips on how to reduce the amount of energy we use. Today's appliances are more energy efficient; newer appliances which carry the blue energy star emblem are the most efficient appliances. CFL (compact fluorescent light bulb) use less energy and produce minimal heat. In addition to energy savings, CFL's are also easier on the family budget as they have a longer life than incandescent light bulbs. Refrigerators account for about 9% of our energy use because they are constantly operating. Proper placement of refrigerators (out of direct sunlight) as well as central air conditioning units (in a shaded area) is very important in reducing the amount of energy used. During hot summer days keep the house as dark as possible to prevent heat buildup and use the microwave instead of the oven. Adjusting the thermostat by 1 degree can save 2-3% on the energy bill. Proper maintenance on appliances such as replacing filters and removing dust cannot help the appliance run more efficiently but extends the life of the appliance.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1528	28:45	13:30	L	PA/O/E	06/10/2011 06/11/2011 06/13/2011	1:00 PM 3:30 AM 11:30 AM

Vince Watts, President/CEO of Greater Stark County Urban League, says poverty is a condition of the wallet and poor is a condition of the mind: If we can change the condition of the wallet then we can change the condition of the mind. Generational poverty can be overcome however it is difficult to convince a third generation of impoverished individuals that they can be successful. Many people too willingly accept that they live in poverty. Familiar territory for survival often is applying for county assistance for cash, food stamps and housing assistance. Education is the primary driver of moving out of poverty. In today's world, having a high school diploma is not enough; one must have trade skill. Those who have desire to be successful can accomplish that goal when they have a strong support team behind them whether that support comes from family, friends, or the community.

	Joy in Our Town #1502	28:45	13:30	L	PA/O/E	06/14/2011 06/16/2011 06/17/2011 06/18/2011	3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Charles Woolfork, Development Services Director of Mustard Seed Development Center, shared tips with viewers on how to get a handle on their finances to become debt free. Too often people confuse their wants with their needs; these two are complete opposites and will be damaging to anyone's budget. When a person sits down and takes a look at their income and where that money is being spent their eyes are open to where they can free up money to pay on debt or to start a savings plan. A person that smokes, drinks and plays the lottery regularly can easily spend upwards of thirty thousand dollars a year.

	Joy in Our Town #1531	28:45	13:30	L	PA/O/E	06/24/2011 06/25/2011	1:00 PM 3:30 AM
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City of Canton's Mayor, William Healy, says that in order to build a stronger economy the city must bring businesses into the area. Companies will not move into a community that has high crime rates and low education scores. The combination of crime reduction and improved education scores is helping Canton become more attractive to businesses. Since the mayor took office over three years ago the crime rate has decreased by 33% which in turn increases graduation rates. Bringing companies into an area that has an uneducated or unskilled workforce is not ideal. Stark State College has been instrumental in providing classes that will help individuals be prepared for today's job market. Canton's vast water supply is a great asset to attracting larger businesses.

Civic Affairs

	Joy in Our Town #1439	28:45	13:30	L	PA/O/E	06/20/2011 06/21/2011 06/23/2011	11:30 AM 3:30 AM 3:30 AM
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Billy Soule, Assistant to the Mayor for Community Relations for the City of Akron, says that his office receives many calls each month regarding problems for which city has no jurisdiction over. Although most people learn about the three branches of government in high school, many do not understand the responsibilities of each branch. Billy is currently working on developing a program that will teach the community about government entities and their responsibilities. Citizens that know the works of each branch are less likely to feel they are "getting the runaround" when trying to resolve issues they have whether on the federal, state or local level of government.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Employment</i>							
	Joy in Our Town #1520	28:45	13:30	L	PA/O/E	04/01/2011 04/02/2011 04/04/2011 04/05/2011 04/07/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
Regina Settimio, Community Employment Supervisor at Goodwill Industry in Canton, talked about some of the barriers that prevent individuals from obtaining employment. Aside from not having a high school diploma many people do not have the skills required to complete a job application properly. Today many people lack work ethic: One must understand the importance of arriving to work at the appropriate time. Common courtesy of others and communication skills are often absent in individuals seeking employment. Employers often are not willing to hire individuals who have a criminal background. All of these things can be overcome by reaching out to area organizations that can help individuals earn a GED, assist them in learning a new trade or go to college to earn a degree.							
	Joy in Our Town #1483	28:45	13:30	L	PA/O/E	04/08/2011 04/09/2011 04/11/2011 04/12/2011 04/14/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
Rick Owens, Job Developer Supervisor for Minority Behavioral Health Group, shared some tips for young people seeking employment. Today's job market requires at least a high school education. Many professions are nearly impossible to get into without a degree or a job programming certificate. Appearance, communication skills and a good work ethic are needed for good paying jobs. Young people often omit hidden skills from their resumes. Things such as mowing the grass or cooking dinner may seem like everyday things but could be the determining factor to being hired by an employer.							
	Joy in Our Town #1507	28:45	13:30	L	PA/O/E	04/12/2011 04/14/2011 04/15/2011 04/16/2011	4:00 AM 4:00 AM 1:00 PM 3:30 AM
There are about 5.4 applicants for every job opening right now. Paul Magnus, VP of Workforce Development for Mature Services, says that people, especially older workers, need to learn how to promote themselves in today's very competitive market. Workers need to spend time researching the companies they have interest in to better determine what they have to offer the company. Employers are not necessarily looking for applicants with the most experience but more so the one who meets the specific needs of the employer at that particular time. Many people tend to start searching for jobs by looking in the newspaper or online but about 80% of openings are not advertised, so it is extremely important to get out in the community and talk to people to learn what companies are hiring. Another area that workers tend to overlook is their transferable skills. Older workers take about 50% longer to gain employment: Some need to learn new skills while others may only need to learn how to navigate through today's complex application process.							
	Joy in Our Town #1528	28:45	13:30	L	PA/O/E	06/10/2011 06/11/2011 06/13/2011	1:00 PM 3:30 AM 11:30 AM
Education and employment go hand in hand. Without proper education it is difficult to find a job. Vince Watts, President/CEO Greater Stark County Urban League, tells that there are a few other important factors to gaining employment. Soft skills such as giving a firm handshake while smiling and looking an interviewer in the eyes could be the determining factor of getting hired. Employers are looking for individuals with a positive attitude and a desire to succeed. Job seekers who are willing to do menial jobs just to get their foot in the door are more likely to move up the ladder of success at a much faster pace. Employers are looking for individuals who are currently employed: This shows accountability and reliability. There is a myth that there are not jobs for today's youth. Young people's best source for a job right now is their grandparents who have they need done that they would rather pay someone else to do.							

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

Trinity Broadcasting Network

WDLI-TV

Canton, Ohio

July, August, September 2011

Eastern Time

Leading Community Issues

Youth

Health

Crime

Seniors

Housing

Civic Affairs

Other Areas of Concern

Substance Abuse

Family

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
Youth	Joy in Our Town #1534	28:45	13:30	L	PA/O/E	07/29/2011	1:00 PM
						07/30/2011	3:30 AM
						08/01/2011	11:30 AM
						08/02/2011	3:30 AM
						08/04/2011	3:30 AM
						08/18/2011	4:30 AM
						09/29/2011	4:00 AM

Young people are less likely to be mischievous when they are engaged in positive activities. Many young people join gangs for the purpose of feeling like they belong or fit in. Many young people complain that "there is nothing to do" in Akron. Billy Soule, Assistant to the Mayor of Akron, says that very few youth will step up to the plate and voice their opinions of what they would like to have available to them. Jasmine Wyatt, Board Member of PeaceMakers, wants to see young people become more involved in their community. Jasmine, being a teen herself, tells that there are plenty of activities available for young people; they may have to step outside their comfort zone and try new things. Experimenting with various activities may help a young person to discover a hidden talent. Many older citizens feel that young people are trouble makers and often fear the youth. Adults can provide encouragement for children to participate in positive activities by acknowledging young people and helping them feel that they too are an important part of their community.

Joy in Our Town #1537	28:45	13:30	L	PA/O/E	08/26/2011	1:00 PM
					08/27/2011	3:30 AM
					08/29/2011	11:30 AM
					08/30/2011	3:30 AM
					09/01/2011	3:30 AM
					09/13/2011	4:30 AM

Bobbi Beale, Director of Group Programs at Child & Adolescent Behavior Health, defined bullying as a repeated attempt to control, intimidate, or harass another person. In recent years the media has brought attention to bullying by sharing stories of attempted suicide or murder due to bullying. Years ago bullies were thought of as boys just being boys, intimidating others through name calling. Today's technologically advanced society has changed the face of bullying. Today's bully can intimidate their target through texting, email, and social networking sites such as Facebook and MySpace. A great deal of bullying occurs around or near schools. Schools are now required to report bullying as any other crime as well as provide steps to address both the perpetrator and the victim. The negative effects are widespread; an anxious victim will not be able to keep up academically and about 1/3 have played hooky or called off sick out of fear. Most often a child will not report that they are being targeted for fear that the threats will increase. Parents need to talk to the child, be open to hearing and assure them that they will get protection and everything will be ok.

Joy in Our Town #1537	28:45	13:30	L	PA/O/E	08/26/2011	1:00 PM
					08/27/2011	3:30 AM
					08/29/2011	11:30 AM
					08/30/2011	3:30 AM
					09/01/2011	3:30 AM
					09/13/2011	4:30 AM

Bobbi Beale, Group Programs Director for Child & Adolescent Behavior Health, says about one in five children have a diagnosable mental or behavioral health disorder but only about 25% of those kids get treatment. All children experience times of good and bad behaviors. Most children are able to return to normal with some coaching; children who are affected by mental illness are not easily drawn back into the norm. ADHD (attention deficit hyperactivity disorder) is the most common diagnosis for children. An ADHD child struggles socially so they tend to have fewer friends and their academics are compromised due to their inability to concentrate. Medication along with social skill building can help this child tremendously. Dr. Beale says parents should not withhold ADHD medication from children. ADHD medication is just as important as insulin would be to a diabetic child.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1539	28:45	13:30	L	PA/O/E	09/02/2011	1:00 PM
						09/03/2011	3:30 AM
						09/05/2011	11:30 AM
						09/06/2011	3:30 AM
						09/08/2011	3:30 AM
						09/13/2011	4:00 AM

Many children today are being raised by their mothers in single parent homes. Darrick Griffin, Preventative Specialist for Urban Ounce of Prevention Services, Inc., tells that young men need the positive influence of another male, particularly their father. Children that do not have father figures are more likely to get involved with alcohol and tobacco and other drugs. Alexander Cagle, Program Coordinator, teaches kids how to deal with violence and avoid alcohol and other drugs. Most kids when aware of dangers will make positive decisions. Evaughn Cagle, Executive Director, says that when kids are involved in positive activities they achieve better grades in school and become leaders in their community.

	Joy in Our Town #1425	28:45	13:30	L	PA/O/E	09/23/2011	1:00 PM
						09/24/2011	3:30 AM
						09/26/2011	11:30 AM
						09/27/2011	3:30 AM
						09/29/2011	3:30 AM

Sexual abuse on children happens more often than it is reported. Eighty percent of the sexual abuse on children is committed by someone the child knows and trusts. Kim Kroh, Rape Crisis Counselor for the American Red Cross Rape Crisis Center and Erin Rafter, Trauma Team Leader at Child & Adolescent Behavioral Health, discuss how sexual abuse affects children. Studies have shown that abuse affect the child's brain development. Children that do not receive counseling often have poor coping skills later in life and are more likely to engage in risky behaviors. Children need to be taught about unsafe touching and what they should do if someone violates them.

Health

	Joy in Our Town #1521	28:45	13:30	L	PA/O/E	07/01/2011	1:00 PM
						07/02/2011	3:30 AM
						07/07/2011	3:30 AM
						07/12/2011	4:00 AM

Prostate cancer is a silent killer that affects nearly 260,000 men each year. Dr. Ronald Brown, Coordinator of Brother to Brother Project, says that 30,000 men will die from prostate cancer this year. African Americans have the highest rate of prostate cancer than any other group in the world. There are not many warning signs or a definite cause for prostate cancer which could be the reason that so many men do not know they have prostate cancer until it is in an advanced stage. Blood test help to detect cancer however, having a yearly exam can catch this disease in the early stages. Prostate cancer is hereditary and so it is important that one knows their family history. Men should be tested year beginning at age 40 or earlier if they have a family member who has had prostate problems.

	Joy in Our Town #1521	28:45	13:30	L	PA/O/E	07/01/2011	1:00 PM
						07/02/2011	3:30 AM
						07/07/2011	3:30 AM
						07/12/2011	4:00 AM

Dr. Ronald Brown, Coordinator of Brother to Brother Project talked about the prevalence of diabetes especially among minorities. Latinos have the highest rate of diabetes and African Americans fall closely behind with a 60% rate of diabetes. Diabetes is a disease that can go undetected for years especially for those ethnic groups that tend to not have yearly health exams. People who have diabetes die of a heart attack or have a limb amputation or have kidney problems at a higher rate than people who are not affected by this disease. Being overweight, inactive and consuming a poor diet are risk factors of diabetes. Although millions of people have diabetes it can be prevented by maintaining a healthy weight. Following a healthy diet consisting of fruits and vegetables, and limiting red meats and avoiding midnight snacking as well as exercise are ways to help prevent diabetes.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1524	28:45	13:30	L	PA/O/E	07/12/2011	4:30 AM
						07/15/2011	1:00 PM
						07/16/2011	3:30 AM
						07/18/2011	11:30 AM
						07/19/2011	3:30 AM
						07/21/2011	3:30 AM
						07/26/2011	4:00 AM

A stroke occurs when blood flow to the brain is blocked. John Andrefsky, Neurologist at Aultman Hospital, tells that there are risk factors that we are not able to change such as age, sex and socioeconomic factors. About 800,000 people in the United States suffered a stroke each year. The statistics are more devastating when you understand the modifiable risk factors that people choose to ignore on a daily basis. Cigarette smoking and hypertension are directly connected to individuals who have suffered a stroke. Exercise helps to prevent health issues and is essential in the recovery process after one as suffered a stroke.

	Joy in Our Town #1533	28:45	13:30	L	PA/O/E	07/22/2011	1:00 PM
						07/23/2011	3:30 AM
						07/25/2011	11:30 AM
						07/26/2011	3:30 AM
						07/28/2011	3:30 AM

The normal reading for blood pressure is less than 120/80. Dr. Steve Malosky, Cardiologist Aultman Hospital, explained what the two numbers in a blood pressure reading tell us. Arteries carry oxygen rich blood to all the tissues and organs in the body. Arteries become weaken and less efficient when the blood pressure stays elevated for an extended period of time: Arteries lose their elasticity. Many people do not know that they have high blood pressure until they are diagnosed with a serious health issue. High blood pressure is asymptomatic and known as the "silent killer" because there are no warning signs that the blood pressure is elevated. African Americans are more likely to have high blood pressure as are people who have a family history of hypertension. It is important for people to get their blood pressure measured at least once a year.

	Joy in Our Town #1533	28:45	13:30	L	PA/O/E	07/22/2011	1:00 PM
						07/23/2011	3:30 AM
						07/25/2011	11:30 AM
						07/26/2011	3:30 AM
						07/28/2011	3:30 AM

High blood pressure affects the cardiovascular system and can cause a number of ill health effects. Some risk factors for hypertension can be modified by exercising, maintaining a healthy weight, eating a balanced diet and quitting cigarette smoking. Age, gender, race and family history are risk factors that cannot be changed. Dr. Steve Malosky, Cardiologist at Aultman Hospital, says that a person should not take in more than 2300mg of sodium per day because of the effect it has on the blood pressure. Processed foods, restaurant foods, and canned foods are typically high in sodium and should be avoided as much as possible. A person who is diagnosed with hypertension should take their medicine as directed and avoid the use of OTC medicine without consulting their physician.

	Doctor to Doctor #307	28:30	28:30	REC/L	PA/O/E	07/05/2011	12:30 PM
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Dr. Scott Hannen talked about food and suppression. Some foods can steal energy which can lead to being tired, rundown and feeling depressed. It's important to eat a balance diet and to exercise. **Dr. Ross Dorsett** talked about stroke. It is caused by areas of damage to the brain or spinal cord due to lack of blood flow. Risk factors include smoking, diabetes and high cholesterol. It's important to get medical attention with the onset of symptoms. **Dr. Mason Savage** talked about teeth whitening. It should not be performed if you have active tooth decay or periodontal disease. A dental exam should be performed prior to whitening to determine if you are an adequate candidate. Some problems cannot be corrected by whitening.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #314	28:30	28:30	REC/L	PA/O/E	08/23/2011	12:30 PM
	<p>Dr. Isabel Lopez talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. Dr. James Krystosik talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. Dr. Carl Schmidt talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.</p>						
	Doctor to Doctor #317	28:30	28:30	REC/L	PA/O/E	09/13/2011	12:30 PM
	<p>Dr. Mark Brown talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. Kay Spears talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. Dr. Brian Nimphius talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrate move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.</p>						
	Doctor to Doctor #308	28:30	28:30	REC	PA/O/E	07/12/2011	12:30 PM
	<p>Dr. Mike Ronsisvalle talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. Jessica Setnick talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. Dr. James Mittelberger talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.</p>						
	Doctor to Doctor #309	28:30	28:30	REC	PA/O/E	07/19/2011	12:30 PM
	<p>Dr. Doreen Lewis talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. Dr. George Rhoades talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. Dr. Mark Sheehan talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.</p>						
	Doctor to Doctor #310	28:30	28:30	REC	PA/O/E	07/26/2011	12:30 PM
	<p>Dr. Rita Hancock talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. Dr. Randy Brinson talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. Dr. Jeffery Crowhurst talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.</p>						

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #311	28:30	28:30	REC	PA/O/E	08/02/2011	12:30 PM
	<p>Dr. Bill Williams talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. Dr. Charles Simmons talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. Dr. Jill Westkaemper talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.</p>						
	Doctor to Doctor #315	28:30	28:30	REC	PA/O/E	08/30/2011	12:30 PM
	<p>Dr. Stephanie Blenner talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. Dr. Dale Peterson talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. Dr. Bernice Gonzalez talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.</p>						
	Doctor to Doctor #316	28:30	28:30	REC	PA/O/E	09/06/2011	12:30 PM
	<p>Dr. Valerie Saxon talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. Dr. Wayne Gordon talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. Dr. Rick Winick talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.</p>						
	Doctor to Doctor #318	28:30	28:30	REC	PA/O/E	09/20/2011	12:30 PM
	<p>Dr. Barbara Madden talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. Dr. Sylvia Johnson talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. Dr. Allen Moore talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.</p>						

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1524	28:45	13:30	L	PA/O/E	07/12/2011	4:30 AM
						07/15/2011	1:00 PM
						07/16/2011	3:30 AM
						07/18/2011	11:30 AM
						07/19/2011	3:30 AM
						07/21/2011	3:30 AM
						07/26/2011	4:00 AM

Crime

Chandra Robinson, President of the Community Coalition Against Violence, says that violence is often connected to alcoholism, drug abuse, unemployment and lack of recreational activities. In 2010, Canton only had two homicides which was a drastic reduction from the four year prior statistics when 11 people were killed. Reducing violence is the responsibility of everyone. The police cannot be in all areas of the city at all times therefore they rely on the community to report criminal activity and take a stand for reducing violence. Preventing young people from becoming criminals is the best way to reduce crime; we can do this by providing more activities for young people to engage in which leaves little time to get involved in illegal or criminal activities. Neighborhood watch groups are a great way for communities to let criminals know that crime is not welcome in their neighborhood.

	Joy in Our Town #1534	28:45	13:30	L	PA/O/E	07/29/2011	1:00 PM
						07/30/2011	3:30 AM
						08/01/2011	11:30 AM
						08/02/2011	3:30 AM
						08/04/2011	3:30 AM
						08/18/2011	4:30 AM
						09/29/2011	4:00 AM

Billy Soule, Assistant to the Mayor of Akron, says that although many people would suggest it, young people are not responsible for the bulk of crime that occurs in the city. PeaceMakers, a program for youth and directed by youth, was formed three years ago to address the issue of crime. Akil Gregory, Executive Board Member of the group, feels like the community is generally safe. In order for crime to be address it must first be discussed. PeaceMakers' goal is to get more kids involved in learning about how crime affects their city and to voice their opinions of how to address crime. PeaceMaker members host and attend various outreaches in the community each year to help other youth understand the importance of reporting crime and to stress the importance of not engaging in criminal activity. Many young people feel that "snitching" is wrong; not giving thought that they, too, could become a victim if a perpetrator is not caught.

	Joy in Our Town #1539	28:45	13:30	L	PA/O/E	09/02/2011	1:00 PM
						09/03/2011	3:30 AM
						09/05/2011	11:30 AM
						09/06/2011	3:30 AM
						09/08/2011	3:30 AM
						09/13/2011	4:00 AM

Child abuse and neglect is as prevalent now as it was 30 years ago when a Seattle, Washington judge struggled each night with decisions he made concerning abused children. Lawyers are present in the courtroom on behalf of the parents and an attorney for children's services advocates on state's behalf; however no one represents the child. Attorney Brant Luther of the Stark County Family Court shares information about the CASA/GAL program. Volunteers gather information about the child by interviewing doctor, teachers, minister, daycare worker or others that have contact with the child as well as the child. They then make a recommendation in the courtroom as to the best interest of the child.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1425	28:45	13:30	L	PA/O/E	09/23/2011 09/24/2011 09/26/2011 09/27/2011 09/29/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM

Every two seconds someone in the United States is sexually assaulted. Eight percent of all sexual assaults are committed by someone that the victim knows. Kimberly Kroh, Red Cross Rape Crisis Counselor, says that, for many victims, the emotional trauma of rape is far more devastating than the physical trauma. It is often difficult for a victim to talk about or to report the crime. Erin Rafter, Trauma Team Leader at Child & Adolescent Behavioral Health, talks about the many services that are available for victims and their family. Victim's advocates are available to help guide victims through the court proceedings and counselors are available for the healing process.

	Joy in Our Town #1523	28:45	13:30	L	PA/O/E	09/08/2011 09/22/2011 09/30/2011	4:00 AM 4:00 AM 1:00 PM
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The act of bullying is rising. Bullying comes in various forms; verbal, physical and mental. Michael Irby, President of the Akron Chapter of 100 Black Men of America, says that the media plays a role in teaching children to become bullies through the violence that is on television and brought out in the home entertainment games. Too many children have taking their own life due to them being bullied. Communication is essential in curtailing bullying especially in the home. Parents need to talk to their children about bullying and they need to be an example by not being a bully themselves. The community needs to step up and take a role in curbing bullying. By speaking out, which often requires getting in a child's face and politely telling them when they are doing something wrong, we let children know that we care about them and want the best for them. Kids that bully at a young age will often continue that throughout their life however they become more aggressive along the way.

	Joy in Our Town #1526	28:45	13:30	L	PA/O/E	09/08/2011 09/15/2011 09/19/2011 09/22/2011	4:30 AM 4:00 AM 11:30 AM 4:30 AM
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In Ohio we currently have just over 50,000 adults incarcerated. Carol Briney, Executive Director of Reentry Bridge Network Inc. tells that at least 90% of the crimes committed are drug related or influenced by drugs. By addressing the problems in our society that causes a person to pursue drugs, we can reduce the need for so many prisons. The stigmatism that people in prison are bad people is just not true. There are a lot of intelligent, hardworking and spiritual people in the penal system. Felons have a lot to overcome before they can make a change. Three things needed to be successful are a job, a home and support; for a felon finding a job and a home are very difficult. We must work as a community to reduce recidivism by providing support to these individuals.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Seniors</i>							
	Joy in Our Town #1535	28:45	13:30	L	PA/O/E	08/12/2011	1:00 PM
						08/13/2011	3:30 AM
						08/15/2011	11:30 AM
						08/16/2011	3:30 AM
						08/18/2011	3:30 AM
						09/01/2011	4:30 AM
						09/29/2011	4:30 AM

There are about 750,000 seniors in northeast Ohio. That number is expected to grow to about one million by the year of 2020. Paul Holm, Executive Director Rebuilding Together Greater Cuyahoga Valley, talked about the challenges that the aging population face. The bathroom seems to be the leading cause of home hazards for seniors. Installing a grab bar in the shower or near the toilet provides more stability. The second struggle for seniors is climbing up and down stairs. Rebuilding Together helps home owners with simple low cost modifications such as converting a dining room into a bedroom, moving laundry and bathrooms on one level so the senior can stay safe and remain in their homes as long as possible.

	Joy in Our Town #1538	28:45	13:30	L	PA/O/E	09/09/2011	1:00 PM
						09/10/2011	3:30 AM
						09/12/2011	11:30 AM
						09/13/2011	3:30 AM
						09/15/2011	3:30 AM

Sam McCoy, VP for Elder Rights at the Area Agency on Aging talked about elder rights. The rights of elders are no different than our rights however elder's rights particularly in long term care facilities often become overlooked. Basic privacy issues are an issue; the resident may be getting washed in places that are not private. Educating the public that elders in long term facilities have a right to make decisions for themselves is important. Abuse is a significant problem but it is a small portion of the issues that Area Agency on Aging deal with. Elder abuse has always been a problem and in these economic times we see it more of a problem. Often we see a grandmother that may need facility care being kept in the home because the family member relies on grandmother's social security check to pay bills. Eviction from nursing home is the number one problem in Ohio for nursing home residents; they must be given a 30 day notice. People should always speak up if they suspect that an elder right has been violated.

	Joy in Our Town #1538	28:45	13:30	L	PA/O/E	09/09/2011	1:00 PM
						09/10/2011	3:30 AM
						09/12/2011	11:30 AM
						09/13/2011	3:30 AM
						09/15/2011	3:30 AM

Sam McCoy, VP of Elder Rights for the Area Agency on Aging, says that it is never too early to plan for the future. Families need to come together to discuss with their loved one what their wishes are for the future especially in the event of a major health crisis. Long term care is thought of narrowly: We tend to envision the old folk's home or the nursing home but essentially nursing care is just one step in the long continuum of care areas. Most seniors wish to remain in their home for as long as possible. Healthcare, more specifically assisted care and full care facilities, is very expensive. Mr. McCoy recommends that seniors live the least restricted, home-like setting as possible for their condition. Home care is available for seniors who are Medicaid eligible to keep them in the community rather than in a long term facility.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1540	28:45	13:30	L	PA/O/E	09/16/2011 09/17/2011 09/20/2011 09/22/2011	1:00 PM 3:30 AM 3:30 AM 3:30 AM

As the baby boomer generation expands there is a greater need to make sure that they are eating properly. Teresa Barry, CEO of Meals on Wheels of Stark & Wayne Counties, says that a senior who is released from the hospital is likely to be re-admitted within 30 days for the same illness if they do not get the nutrition they need. Seniors are more likely to not want to "waste time" cooking for one and do not want to be a burden on their families. They will eat convenient foods such as hot dogs, lunchmeat, and junk food. Seniors that have meals delivered to their homes daily or weekly tend to be healthier and live longer.

	Joy in Our Town #1540	28:45	13:30	L	PA/O/E	09/16/2011 09/17/2011 09/20/2011 09/22/2011	1:00 PM 3:30 AM 3:30 AM 3:30 AM
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Terrence Sullivan, Postal Inspector, investigates scams that target people through the mail to take their money. Seniors are a targeted group because they are more likely to have savings and be financially secure. Seniors are also more polite and trusting than the younger generations. A lot of seniors' memories are failing so scammers are better able like to convince seniors that they have had an ongoing relationship. Seniors need to be less trusting of those who call their phone or sends unsolicited mail or emails. Seniors are more likely to talk to strangers on the phone if they feel lonely. Seniors that are involved in other activities such as church or other social events are less likely to fall for scams.

Housing

	Joy in Our Town #1532	28:45	13:30	L	PA/O/E	07/08/2011 07/09/2011 07/11/2011 07/12/2011 07/14/2011 07/26/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 4:30 AM
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Canton City Mayor William Healy talked about the thousands of homes in canton that have been vacated because of foreclosure and various other reasons. The city has about 500 houses that have been torn down or that are scheduled to be demolished. Those houses were decaying and creating problems in the neighborhoods. Abandoned houses attract drug dealers and prostitutes as well as curious youth. Citizen's views on addressing abandoned houses vary; some want the houses torn down while others want them restored and sold. Mayor Healy pointed out that both views require resources that the city does not have available at this time. The city's budget allows for limited homes being razed. Low income families, which the city has a majority of, couldn't afford to purchase and repair the houses to make them suitable for living.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1511	28:45	13:30	L	PA/O/E	08/05/2011	1:00 PM
						08/06/2011	3:30 AM
						08/08/2011	11:30 AM
						08/09/2011	3:30 AM
						08/11/2011	3:30 AM
						08/18/2011	4:00 AM

Bob Wilkinson, Chairman of Valor Home Executive Committee, talked about the need to help homeless veterans secure housing. Summit County has about 1000 veterans who are homeless. Many of the veterans are dealing with mental health issues, substance abuse issues as well as just lack of support either family or community. Matthew Slater, Director of Veteran's Programs for Family and Community services, talked about the importance of having wraparound services to ensure that veterans are getting all their needs met.

	Joy in Our Town #1511	28:45	13:30	L	PA/O/E	08/05/2011	1:00 PM
						08/06/2011	3:30 AM
						08/08/2011	11:30 AM
						08/09/2011	3:30 AM
						08/11/2011	3:30 AM
						08/18/2011	4:00 AM

Toree Stokes, CEO of Mustard Seed Development, says that although it appears to be hitting a plateau there is still a huge foreclosure issue. Many homeowners signed a contract with an adjustable rate mortgage and are just beginning to see the effects of the loans resetting. Families that may have been making their mortgage payment are now seeing their payments increase to totals that are no longer affordable for them. The best approach one can take to avoid foreclosure is to contact their lender as soon as they see a problem that could prevent them from making their mortgage payments. Certified HUD counselors can also help families that are at risk of losing their home.

	Joy in Our Town #1535	28:45	13:30	L	PA/O/E	08/12/2011	1:00 PM
						08/13/2011	3:30 AM
						08/15/2011	11:30 AM
						08/16/2011	3:30 AM
						08/18/2011	3:30 AM
						09/01/2011	4:30 AM
						09/29/2011	4:30 AM

As the fall season approaches, homeowners need to make sure they are prepared for winter. Paul Holm, Executive Director of Rebuilding Together Greater Cuyahoga Valley, says that the furnace is going to go out on the coldest day of the year. When the weather is warm few people give thought of doing maintenance to the furnace to ensure it is ready when the cold weather sets in. It is cost effective to maintain a furnace but repairing a furnace can be quite costly. Paul recommends that homeowners get their furnace checked once a year and no more than every two years preferably in the warmer months so any problem can be addressed before cold weather sets in. Furnace filters need to be replaced according to manufacturer's guidelines. Weather stripping around doors and covering drafty windows with plastic not only prevents drafts but it reduces the work load of the furnace as well.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1536	28:45	13:30	L	PA/O/E	08/19/2011	1:00 PM
						08/20/2011	3:30 AM
						08/22/2011	11:30 AM
						08/23/2011	3:30 AM
						08/25/2011	3:30 AM
						09/01/2011	4:00 AM

Adult women, according to Legacy III, are an invisible population of homeless people in our community. Board President Bill Barber defined homeless as not having a permanent resident or being in a housing situation that could change at any moment. Darnella McNeil, Founder of Legacy III says that women are easily able to move in with a family member, boyfriend or live in places that are unsuitable for humans. The number of homeless people is much larger than statistics indicate: Persons seeking social services must provide some sort of address to qualify for programs, this gives a false impression that fewer people are in need of housing. Housing is a necessity for women recovering from addiction. Transitional housing provides an opportunity for a lady to create a foundation to change her life and become a productive citizen.

Civic Affairs

	Joy in Our Town #1532	28:45	13:30	L	PA/O/E	07/08/2011	1:00 PM
						07/09/2011	3:30 AM
						07/11/2011	11:30 AM
						07/12/2011	3:30 AM
						07/14/2011	3:30 AM
						07/26/2011	4:30 AM

City of Canton Mayor William Healy talked about how the city is affected by budget cuts. In a very short period of time after the mayor took office in 2008 he had to reduce 20% of the city's spending without much warning and notice. Obvious changes included downsizing city government payroll and learning to live within our means. The city has 100 fewer employees than when the mayor took office however no one was fired or laid off: Many positions were not filled as older employees retired. Safety services such a police and fire accounted for 2/3 of the budget. The mayor was able to reduced the number of policemen because crime has dropped significantly and the number of fireman due to the city's population decreasing. The city now has a relatively stable situation.

Substance Abuse

	Joy in Our Town #1536	28:45	13:30	L	PA/O/E	08/19/2011	1:00 PM
						08/20/2011	3:30 AM
						08/22/2011	11:30 AM
						08/23/2011	3:30 AM
						08/25/2011	3:30 AM
						09/01/2011	4:00 AM

Darnella McNeil, Founder/CEO of Legacy III and Board President Bill Barber talked about how prevalent addictions and substance abuse are in women. Women may turn to drugs or alcohol during or after a traumatic life event that they are not able to cope with in a healthy manner. Addictions can strain relationships with family and friends, giving women a sense of feeling alone or uncared for. Many women want to stop the addiction but cannot do it on their own: These women may need inpatient treatment. After treatment these women need to find a way to regain their independence which can be quite a struggle. Darnella encourages women to take the necessary steps and effort to overcome addictions so they can focus on becoming successful.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Family</i>							
	Joy in Our Town #1523	28:45	13:30	L	PA/O/E	09/08/2011 09/22/2011 09/30/2011	4:00 AM 4:00 AM 1:00 PM

Michael Irby, President of the Akron Chapter of 100 Black Men of America, talked about the need for young people to have positive role models in their lives. Many children today are being raised in a home without a father figure. Children need guidance and examples to follow: When they do not get these things at home they will find them in the community, which is not always a good choice. Too often parents are trying to be friends to their children when in fact they need to be fair, firm and consistent. The old adage of "it takes a village to raise a child" still rings true today. Positive community members need to embrace children and guide them, especially the ones that have no other positive influence. Mr. Irby says he encourages kids by telling them to keep their grades as well as their pants up and they will be successful. Years ago, mentors were neighbors, family members, and friends who took an active interest in a child's life.

	Joy in Our Town #1526	28:45	13:30	L	PA/O/E	09/08/2011 09/15/2011 09/19/2011 09/22/2011	4:30 AM 4:00 AM 11:30 AM 4:30 AM
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Carol Briney, Executive Director of Reentry Bridge Network, talked about the affect incarceration has on the family unit. The children of the incarcerated feels that half of them is bad, it eats at them and makes them angry that they do not have that parent. For every two adults in prison there is one child without a parent and in some instances both parents are incarcerated. The grandmother, who ends up raising the children, is traumatized with the thought of her child being in jail and often blames herself. A single mother raising child while the father is in jail has to learn survival skills. Men are known as providers, protectors and possessors, when they are released from prison they automatically want to return to that role, which creates chaos in a home where the women has assumed the man's role.

Trinity Broadcasting Network

WDLI-TV

Canton, Ohio

October, November, December 2011

Eastern Time

Leading Community Issues

Housing

Economy

Crime

Unemployment

Family

Civic Affairs

Local Electoral Affairs

Other Areas of Concern

Health

Substance Abuse

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
Housing	Joy in Our Town #1545	28:45	13:30	L	PA/O/E	10/03/2011	11:30 AM
						10/04/2011	3:30 AM
						10/06/2011	3:30 AM
						10/07/2011	1:00 PM
						10/08/2011	3:30 AM
						10/13/2011	4:00 AM

Years ago a homeless person was thought of as an old guy with a brown paper bag who hopped trains. Mary Ellen Hess Cameron, Executive Director of ICAN Housing Solutions Inc, says that the face of homeless has changed. The vast majority of homeless are people who have hit hard times financially. Today's homeless population shows no boundaries; even people that come from well to do families become homeless. It isn't uncommon to see two parent families with children living in their car. As many as 40% of people who are living in homeless shelters have a job but cannot afford housing. The living wage is close to thirteen dollars an hour while the average working wage is closer to eleven dollars. There has been an increase in the number of foster children that are homeless; at the age of 18 years they are no longer given a housing subsidy to stay with their foster family.

Joy in Our Town #1545	28:45	13:30	L	PA/O/E	10/03/2011	11:30 AM
					10/04/2011	3:30 AM
					10/06/2011	3:30 AM
					10/07/2011	1:00 PM
					10/08/2011	3:30 AM
					10/13/2011	4:00 AM

Executive Director Mary Ellen Hess Cameron tells that ICAN Housing Solutions Inc. has been providing housing for 23 years to people who have severe mental illness. The anxiety of having no place to sleep especially during cold, rainy weather is traumatic for people who are not affected by mental illness. Housing is essential for those affected by mental illness. Living on the streets is a dangerous place for someone with mental illness: They are an easy target to drug dealers who could easily steal their medication. It is extremely difficult for social service agencies to deliver much needed services such as counseling to these individuals. Stable housing provides mental illness patients with a sense of security and a greater chance of living a normal life.

Joy in Our Town #1532	28:45	13:30	L	PA/O/E	10/06/2011	4:00 AM
					10/13/2011	4:30 AM

Canton City Mayor William Healy talked about the thousands of homes in canton that have been vacated because of foreclosure and various other reasons. The city has about 500 houses that have been torn down or that are scheduled to be demolished. Those houses were decaying and creating problems in the neighborhoods. Abandoned houses attract drug dealers and prostitutes as well as curious youth. Citizen's views on addressing abandoned houses vary; some want the houses torn down while others want them restored and sold. Mayor Healy pointed out that both views require resources that the city does not have available at this time. The city's budget allows for limited homes being razed. Low income families, which the city has a majority of, couldn't afford to purchase and repair the houses to make them suitable for living.

Joy in Our Town #1536	28:45	13:30	L	PA/O/E	10/06/2011	4:30 AM
					12/23/2011	1:00 PM

Darnella McNeil, Founder of Legacy III says that adult women are an invisible population of homeless people in our community. Board President Bill Barber defined homeless as not having a permanent resident or being in a housing situation that could change at any moment. Darnella says that women are easily able to move in with a family member, boyfriend or live in places that are unsuitable for humans. The number of homeless people is much larger than statistics indicate: Persons seeking social services must provide some sort of address to qualify for programs, this gives a false impression that fewer people are in need of housing. Housing is a necessity for women recovering from addiction. Transitional housing provides an opportunity for a lady to create a foundation to change her life and become a productive citizen.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1549	28:45	13:30	L	PA/O/E	11/07/2011	11:30 AM

It is not uncommon for people who live in drafty houses to use their stovetops and ovens as a source of heat. Arnold Pearl, Senior Quality Assurance Monitor for Cleveland Housing Network's House Warming Program, talked about the importance of safety and the necessity of preparing homes for winter weather. Dirty appliances used to heat the home give produce deadly carbon monoxide fumes. The safest way to address the comfort level in the home is to find the source of why the home is cold. A dirty furnace filter will affect the furnace's operation and needs to be changed regularly. A tremendous amount of heat loss occurs in older homes that have little or no insulation. Heat rises so it is important that the attic have proper insulation. Not only is a drafty home uncomfortable, it is also a drain on the family's finances. Homeowners can address the heat loss by caulking around windows or installing plastic over windows or even using heavier drapes to keep the cold out at night. The sun can help warm the house in the daytime if the windows are clean to allow the heat to permeate through.

	Joy in Our Town #1494	28:45	13:30	L	PA/O/E	11/24/2011 12/02/2011	4:00 AM 1:00 PM
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Homeownership is a huge responsibility. Rochelle Fisher, Executive Director of Habitat for Humanity of Summit County, talked about things to consider before becoming a homeowner. Folks need to look at their credit reports first; taking care of any delinquent accounts and reducing their overall debt. Home maintenance should be given consideration when thinking of purchasing a home. Renters often don't have the expense of lawn care or the task of changing furnace filters or cleaning gutters. Homeowners automatically become the "landlord" responsible for making repairs. Homeowners are required to pay property taxes as well as pay for all utilities.

	Joy in Our Town #1553	28:45	13:30	L	PA/O/E	11/28/2011 11/29/2011	11:30 AM 3:30 AM
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Deborah LaValla, Commanding Officer at the American Rescue Workers, has noticed that the face of homelessness has truly changed: It used to be a nomadic kind of person that never really established homage in a community but today the homeless population are residents who have been in that community for a long time that have experienced extreme economic difficulty. Emergency shelters were once used by people whose homes burnt and they had no place to go but now people just have no housing. The waiting list for some of the community housing programs can be up to two years long. Most non-profits are faced with the inability to take care of the whole homeless population. Another mindset is that homeless are not working but that isn't the case. Many are working however their job or maybe previous financial hardships are holding them back and they cannot afford a place of their own. Disabled people and mentally challenged are also affected by homelessness: Group homes are full and again the waiting list to get into those are very long. Commanding Officer Victor LaValla said that the community must come together to address homelessness: no one organization alone can tackle such a huge problem.

Economy

	Joy in Our Town #1548	28:45	13:30	L	PA/O/E	10/17/2011 10/18/2011 10/20/2011 10/21/2011 10/22/2011	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Robert Fenn, Public Affairs Specialist, talked about the entitlement benefits available through Social Security. Anyone that pays into social security via FICA tax accrues credits each year. Over a lifetime an individual must earn 40 credits, four credits per year, to be eligible for these benefits. Social security statements explain how much a person has earned as well as the benefits that the individual is entitled to receive through various circumstances. Social security looks at your top 35 years of individual's earnings; the more you earn - the higher your payment will be when you need those benefits. Although these benefits are available, social security should be thought of as a supplement not a sole way of surviving.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1548	28:45	13:30	L	PA/O/E	10/17/2011 10/18/2011 10/20/2011 10/21/2011 10/22/2011	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM

Preparing for retirement can be quite confusing. Social Security Retirement program is for individuals who have paid into social security and their spouse, their minor children or disabled adult children. Robert Fenn, Public Affairs Specialist, tells that the earliest a person can file for retirement benefits is at the age of 62 years. A person that waits even a month past their retirement age will receive a larger monthly payment. Full retirement age for those born between 1943 and 1954 is 66; age 67 for those born in 1960 or later. The rate they receive is basically locked in and will not increase when that person reaches their full retirement age: A person should try to hold off filing for retirement as long as possible. More grandparents than ever before are taking care of their grandchildren: If the grandparent has adopted their grandchild then that child is able to file under their grandparents record. Social security on average replaces about 40% of the individual's income so it is beneficial to plan for the future.

	Joy in Our Town #1522	28:45	13:30	L	PA/O/E	10/20/2011	4:00 AM
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The energy crisis of 1976 brought about the need for a utilities advocacy group to relieve some of the burden on consumers. Chris Verich, Senior Outreach Specialist for the Ohio Consumers Counsel (OCC), tells that the residential community advocacy service is still vitally important in helping Ohioans with problems concerning natural gas, electric, water services and telephone. OCC fights on the behalf of consumers when they are a complaint about billing, service or costs of their utilities. Choosing a nature gas supplier is often confusing; OCC gives consumers a detailed list of each gas provider so they can make an informed decision.

	Joy in Our Town #1522	28:45	13:30	L	PA/O/E	10/20/2011	4:00 AM
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The Ohio Consumers Counsel has saved Ohioans over 10 billion dollars since its inception in 1976. Senior Outreach Specialist Chris Verich shares some tips on how to reduce the amount of energy we use. Today's appliances are more energy efficient; newer appliances which carry the blue energy star emblem are the most efficient appliances. CFL (compact fluorescent light bulb) use less energy and produce minimal heat. In addition to energy savings, CFL's are also easier on the family budget as they have a longer life than incandescent light bulbs. Refrigerators account for about 9% of our energy use because they are constantly operating. Proper placement of refrigerators (out of direct sunlight) as well as central air conditioning units (in a shaded area) is very important in reducing the amount of energy used. During hot summer days keep the house as dark as possible to prevent heat buildup and use the microwave instead of the oven. Adjusting the thermostat by 1 degree can save 2-3% on the energy bill. Proper maintenance on appliances such as replacing filters and removing dust cannot help the appliance run more efficiently but extends the life of the appliance.

	Joy in Our Town #1549	28:45	13:30	L	PA/O/E	11/07/2011	11:30 AM
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James Mann, Quality Control Monitor and Arnold Pearl, Senior Quality Assurance Monitor for Cleveland Housing Network's House Warming Program shared some tips to reducing utility costs in home. Residents can reduce energy use in their homes by lowering the setting on the hot water tank. Most people believe that windows are the main reason for home energy loss but in fact it is in the attic. The attic and the outer walls of the home need insulated. The water utility bill can be reduced by 10 dollars a year just by putting a "bladder" into the cold water tank of the toilet, thus reducing the amount of water used by flushing the toilet. Replacing the shower head to a low flow shower head can reduce water and sewer rates by about 60 dollars a year. Compact fluorescent light bulbs use less energy than incandescent bulbs and last longer. Gas dryers are more efficient than electric dryers. Double spin washer loads removes more from the clothes which will take less time to dry. Refrigerators and freezers are the biggest energy hogs, if you have an older appliance you need to replace it with a more energy efficient appliance.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
<i>Crime</i>	Joy in Our Town #1523	28:45	13:30	L	PA/O/E	10/01/2011	3:30 AM
	<p>The act of bullying is rising. Bullying comes in various forms; verbal, physical and mental. Michael Irby, President of the Akron Chapter of 100 Black Men of America, says that the media plays a role in teaching children to become bullies through the violence that is on television and brought out in the home entertainment games. Too many children have taking their own life due to them being bullied. Communication is essential in curtailing bullying especially in the home. Parents need to talk to their children about bullying and they need to be an example by not being a bully themselves. The community needs to step up and take a role in curbing bullying. By speaking out, which often requires getting in a child's face and politely telling them when they are doing something wrong, we let children know that we care about them and want the best for them. Kids that bully at a young age will often continue that throughout their life however they become more aggressive along the way.</p>						
	Joy in Our Town #1546	28:45	13:30	L	PA/O/E	10/10/2011	11:30 AM
						10/11/2011	3:30 AM
						10/13/2011	3:30 AM
						10/14/2011	1:00 PM
						10/15/2011	3:30 AM
	<p>There are about 2100 ex-offenders that are released from the penitentiary system each year in Summit County. Dennis Shawhan, Executive Director of Broken Chains Ministry, says that the buzz word right now is reentry. Without supports from the community and their family, four out of ten offenders will return to the system within three years. Ex-offenders face many challenges when returning to society. Housing, employment, identity restoration, reintegration with family, substance abuse and mental health issues are the most common issues ex offenders must deal with. Society has changed for those who have been in prison for a number of years. Swiping a card at the gas pump and filling out a job application online are foreign to them. Resources to help these ex offenders overcome their challenges are out there however they need pointed in the direction to access them.</p>						
	Joy in Our Town #1526	28:45	13:30	L	PA/O/E	10/20/2011	4:30 AM
	<p>In Ohio we currently have just over 50,000 adults incarcerated. Carol Briney, Executive Director of Reentry Bridge Network Inc. tells that at least 90% of the crimes committed are drug related or influenced by drugs. By addressing the problems in our society that causes a person to pursue drugs, we can reduce the need for so many prisons. The stigmatism that people in prison are bad people is just not true. There are a lot of intelligent, hardworking and spiritual people in the penal system. Felons have a lot to overcome before they can make a change. Three things needed to be successful are a job, a home and support; for a felon finding a job and a home are very difficult. We must work as a community to reduce recidivism by providing support to these individuals.</p>						
	Joy in Our Town #1550	28:45	13:30	L	PA/O/E	11/18/2011	1:00 PM
						11/19/2011	3:30 AM
						11/21/2011	11:30 AM
						11/22/2011	3:30 AM
						12/05/2011	11:30 AM
	<p>Criminal investigations show that most crimes are connected to computers in some way: Even drug dealers use computers to keep records and find recipes for manufacturing drugs. Summit County Sheriff's Office Inspector Bill Holland tells that the internet has done a lot of good things for people: One can chat with people across the world, or shop for things you never had access to and it has also opened up the door for criminal activity. Years ago if a criminal wanted to rob someone they were limited to what they could get out of the person's wallet or home. Today's criminal, via internet, can empty a person's bank account in a matter of seconds. Nowadays we are seeing a lot of auction fraud and identity theft. Prevention is a combination of common sense and education. The sheriff's office provides internet safety education. Set up rules on the computer, that applies at home as well as school and a friend's house to teach children about internet safety. National center for exploited and missing children has good information on their website to educate individuals and families on internet safety.</p>						

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1493	28:45	13:30	L	PA/O/E	11/24/2011 12/30/2011	3:30 AM 1:00 PM

Russel Neal, 4th Ward Councilman for the City of Akron, commented on the senseless act of violence that had recently taken place resulting in a young man's death. Combating crime in any neighborhood takes the efforts of not only the police but the faith-based community, businesses and residents. Neighbors getting to know one another and coming together to form block groups that look out for and report suspicious happenings are the best defense against crime. Councilman Neal believes that a strong family unit, which seems to be shattered in today's society, is the best defense. Weak education systems, poor economic conditions and a lack of values seem to be the driving force behind a lot of crime.

	Joy in Our Town #1552	28:45	13:30	L	PA/O/E	11/25/2011 12/16/2011	1:00 PM 1:00 PM
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James Conley, crime prevention officer for the Summit County Sheriff's Office shared some holiday safety tips with viewers. Often pick-pocketers will work with a group of people to divert your attention while someone attempts to steal money or credit cards from pockets, wallets or purses. Don't carry a lot of packages or large amounts of money while out shopping for the holidays. Scan the area by your car, have keys ready and be aware of your surroundings when exiting and entering stores. Be suspicious of large vehicles such as SUV or vans which could be hiding someone such as attacker. If you are suspicious of something do not go to your car turn around and go back into the store ask security or store personnel assist you to the car. Safety in numbers is not just a cliché, it works. Dress down a little during holiday shopping; avoid wearing flashy jewelry that will draw attention. Men should put their wallet in their front pocket; ladies should hold purses close to the body or take the cash/money wrapped in a rubber band and store it in the front pant pocket. Children should make sure they know who to contact and ask for help if they are lost, make a plan to meet at a certain spot at a specific time.

	Joy in Our Town #1552	28:45	13:30	L	PA/O/E	11/25/2011 12/16/2011	1:00 PM 1:00 PM
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James Conley, crime prevention Officer, at the Summit County Sheriff's Office says that seniors are perceived by most criminals as easy targets because they are older and not as physically strong. This may be the case to some extent however seniors are older and more aware of potential dangers so they avoid putting themselves into situations where they could become a victim. Officer Conley says that if it sounds too good to be true it probably is. The internet and other information sources make it very simple for criminals to get enough information about a person so they could call and convince a person, especially the elderly that they are legitimate. Seniors must be careful not to give out bank account information or social security numbers or credit card information. Senior homeowners should make sure the outside of their home is well lit, keep windows locked and avoid landscaping that would provide a hiding place for criminals. Door viewers are a good idea. Ask for identification from anyone that presents themselves to perform services. The sheriff's office provides free home security checks for seniors to make sure their homes are properly secured.

Employment

	Joy in Our Town #1546	28:45	13:30	L	PA/O/E	10/10/2011 10/11/2011 10/13/2011 10/14/2011 10/15/2011	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Dennis Shawhan, Executive Director of Broken Chains Ministry, tells that most often an ex-offender's job application goes to the bottom of the list. He believes that the box that asks if that person has ever been convicted of a felony is what is holding them back from becoming gainfully employed. Dennis says that employers need to delay the box until after the interview process. In doing so, the employer might see the talent and skills that many ex-offenders have and find that they can be a great asset to their company. The challenge is to give the person an opportunity to make an impact in the community by hiring them. WOTC (Work Opportunity Tax Credit) is available to employers that hire disabled veterans, ex offenders and felons. The incentive is given to help integrate that person back into the community.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1550	28:45	13:30	L	PA/O/E	11/18/2011 11/19/2011 11/21/2011 11/22/2011 12/05/2011	1:00 PM 3:30 AM 11:30 AM 3:30 AM 11:30 AM

Tracy Washington, Job Loss & Transition Strategic, talked about dealing with grief associated with job loss. Loss of income, lifestyle changes and family problems and the fear of the future weigh heavy on the unemployed individual. After a job loss the person needs to feel that they are still valuable to both the community and their family. Programs are available to help the individual learn a new trade, improve jobs skills and write resumes however, these programs will only be affective is a person has acceptable and dealt with the grief of losing a job. Warning signs that indicate that this person isn't handling it well include isolation, loss of appetite, and withdrawing from normally activities. Many entrepreneurs have launched as a result of economic depression and job loss.

	Joy in Our Town #1493	28:45	13:30	L	PA/O/E	11/24/2011 12/30/2011	3:30 AM 1:00 PM
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Our future workforce will require education beyond high school. The unskilled workforce such as "hamburger flippers" is predicted to drop from 12% today to about 2% in the near future. Scott Meyer, President of Summit Workforce Solutions, says that the fastest growing segment of our population, young people, is also the least educated. We must inform our young people at an earlier age about the jobs of the future so they can begin to study in their career interest area. We must prepare tomorrow's workforce today. Education is essential especially in being competitive in the global economy.

	Joy in Our Town #1494	28:45	13:30	L	PA/O/E	11/24/2011 12/02/2011	4:00 AM 1:00 PM
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Ohio's industrial jobs are very few compared to 20 years ago. Manager of The Job Center, Ralph Sinstro has seen a new segment of our population seeking employment. People that have worked industry jobs for the past 20 to 30 years are facing huge challenges in seeking employment. Some have never filled out a job application and don't have a portfolio and don't know how to prepare a resume. To be successful in gaining employment these folks need to refresh their basic skills such as reading, writing and arithmetic as well. Many unskilled workers also lack computer skills which are needed in today's job market to submit an application for employment.

	Joy in Our Town #1553	28:45	13:30	L	PA/O/E	11/28/2011 11/29/2011	11:30 AM 3:30 AM
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Canton was once a thriving industrial community however in recent years many companies have left the area leaving many men out of work. Many of these individuals are looking at a career change which often requires learning a new trade or going back to school. Deborah LaValla, Commanding Officer of American Rescue Workers says that there are jobs out there; they may not be what you want or held in the past but there is something. It's an employer's market right now they can be very picky. Commanding Officer Victor LaValla tells that employers are only hiring individuals that are employed because someone else has done the leg work to make sure that person is employable. Victor encourages viewers to get a job somewhere, it may not be their career but it is a much needed stepping stone. Welders are very much needed right now.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
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Family

Joy in Our Town #1523		28:45	13:30	L	PA/O/E	10/01/2011	3:30 AM
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Michael Irby, President of the Akron Chapter of 100 Black Men of America, talked about the need for young people to have positive role models in their lives. Many children today are being raised in a home without a father figure. Children need guidance and examples to follow: When they do not get these things at home they will find them in the community, which is not always a good choice. Too often parents are trying to be friends to their children when in fact they need to be fair, firm and consistent. The old adage of "it takes a village to raise a child" still rings true today. Positive community members need to embrace children and guide them, especially the ones that have no other positive influence. Mr. Irby says he encourages kids by telling them to keep their grades as well as their pants up and they will be successful. Years ago, mentors were neighbors, family members, and friends who took an active interest in a child's life.

Joy in Our Town #1526		28:45	13:30	L	PA/O/E	10/20/2011	4:30 AM
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Carol Briney, Executive Director of Reentry Bridge Network, talked about the affect incarceration has on the family unit. The children of the incarcerated feels that half of them is bad, it eats at them and makes them angry that they do not have that parent. For every two adults in prison there is one child without a parent and in some instances both parents are incarcerated. The grandmother, who ends up raising the children, is traumatized with the thought of her child being in jail and often blames herself. A single mother raising child while the father is in jail has to learn survival skills. Men are known as providers, protectors and possessors, when they are released from prison they automatically want to return to that role, which creates chaos in a home where the women has assumed the man's role.

Joy in Our Town #1525		28:45	13:30	L	PA/O/E	10/25/2011 12/26/2011	4:00 AM 11:30 AM
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Dottie Achmoody, CEO of OpenM and Hannah Nitz, Family Development Specialist, were on this segment to discuss the importance of helping impoverished families succeed. The number of people living in poverty is growing three times as fast as our regular population growth. In Akron 24.6% of the people are classified as living in poverty. Working poor families are replacing the face of poverty that we are used to seeing, which was poor people who had nothing. It is difficult for a provider of a family to make ends meet while working a minimum wage job. It is common to see single mothers struggling to survive; in fact 71% of females are living in poverty. Breaking the cycle of poverty begins with helping people in a holistic way. Educating the public about poverty will help to breakdown stereotypes which can be destructive.

Joy in Our Town #1551		28:45	13:30	L	PA/O/E	11/14/2011 11/15/2011 11/17/2011 12/09/2011	11:30 AM 3:30 AM 3:30 AM 1:00 PM
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The Army/family covenant states that in order to have a strong Army they need to have strong families. Angela Brittain, Support Coordinator for the U.S. Army Survivor Outreach Services, tells that the Army is very serious about taking care of families that have lost a soldier. A military loss brings a different dynamic to the family because it tends to be more public. The families are notified of the death by an armed chaplain and the uniformed service members. The CAO (Casualty Assistance Officer) helps the family through all the stages of a funeral. Many times family members are still struggling 6 months after the loss, that is why it is important to have follow up care. Anytime a military family member sees an American flag it could be a trigger for their loss as can hearing on the loss of another soldier: These can be very difficult times for families. Families need constant continuing support to help them cope with their loss. Families need to get connected with other families who have been down the road that they are now on so they can move through the healing process.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1551	28:45	13:30	L	PA/O/E	11/14/2011	11:30 AM
						11/15/2011	3:30 AM
						11/17/2011	3:30 AM
						12/09/2011	1:00 PM

Sometimes it is difficult for people to ask for assistance, especially military families. Melissa Wise, Troop and Family Assistance Center Specialist, says that military families experience the same struggles and setbacks as other families. Finance and job assistance are huge areas where military families are in need of help right now. Many military families may not be aware that the Troop and Family Assistance Center is there to provide resources and information that they may need. Common areas of need are: Where to file a claim and how to obtain a military identification card. Military members may need assistance in accessing education benefits for family members or perhaps they need marital counseling. Strong military forces need strong and healthy families.

Local Civic Affairs

	Joy in Our Town #1532	28:45	13:30	L	PA/O/E	10/06/2011	4:00 AM
						10/13/2011	4:30 AM

City of Canton Mayor William Healy talked about how the city is affected by budget cuts. In a very short period of time after the mayor took office in 2008 he had to reduce 20% of the city's spending without much warning and notice. Obvious changes included downsizing city government payroll and learning to live within our means. The city has 100 fewer employees than when the mayor took office however no one was fired or laid off: Many positions were not filled as older employees retired. Safety services such as police and fire accounted for 2/3 of the budget. The mayor was able to reduced the number of policemen because crime has dropped significantly and the number of fireman due to the city's population decreasing. The city now has a relatively stable situation.

Local Electoral Affairs

	Joy in Our Town #1547	28:45	13:30	L	PA/O/E	10/24/2011	11:30 AM
						10/25/2011	3:30 AM
						10/27/2011	3:30 AM
						10/28/2011	1:00 PM
						10/29/2011	3:30 AM

Voting is a right that is given to us constitutionally; it determines who makes the decisions that affect our lives from the national level to state level all the way down to the local level. Summit County Council Representative Tamela Lee says that it is important to maintain and exercise our right to vote. Many voters only cast a ballot for the presidential elections; they fail to understand that local elections are extremely important and have direct impact on their day to day lives. Not only does voting determine what is happening in nation it directs impacts ones local school district, and emergency services. Years ago, not everyone was allowed to vote and those who desired to cast their ballot had to go to a voting station on a specific day to do so. Today a person can cast a ballot in the comforts of their home as early as a month prior to the actual voting day. Voters who need assistance may take someone into the voting booth with them; they can also "phone a friend" for advice right from the voting booth. With all these changes there are few excuses for someone to not cast a ballot.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy in Our Town #1547	28:45	13:30	L	PA/O/E	10/24/2011 10/25/2011 10/27/2011 10/28/2011 10/29/2011	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM

Health

Susan Stocker, Marriage and Family Therapist for the Akron Family Institute, says that depression lasts more than a few months and usually affects work and family relationships whereas the blues may come and go. People who are depressed lose their energy and feel empty and worthless; they lose their joy in living. Depression will cause illness because the mind and body works together. It is believe that stress for just a few weeks can change the chemistry in your brain. Overcoming depression requires a treatment plan: some individuals may need medication while others may need therapeutic counseling and some may need the combination of the two. Stress can be reduced through exercise, positive thinking, eating a well balanced diet and resting properly. There is no shame in seeking therapy for depression: it should be treated as serious as heart disease and cancer.

Joy in Our Town #1525	28:45	13:30	L	PA/O/E	10/25/2011 12/26/2011	4:00 AM 11:30 AM
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Most children can qualify for HealthyStart Medicaid to address their health concerns, but many adults in the community cannot afford health care. Dottie Achmoody, CEO of OpenM, says there are about 69,000 people without any form of healthcare in Summit County. Many people are unemployed and cannot afford health insurance. Families and individuals that have no insurance coverage are not likely to visit a doctor until they are very ill. This is unfortunate because the illness could have been prevented or discovered before it reached a crisis stage. People that need to take prescription medication will often not take it or split the dosage in half to last longer because they cannot fit that expense into their budget. Social services organizations often offer free screenings to the community but most often they don't follow up with a doctor to further investigate their health concerns.

Doctor to Doctor #321	28:30	28:30	REC/L	PA/O/E	10/11/2011	12:30 PM
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Dr. George Rhodes talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spine, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spine back into position. It's important to maintain proper posture when sitting, standing and sleeping.

Doctor to Doctor #326	28:30	28:30	REC/L	PA/O/E	11/22/2011	12:30 PM
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Dr. Bob DeMaria talked about healthy thanksgiving eating. It's important to try to eat organic fruits, vegetable and meat. #9 on labels for fruits/veggies means it's organic and #8 means it has been genetically engineered. It's important to drink plenty of water, steam veggies, use sweet potatoes or yams and combine food properly. **Dr. Martin Finkelstein** talked about distressing for the holidays. There is a lot of tension that can make the immune system weak and lead to sickness. It's important to let go of emotional stresses. It's also important to envision the type of relationships we want and to practice forgiveness and appreciation. **Dr. Hale Akamine** talked about overcoming holiday blues. It can be a season of mixed emotions like sadness or bitterness. It's important to allow other people to come into your life and to also share with those less fortunate than you.

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #320	28:30	28:30	REC	PA/O/E	10/04/2011	12:30 PM
	<p>Doreen Lewis talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It's important to look at the chemicals being used, cut sugar and exercise. Dr. Elizabeth Matthews talked about post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It's important to get help and the treatment based on the severity of the depression. Dr. Samuel Verghese talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.</p>						
	Doctor to Doctor #322	28:30	28:30	REC	PA/O/E	10/18/2011	12:30 PM
	<p>Dr. Jill Westkaemper talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. Dr. Leonard Scott talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. Dr. Janet Poole talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.</p>						
	Doctor to Doctor #323	28:30	28:30	REC	PA/O/E	10/25/2011	12:30 PM
	<p>Dr. April Speed talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. Dr. Wayne Gordon talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. Dr. Thomas Di Stefano talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.</p>						
	Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/2011	12:30 PM
	<p>Dr. Bryan Wasson talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. Dr. Mason Savage talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once day. You should visit your dentist regularly. Dr. Stephanie Blenner talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.</p>						

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/2011	12:30 PM

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

Substance Abuse

Joy in Our Town #1536	28:45	13:30	L	PA/O/E	10/06/2011	4:30 AM
					12/23/2011	1:00 PM

Darnella McNeil, Founder/CEO of Legacy III and Board President Bill Barber talked about how prevalent addictions and substance abuse are in women. Women may turn to drugs or alcohol during or after a traumatic life event that they are not able to cope with in a healthy manner. Addictions can strain relationships with family and friends, giving women a sense of feeling alone or uncared for. Many women want to stop the addiction but cannot do it on their own: These women may need inpatient treatment. After treatment these women need to find a way to regain their independence which can be quite a struggle. Darnella encourages women to take the necessary steps and effort to overcome addictions so they can focus on becoming successful.