

# Trinity Broadcasting Network

## *Quarterly Report*

January, February, March 2009

**WGTW-TV Channel 48, WGTW-DT Channel 27**

**Philadelphia, Pennsylvania**

**Eastern Time**

Ascertainment List

Leading Community Issues

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

Housing

Family

Civic Affairs

Employment/Unemployment

Economy

Youth

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

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

Joy In Our Town # 151	30:00	15:00	L	PA	01/2/2009	1:00 PM
					01/6/2009	3:30 AM
					01/8/2009	3:30 AM

Host Alan Box talks with Carl Green, Executive Director of the Philadelphia Housing Authority, about the shortage of affordable housing in Philadelphia. Mr. Green states that there has been an increase in demand for public housing due to the economy/ job loss. He says many need public housing for assistance, however many of these programs have been underfunded by legislation in the past. He says public housing developments need to be in great quality, and old or underdeveloped homes owned by the agency should be demolished/redeveloped and made into new communities. He also says a market survey is done of surrounding communities of these redeveloped communities to determine the needs and how it can coincide with that surrounding community. He states opportunity and legislative support are needed for redevelopment. Mr. Green goes on to say that developing public housing involves quality neighborhoods, public safety, education and job training. He says for the elderly, sustainable existence through formative years is important. He says public agencies need to give special attention to seniors and those with very low income. Mr. Green says state agencies need to partner together with Federal agencies to help seniors with access to medical care, and to maintain fitness and activities for quality of life.

Joy In Our Town # 152	30:00	15:00	L	PA	01/9/2009	1:00 PM
					01/10/2009	3:30 AM
					01/12/2009	11:30 AM
					01/13/2009	3:30 AM
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Host Alan Box talks with Carl Green, Executive Director of the Philadelphia Housing Authority, about helping families in Philadelphia neighborhoods through the Housing Choice Voucher Program. Mr. Green defines the program as payments given to landlords on behalf of the individual—as a 3-part agreement (client, landlord and Philadelphia Housing Authority), for those who are low income, as well as seniors and those with disabilities. He explains that property management is important for the landlord, in that poor performance of this usually leads to community challenges, such as crime, conflict, etc. He emphasizes that landlords need to keep good property management in order to keep this program, and the client needs to report any poor

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property management. He goes on to mention term limits that program has—7 years for rent, 15 years for homeownership and 6 months for those exceeding 80% of immediate income. He says these limits are for those in the program to provide time to improve their socio-economic status; however the elderly and those with disabilities are exempt from these limits. He also mentions that PHA offers job training and case management programs to assist those in the program. Mr. Green says those in the program need to adapt to the social norms of the community they are living in order to avoid conflict. He says this program can help improve neighborhoods in Philadelphia, as well as the individuals financial situations overall.

					01/9/2009	1:00 PM
Joy In Our Town # 152	30:00	15:00	L	PA	01/10/2009	3:30 AM
					01/12/2009	11:30 AM
					01/13/2009	3:30 AM
					01/15/2009	3:30 AM

Host Alan Box talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District- PA State Senate, about legislation and the mortgage crisis. Sen. Greenleaf discusses the current recession, and says foreclosures drive the economy deeper into recession. He says taxes should not be raised, and spending needs to be cut in some programs. He states that there is a 5.7% foreclosure rate in Philadelphia, and that foreclosures cause many problems for the individual (loss of home, loss of mortgage and credit) as well as the banks (loss of money -- investment and interest). Sen. Greenleaf then says that the surrounding community of the foreclosed home also suffers since the property value is reduced in those communities. He says that foreclosures occur mostly due to predatory lending and adjustable mortgage rates. Sen. Greenleaf explains programs being setup/ or that have been recently set by legislation. He explains one that will provide a loan up to \$60,000 for a 2-year period and a Refinancing program that will help the homeowner get through the period of financial hardship through refinancing. He then discusses a program of Mediation, which gets the lender and homeowner in court and allows them to mediate to see if there is a solution for that individual. Sen. Greenleaf states that keeping people in their homes avoids problems for the individual, the economy and the community.

					03/20/2009	1:00 PM
Joy In Our Town # 162	30:00	15:00	L	PA	03/21/2009	3:30 AM
					03/24/2009	3:30 AM
					03/26/2009	3:30 AM

Host Alan Box talks with Sarale Sewell, Education Specialist for the Fair Housing Council of Suburban Philadelphia, about Housing Discrimination in our region. Ms. Sewall states Federal Law passed the Fair Housing Act in 1968, which protects people from housing discrimination based on race, color, gender, national origin, religion, disabilities and familial status (presence of children under 18 in the household). She says housing providers, landlords,

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mortgage lenders and insurance brokers are all subject to Fair Housing laws. She says in the Philadelphia region, housing discrimination is still a major problem, even 41 years after the Fair Housing Act was passed. She says in present times, this discrimination is more subtle—more creative ways are being used to try to hide it. Ms. Sewell states that racial profiling often occurs over the phone with the sound of the voice. She also says Fair Housing Laws cover print advertising—such as “mature residents preferred”, which indicates a preference against those with children, and this is indeed against the law. She advises those who feel they have been discriminated against to contact a state agency to file a complaint and further investigation—and for more egregious incidents, a Federal or State lawsuit may be filed. She then states those who are exempt from fair housing laws: qualified senior communities, private clubs for members (as long as there is no racial discrimination), and private landlords who do not use real estate agents for advertising. Ms. Sewell then mentions examples of housing discrimination—steering/directing potential renters/buyers to certain neighborhoods based on ethnic make-up, imposing certain credit/income standards more harshly upon one person than another, and denying a person with a disability needed accommodations.

Joy In Our Town # 163	30:00	15:00	L	PA	03/27/2009	1:00 PM
					03/28/2009	3:30 AM

Host Alan Box talks with Marge Della Vecchia, Executive Director for the New Jersey Housing & Mortgage Finance Agency, about the need for affordable housing in New Jersey. Ms. Della Vecchia states New Jersey is a high-cost state because of its close proximity to New York and Philadelphia—both create a high-demand housing market. She says housing cost in New Jersey ranges from \$250,000-\$400,000 (standard apartments can be \$1000-1500/month). She says about 20 yrs ago, New Jersey implemented a state Fair Housing Act controlled by the Council on Affordable Housing which mandates for every state to provide for fair share of affordable housing (over 250 New Jersey municipalities participate); however, affordable housing is still a major challenge. She says conventional mortgages that are available demand a high credit score, which is not very realistic in today's market—and many want 20% down. Ms. Della Vecchia then discusses the mortgage crisis, saying in 2005 Sub-Prime were given to those with less-than-perfect credit, yet many were not best suited for the buyers (many were interest-only, adjustable-rate, or down-payment mortgage on top of regular mortgage). She says many of these were eventually taken & sold to investment & syndication markets—late, default and foreclosure occurred—along with upside-down (owing more than house is worth). She says housing resources and counseling are extremely important—some in New Jersey counsel & train on being a success homeowner for those who do have bad credit—as well as assist with a fixed-rate, affordable mortgage for the individual. Ms. Della Vecchia then discusses the Foreclosure Mediation Program—those who receive a Foreclosure notice are notified by a letter and 3 times by phone before Sherriff arrival—allows for mediation assistance (housing counselor works on appropriate modification, along with the lender—bringing a mediator to develop a fair resolution to the issue). She says other state programs are being introduced—and it is imperative for those struggling to take advantage and ask for help.

*Family*

Joy In Our Town # 157	30:00	15:00	L	PA	02/13/2009	1:00 PM
					02/14/2009	3:30 AM
					02/16/2009	11:30 AM
					02/17/2009	3:30 AM
					02/19/2009	3:30 AM
					02/24/2009	2:00 AM

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					02/27/2009	1:00 PM
Joy In Our Town # 159	30:00	15:00	L	PA	02/28/2009	3:30 AM
					03/2/2009	11:30 AM
					03/3/2009	3:30 AM
					03/5/2009	3:30 AM
					03/10/2009	2:00 AM

Host Cassandra McKay talks with Michele Daly, Executive Director for the Women's Resource Center, about the economy & the impact on family. Ms. Daly discusses the decline in the economy, and says that financial stress definitely affects family relationships. She says parents need to be honest with their children with financial difficulties—they need to tell them they cannot keep buying expensive items (name-brand cloths, IPODs, etc.). She says children need to know the situation and to help out—communication, overall, is key. A concerned Viewer asks what he and his family can do in their everyday lives to pull together during financial hardship. Ms. Daly responds: have the family sit down and discuss what they can cut back on—write it down and have meetings, perhaps discussion over dinner. She says this may actually strengthen the family as well and bring them closer together. Ms. Daly then discusses the emotional aspect of families dealing with financial hardship. She recommends seeking resources—the kid(s) can talk to a counselor at school—they may tell them problems that they would not feel comfortable telling the parents. She says studies show that kids who have other adults to turn to besides their parents do extremely well. She then says the adults can talk with their own circle of friends, relatives or even contact a counselor from an agency.

					02/27/2009	1:00 PM
Joy In Our Town # 159	30:00	15:00	L	PA	02/28/2009	3:30 AM
					03/2/2009	11:30 AM
					03/3/2009	3:30 AM
					03/5/2009	3:30 AM
					03/10/2009	2:00 AM

Host Cassandra McKay talks with Michele Iaia, Clinical Social Worker & Certified Marriage & Family Therapist, about functional families vs. dysfunctional families. Ms. Iaia states that families go through different stages (Family Life Cycle). She believes all families are dysfunctional at some point, due to trauma incidents (death, job loss, divorce, etc.) & how the family copes with that—if the trauma is resolved, functional—and if not, they remain in state of dysfunction. She then explains other causes of dysfunctional families as boundaries of the family, either the extreme of "Rigid" (resistant to outside help—children often embarrassed to bring friends over—parent(s) is acting in rage or intoxicated) –this family is isolated or insulated. She then discusses "Loose" families as those who have many people come in & out of household—often chaotic and lacks parental branch. She states either of these 2 extremes as being bad and leading to dysfunction. Ms. Iaia says a strong parent

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executive branch is needed for function, children should never be put into a parental role (this often happens when a parent is affected by a trauma) in that it affects the child's development and the family structure negatively. She says the main ingredient for a healthy family is knowing how to handle conflict. She then says discipline should be looked at as an opportunity to educate rather than punish—although sometimes the child needs to be punished to learn consequences—also, parents need a united front. Ms. Iaia then states some ways families can help to be functional: learning how to manage conflict, parents should not nag—it's not affective, do not parent out of guilt, and the family has to have a sense of resiliency.

					03/13/2009	1:00 PM
					03/14/2009	3:30 AM
Joy In Our Town # 161	30:00	15:00	L	PA	03/16/2009	11:30 AM
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					03/19/2009	3:30 AM
					03/24/2009	2:00 AM
					03/26/2009	4:00 AM

Host Cassandra Brant talks with Michele Iaia, Clinical Social Worker & Certified Marriage & Family Therapist, about failure to launch. Ms. Iaia states that the number of kids returning home from college is spiking due to the recession/depression. She says the 2004 census showed—for 18-24 y/o, 50% of boys returned home and 40% of girls returned—and a popular theory was a double-standard that parents were more lenient on boys than on girls. She states that the kids returning home need to realize that this is temporary, and the parents need to inform the kids about this. She advises expectations being discussed from the beginning—such as chores, financial contribution, a temporary job, etc.—some contract needs to be established, even if it is just verbal. Ms. Iaia then says research shows if the relationship between the returning kid is in good standards with the mother, the situation will work; whereas the relationship with the father doesn't tend to be as significant (the mother is usually the emotional center of the household). She emphasizes that parents need to set boundaries (without being too extreme) for kids returning home, and modify the often presented message of "this is your home—you are always welcome here." Ms. Iaia then says the Institute of Social Research said about 35% of 18-34 y/o are still being supported by their parents. She says parents need to realize this is not due to bad parenting, but due to a socio-economic trend. She then discusses family of origin—parenting traits passed down. She says some parents let how they were raised affect them; however, it can go to either extreme. She says if this was extreme for the parent, it will usually be in some way extreme for the kid: if the father was raised strict & could not return home—he may resent his kid returning home and not allow it—or may take the opposite approach and be over welcoming. Ms. Iaia strongly recommends parents to not overcompensate for what their own parents did or did not do—there should always be a healthy balance in the parent-kid relationship.

### *Civic Affairs*

					01/16/2009	1:00 PM
Joy In Our Town # 153	30:00	15:00	L	PA	01/17/2009	3:30 AM
					01/19/2009	11:30 AM
					01/20/2009	3:30 AM
					01/22/2009	3:30 AM

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					01/27/2009	3:00 AM
					01/29/2009	4:00 AM

Host Alan Box talks with Pennsylvania State Representative Tom Murt, 152<sup>nd</sup> Legislative District-PA House of Representatives, about legislation and concerns for our Veterans. Rep. Murt states that there is a major concern for healthcare among local veterans. He says improvement is needed to commit more resources for when they return from overseas. He mentions there are 6 Veterans Homes throughout the Commonwealth of Pennsylvania, which are residential facilities used with matching funds from the Government and the Commonwealth. He says that there is the issue of a waiting list for these homes due to being subscribed to capacity (need for funds). Rep. Murt then discusses Post Traumatic Stress Syndrome, saying many veterans suffer from this, in which they need therapy or medication. He also says this condition affects the families, friends and co-workers of the veteran, stressing the need for healthcare in order to access those solutions. He then explains state programs being implemented—such as Office of Veterans Advocate, in which an advocate at state level is appointed to a veteran to fight for his/her rights and concerns. He also says there are programs for veterans who are blind, paralyzed, etc—and even a Property Tax Exemption for disabled veterans. Rep. Murt then discusses the concern for homeless veterans, saying they need to reconnect through state programs, which can help them with their issues—usually being mental health problems or addictions.

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					01/17/2009	3:30 AM
Joy In Our Town # 153	30:00	15:00	L	PA	01/19/2009	11:30 AM
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					01/22/2009	3:30 AM
					01/27/2009	3:00 AM
					01/29/2009	4:00 AM

Host Alan Box talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District- PA State Senate, about Pennsylvania legislation and Healthcare concerns. Sen. Greenleaf states that healthcare is one of the most important concerns in Pennsylvania. He says many small businesses cannot afford to pay the rising cost of healthcare (1.4 million individuals in Pennsylvania are not covered with health insurance). He explains legislative programs like CHIP, saying it is a program for children to be covered, and Adult Basic-for those with 200% poverty income. He says every month, individuals lose health coverage, mostly due to employers not being able to afford it [90% are small employers—(100 employees or less)]. Sen. Greenleaf then discusses options proposed for employers and employees, such as individuals who exceed 200% poverty income to buy Adult basic at the cost the state is paying, and employers to buy this for their employees at state level to give low-cost health insurance policies to employees. He then explains the option of giving employers healthcare policies at different levels(coverage options) to see what can be acquired based on what they can afford. He then discusses a third option, which would allow small businesses to get involved in cooperatives (join together & use buying power to reduce premiums they have to pay).

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					01/23/2009	1:00 PM
Joy In Our Town # 154	30:00	15:00	L	PA	01/24/2009	3:30 AM
					01/26/2009	11:30 AM
					01/27/2009	3:30 AM
					01/29/2009	3:30 AM

Host Alan Box talks with Pennsylvania State Representative Tom Murt, 152<sup>nd</sup> Legislative District-PA House of Representatives, about legislation and concerns for those with disabilities. Rep. Murt states the Federal Government's definition of a disability as a physical or mental health impairment that substantially limits 1 or more major life activities for the individual. He discusses ACT 62 being enacted, saying it enables group insurance policies to provide coverage for Autism Spectrum disorders. He explains the problem of Autism in particular, saying one has to be diagnosed with this to get County Intermediate Services, even though the diagnosing process is extremely expensive (meetings/evaluations with mental health professionals, social workers, etc.) Rep. Murt then mentions that at the last Legislative Secession, a 6% increase in budget was passed for allowing money for families with adult children/ special needs. He says this is cost-affective in that these adults with special needs can stay with their families, rather than be institutionalized by the state. Rep. Murt then discusses Developmental Disabilities, stating the Federal Government definition as a severe chronic disability for those between 5 yrs and 22 yrs that is attributable to mental and/or physical, or a combination (Cerebral Palsy, Autism, Mental Retardation are some examples). He says these can be difficult for families to provide care. Rep. Murt strongly suggests families without healthcare coverage to approach their State Representative or Commonwealth and sign up for CHIP, Adult Basic or another state program that is available.

Joy In Our Town # 163	30:00	15:00	L	PA	03/27/2009	1:00 PM
					03/28/2009	3:30 AM

Host Alan Box talks with the Honorable Judge John Younge, Court of Common Pleas-First Judicial District of Pennsylvania, about examining the role of mental health in the Pennsylvania Judiciary. Judge Younge states that legislation determined that mental illness is not a complete excuse for actions undertaken; however, it does need to be taken into consideration. He says there has been a need for the criminal Justice System to know how to really identify dealing with those with chronic mental illness. He says the system breaks down on how to deal with an individual with mental illness when brought into court—it was has not really been known how to be dealt with. He raises the point that many with mental illness are constantly in the System (being arrested repeatedly) causing there criminal record to develop and lengthen—which the System will pile on the sentences. He explains how mental health is a societal issue in that there is a stigma for those suffering—a need to realize this is a disease, and the individual should not be looked at as “crazy.” Judge Younge then says everyone truly wants to live dignified, productive lives, and treatment is needed for those with mental health issues. He believes that decision-making in the Judicial System should be based on life values that shapes you—with an understanding of the law & imposing it—but to also have consideration and mercy. He emphasizes the need for society to start talking about mental illness, and be aware that those suffering from it can get help---and support from family and friends is always an important form of treatment.

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*Employment/ Unemployment*

Joy In Our Town # 151	30:00	15:00	L	PA	01/2/2009	1:00 PM
					01/6/2009	3:30 AM
					01/8/2009	3:30 AM

Host Alan Box talks with Aqil Sabur, President & C.E.O. of the Philadelphia Commercial Development Corporation, about rebuilding neighborhoods on an economic level with the impact of small business. Mr. Sabur states we are currently facing challenging economic times in that banks are cutting back on lending due to the Sub-Prime crisis, unemployment is up, and tax receipts are down at city, state and Federal levels. He says small business can impact neighborhoods positively, as long as they are successful. He claims those starting their own business need to put 6 months of their living expenses in reserve and pay down any existing debt. He also says when starting a business, the individual(s) need a lawyer, accountant and insurance agent. Mr. Sabur then says for the business to continue success, the wealth/profits need to be created, retained and transferred to the next generation—as well as a good management system for the cash and the plan to keep customers flowing. He goes on to say that cash-based businesses (some restaurants, day care, etc.) will thrive even during a struggling economy, and it is important attain a relationship with a bank officer to ensure a healthy business.

Joy In Our Town # 155	30:00	15:00	L	PA	01/30/2009	1:00 PM
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Host Cassandra McKay talks with Tim Styer, Housing Counselor/ Unemployment Advocate for the Philadelphia Unemployment Project, about the unemployment crisis in Philadelphia. Mr. Styer states that unemployment becomes a burden not just on the individual, but also on family members and public services (food banks, churches, health clinics). He says unemployment is a huge issue in Philadelphia, and it has adverse affects on the foreclosure/eviction problem and disrupts education for youth. He says in this difficult economy, those who have been laid-off cannot simply wait for another job, and therefore, a rise has developed in relying on family/friends, as well as a greater need for assistance from the Department of Welfare. Mr. Styer states that Career Link centers need to be re-opened, since direct communication among individuals is more affective in getting results. He also says more funding is needed from legislation for the state's unemployment needs, as well as the re-shaping of how individuals receive unemployment benefits. He then advises those facing unemployment to budget their finances and to look into available resources, such as Savings—401K plans, and

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even negotiate with lenders for lower payments/interest. Mr. Styer then emphasizes the need for communities to network, share resource information and support each other in this unemployment crisis.

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					02/7/2009	3:30 AM
Joy In Our Town # 156	30:00	15:00	L	PA	02/9/2009	11:30 AM
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					02/12/2009	3:30 AM
					02/19/2009	4:00 AM

Host Alan Box talks with Fred Dedrick, Deputy Secretary for Workforce Development for the Pennsylvania Department of Labor & Industry, about informing the public about Pennsylvania's workforce. Mr. Dedrick states that trends in the last 25 years show that jobs that require very little skill have disappeared, and the largest growth has been in middle-skill jobs (high school diploma or higher— having a specialized skill). He says even at this level, employment has become difficult, and individuals should continue education beyond high school. He mentions that because college is not attainable by all due to its expense, there are still ways to continue education—using a skill, trade schools, attending colleges at a later time in adulthood, etc. Mr. Dedrick goes on to explain a Pennsylvania program-Industry Partnerships- as a method to help the workforce. He says about 10 sectors of industries are indentified within Pennsylvania that are competitive with other states (transportation-logistics, healthcare, chemicals, among others). He says these sectors are gathered and asked about status and how it is changing—from there, they can develop training programs by the employers and translate them down to educational providers. He also emphasizes the need for youth to be exposed to the industries in high demand, such as allied healthcare.

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Host Alan Box talks with Commissioner David Socolow, Department of Labor & Workforce Development for the State of New Jersey, about unemployment concerns in New Jersey. Com. Socolow states much more residents of New Jersey have lost jobs in recent months-which causes concern for loss of healthcare and foreclosure. He discusses the Stimulus Bill-American Recovery & Reinvestment Act-signed by president Obama, saying it allows additional programs to help the needy, and new investments to create jobs, as well as other major needs. He says in any given week in *The figures designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

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2009, 50-60% more people are applying for unemployment insurance benefits than the same week in 2008. Com. Socolow then says in New Jersey, the largest job loss is in the manufacturing industry—in 2008, more than 15,000 jobs were lost in this industry. He also says there has been significant loss in construction and financial services (selling homes, insurance, Wall Street). He states there has been no job creation in retail. Com. Socolow then discusses the stable industries in New Jersey currently- Professional/ business-related, such as accountants, lawyers, computers, engineers, among others. He next discusses the best industries for growth as healthcare (have a variety of skilled positions) and Energy Sectors (address global warming and find renewable & efficient energy). Com. Socolow then discusses the importance of transitional training-learning to speak the language of a growing field- which is what workers need to do. He also advises the public to engulf in life-long learning-keep upgrading skills and build education to improve the career path.

*Economy*

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					01/24/2009	3:30 AM
Joy In Our Town # 154	30:00	15:00	L	PA	01/26/2009	11:30 AM
					01/27/2009	3:30 AM
					01/29/2009	3:30 AM

Host Alan Box talks with Pennsylvania State Representative Rick Taylor, of the 151<sup>st</sup> District, about property tax reform in our region. Rep. Taylor states that property tax reform is about how we fund our schools, ensuring they will be beneficial for children, but without hurting homeowners (schools are funded by property tax). He says local school districts levy the tax, and when some demands come upon the district-the budget may shortfall—in which there will either be a cut back on a school program or a raise in property tax for more revenue. He emphasizes how damaging this would be for those with low or fixed income, especially seniors. Sen. Taylor then discusses House Bill 1332, saying this is set to eliminate property taxes for those 65+ and with income less than \$50,000/yr, which would be beneficial for retired seniors who worked their entire adult lives and now live in a community where a new school is being built, making it difficult for them to live financially-in which some are forced out of their homes. He goes on to say we also need a good funding formula for schools so children have the opportunity to acquire good education and can later contribute to society. He then mentions Act 1, which calls for gaming casinos to be a source for property taxes. Sen. Taylor also mentions the Property Tax Rent Rebate Program, which entitles homeowners with income \$35,000 or less to a rebate, and individuals should contact their State Representative or Senator for more information about that.

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Joy In Our Town # 156	30:00	15:00	L	PA	02/7/2009	3:30 AM
					02/9/2009	11:30 AM
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					02/12/2009	3:30 AM
					02/19/2009	4:00 AM

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Cassandra McKay talks with Stephanie Bittner, Community Education & Outreach Coordinator for the Consumer Credit Counseling Service of Delaware Valley, about surviving job loss by managing finances. Ms. Bittner says when a layoff takes place, the individual is often scared, confused and even in denial (living as if nothing changed with finances). She states that job loss, which is a major issue now taking place, can lead to many problems for the individuals who experience it. She says when job loss occurs, the first step is locating resources, such as unemployment agencies for benefits, counseling services and state programs for health insurance options. She then advises the individual to write the household income on a piece of paper, then listing priorities of monthly expenses on the other side—perhaps cutting off those on the bottom of the list (cell phone, cable, etc.). She says credit cards can be beneficial, as long as they are not used for complete survival, in that they will lead the individual into deep debt. Ms. Bittner stresses the importance of being proactive with lenders/utility companies, saying communicating with them and discussing the situation/asking for help is affective. She says those with children should discuss the situation with them at an age-appropriate level—not scarring them, but explaining options of making saving money fun. She then says seniors should contact unemployment organizations and consider their options, whether it be a reverse mortgage or even moving in with their kids. Ms. Bittner then advises those falling behind in mortgage to contact the mortgage company and discuss their options, as well as locating non-profit housing agencies for assistance/ negotiation with the mortgage company.

					02/20/2009	1:00 PM
Joy In Our Town # 158	30:00	15:00	L	PA	02/21/2009	3:30 AM
					02/23/2009	11:30 AM
					02/24/2009	3:30 AM
					02/26/2009	3:30 AM
					03/3/2009	2:00 AM

Host Cassandra McKay talks with Michael Vogel, CEO for Turning Points for Children, about the economic strain developed from abuse/neglect. Mr. Vogel states that the economy of the social service field, from government funding, is shrinking. He says the government is mandated to fund certain intervention programs—such as foster care, in that the child taken from the home needs a place to be put into. He says because of this, there is a cut in cost for prevention programs. He says the overall average cost of foster care is \$35,000/yr—and that many children will struggle from this, and many will go into delinquency and substance abuse—these problems are much more costly. Mr. Vogel stresses preventive programs as a much more economic solution. He says the taxpayers are negatively affected with the cost of crime & substance abuse (usually leading to incarceration) causing more economic downfall. He then states that 64,000 children in Philadelphia are living with other relatives, not parents, and these are at greatest risk of neglect/abuse, and are then usually given to the custody of the state. He says there is a foster care program that allows the relative to get custody of the child with a subsidy, but only 5% of foster care children in Philadelphia are involved in this, and if more are not placed in these types of programs (leaving them in the care of the state), there may be bankruptcy. He strongly recommends those raising the relative's child to contact the Department of Human Services to see what programs are available for assistance, rather than leaving the child in the custody of Pennsylvania.

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					03/6/2009	1:00 PM
Joy In Our Town # 160	30:00	15:00	L	PA	03/7/2009	3:30 AM
					03/10/2009	3:30 AM
					03/12/2009	3:30 AM
					03/17/2009	2:00 AM

Host Alan Box talks with Steven Wray, Executive Director of the Economy League of greater Philadelphia, about the economic effect on regional transportation. Mr. Wray discusses the Stimulus Package, saying it was just passed & signed into law on February 16, 2009 with a goal to get money flowing--\$750 billion, 1/3 is for transportation. He says needed projects for paving and congestion are important for getting individuals to work in order to earn and spend money to jump-start the economy (Federal Government needs to spend some at first since consumers are not). He emphasizes the importance of dedicated funding among regional transportation, in that it will allow major transportation plans/projects to occur in the future. He says the key is for regional transportation to use some funds for improvements, and save a lot of the other funds for those major upcoming projects (which should be prioritized). Mr. Wray then says Philadelphia is one of the most densely populated regions in the country, so there is an emphasis on connecting existing highways/transit-lines-this will give more of a chance for Philadelphia to be competitive for the types of jobs being created and for the type of place people will want to live. He then states there is a need for funding a high-speed rail in that this will highly benefit the Philadelphia region. Mr. Wray then explains the need to connect the major highways, saying this will make it easier to move people and goods throughout our region, which will help make Philadelphia a more attractive place for jobs and for people to succeed.

## *Youth*

					01/30/2009	1:00 PM
Joy In Our Town # 155	30:00	15:00	L	PA	01/31/2009	3:30 AM
					02/2/2009	11:30 AM
					02/3/2009	3:30 AM
					02/5/2009	3:30 AM

Host Cassandra McKay talks with Lisa Diewald, Project Dietitian of the Center for Weight & Eating Disorders for the University of Pennsylvania School of Medicine, about the link between youth and Type 2 Diabetes. Ms. Diewald states that the children at greatest risk are those who are overweight and with family history of Type 2 diabetes, as well as African-American, Hispanic and Native American children. She says previously, those with

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# **Trinity Broadcasting Network**

## *Quarterly Report*

April, May, June 2009

**WGTW-DT Channel 27**

**Philadelphia, Pennsylvania**

**Eastern Time**

Ascertainment List

Leading Community Issues

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

Health

Crime

Education

Substance Abuse

Environment

Civic Affairs

Local Electoral Affairs

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

Joy In Our Town # 140	30:00	15:00	L	PA	04/6/2008	11:30 AM
					04/7/2008	3:30 AM
					04/9/2008	12:00 PM

Host Allan Box talks with Joseph Rodgers, Chief Advocacy Officer for the Mental Health Association of Southeastern Pennsylvania, about recovery from mental illness. Mr. Rodgers states that recovery from mental illness still involves struggle from the disorder. He says continuing relationships with friends is important for the recovery process in that it helps tremendously with support. He then discusses Peer-Run Services, saying since there is not quite enough professional help, these services were formed for more frequent, and natural ways to help with recovery. He says they allow the struggling individual to talk feelings out with friends, which is extremely affective for recovery and helping the individual to live successfully in the community. He then emphasizes hope, saying this will help those with mental illness to reconnect with the community, as well as providing a sense of involvement and helping to break the feeling of isolation. Mr. Rodgers goes on to say that living in the community gives a greater chance for the mentally ill to recover; whereas locking them away in an institution lessens that outcome, and is also a violation of their rights. Mr. Rodgers then says those without mental illness need to avoid stereotypes, and educate themselves about mental illness, since many still think of it as a moral failure. He mentions community courses as an affective way for education and knowledge, which helps the public be more understanding and supportive.

Joy In Our Town # 168	30:00	15:00	L	PA	05/8/2009	1:00 PM
					05/9/2009	3:30 AM
					05/11/2009	11:30 AM
					05/12/2009	3:30 AM
					05/14/2009	3:30 AM
					05/19/2009	2:30 AM

Host Cassandra McKay talks with Dr. Charles Scheifer, Nephrologists at Lankenau Hospital, about Chronic Kidney Disease (CKD) awareness. Dr. Scheifer states that the kidneys filter toxins and hold water & salt balance for hydration, yet they are also an endocrine organ-which manufacture certain hormones, such as Erythropoietin (stimulates bone marrow to make blood). He says they also manufacture the Parathyroid (bone metabolism), as well as detoxify drugs that are entered into the body. He says CKD is a very common illness in the population—about one million people in Philadelphia have it—and many do not even know it. He says CKD starts as a slow progressive malfunction of the kidneys. Dr. Scheifer then discusses symptoms—tiredness, weakness, poor apatite, retaining of fluid, not sleeping well; however, many of the symptoms are not recognized, or are “masked.” He says the 2 main causes of CKD are hypertension and diabetes (60% of individuals in the local area that have CKD have both of these conditions). He also says CKD is common in African-Americans, with unknown reason—perhaps due to poor healthcare, a gene, poor diet--this is still being researched. He advises those who fit into these at-risk categories to contact a doctor and get a urinalysis (measure protein) and a blood test (measure creatine). A concerned viewer

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asks: are there any supplements or over-the counter medications that contribute to CKD? Dr. Scheifer responds: some pain medicines that are non-steroidal, like Ibuprofens, as well as some anti-biotic may contribute. Dr. Scheifer then says as of now there is no actual cure for Chronic Kidney Disease; however, controlling hypertension and diabetes-and other medications being put into the body, is what is being done to help eliminate the disease.

					05/29/2009	1:00 PM
					05/30/2009	3:30 AM
Joy In Our Town # 171	30:00	15:00	L	PA	06/1/2009	11:30 AM
					06/2/2009	3:30 AM
					06/9/2009	2:30 AM

Host Cassandra McKay talks with Maureen DePrince, stroke coordinator for Delaware County Memorial Hospital; and Michele Bolles, Vice President of Quality Improvement for the American Heart/ American Stroke Association Southeastern PA, about the truth about stroke. Ms. DePrince says there are 2 types of stroke-Ischemic (80% of people have this-caused by a clot or plaque), and Hemorrhagic (caused by ruptured blood vessel in or around the brain. Ms. Bolles then discusses the 5 specific signs of stroke: sudden weakness in 1 side of the body (leg, arm, etc.), sudden difficulty with vision, sudden dizziness/ disturbance in balance & coordination, and sudden intense headache. Ms. DePrince stresses that anyone who has a family member/friend with these signs should call 911 immediately—early detection is extremely important with a stroke (especially within first 3 hours). She then discusses the affects of those who have suffered a stroke—paralysis on one side of body, difficulty understanding/ communicating with others, visual cut or loss-usually in 1 eye. She says the intensity of all of this depends on how quick the person is treated. She says those treated within the first 3 hours usually fully recover if able to take medication—and as long as the risk factors are managed, since a reoccurring stroke is common after the first. Ms. Bolles then discusses those risk factors: uncontrolled hypertension, smoking, inactivity-overweight, and diabetes. She then states that each year, 700,000 people will have a stroke-and 150,000 will die each year. Ms. DePrince then talks about caregiver situations that may arise—the patient may have been an independent person, and now completely dependent—causing emotional stress and depression for both the patient and caregiver. She says those in this situation need to take advantage of the various support groups available. Ms. DePrince then states that people need to be aware of their risk factors and see a doctor regularly in order to prevent a stroke from occurring.

					06/4/2009	3:30 AM
					06/5/2009	1:00 PM
					06/6/2009	3:30 AM
Joy In Our Town # 172	30:00	15:00	L	PA	06/8/2009	11:30 AM
					06/9/2009	3:30 AM
					06/11/2009	3:30 AM
					06/16/2009	2:30 AM

Host Cassandra McKay talks with Dr. Rachelle Lanciano, Chief for the Department of Radiation Oncology for Delaware County Memorial Hospital, about the importance of CyberKnife. Dr. Lanciano gives a brief description of Radio surgery, saying it delivers single large fractions of radiation, usually in 1-5 treatments, to the tumor. She then discusses CyberKnife, saying it was developed by a Neurosurgeon who felt there had to be an easier way for radiation. She says this technique started for treatment in the brain, and then use was started for further cancers. She says this can be used to treat tumors that move with respiration, such as lung tumors & liver tumors. Dr. *The figures designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*



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store. Ground flaxseeds contain omega 3s and walnuts can make a terrific omega 3 snack," she said. Omega 3s also boost your memory as does some produce. In fact, foods that have been shown to slow down memory loss, sometimes even reverse it are cruciferous vegetables like cabbage, foods like berries that contain anthocyanin, and quercetin in foods like onions. Coffee's good, too. "Thankfully, the research on coffee is two thumbs up. We find that coffee increases your alertness, your focus, and your memory -- it even reduces the risk for certain cancers. But you want to avoid it if you're pregnant, thinking about becoming pregnant or have insomnia," Bauer said. Millions of people think foods containing sugar, but nothing could be further from the truth. Sugar actually zaps your strength. It's deceiving, because sugar gives an energy boost moments after eating it, but minutes later, energy levels plummet lower than they were before eating sugar. The amount of water you need to drink varies on your size, the climate, how much you perspire and the foods you eat. For instance produce contains a lot of water so you don't need to drink as much. But generally you should drink 64 ounces each day.

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	4/22/2009	3:00 PM
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#042209

Lori Johnson, CBN News reporter, says hospital errors such as infections, surgical slip-ups and medication mistakes claim the lives of thousands each year. The good news is there are lots of things patients themselves can do to drastically minimize the chance of becoming the victim of hospital error. The most important thing is knowledge. Learn as much as you can about the reason you're being hospitalized and learn as much as possible about your treatment plan. Ask questions and if you don't understand the answer continue asking until you do. Since two heads are better than one, also get yourself a support system. It's best to have a friend or family member by your side as much as possible, particularly at discharge when patients are given lots of instructions about what to do when they get home. Be sure that you understand exactly how much of which medications you need to take, and when. Also, discuss other medications, vitamins and herbal remedies. Good communication is essential in the prevention of hospital errors. If a patient has blood work, cultures or an X-ray, he or she should ask about the results. To reduce the chance of medication error, patients should ask their nurse to double-check their medication with their wristband nametag. Many medication mix-ups occur between patients with similar names or when drugs that sound or look alike are accidentally switched. Patients should be aware of what medications they're taking, the dose and the frequency. Many hospital-acquired infections are the result of bacteria on catheters, particularly urinary catheters. Patients can reduce their risk of getting an infection from a catheter if they ask their nurse to remove the catheter as soon as possible. In some cases, patients can negotiate with their doctor pre-operatively to avoid using a catheter altogether. Sometimes if a patient promises not to eat or drink several hours before a procedure the doctor will deem it unnecessary to use a urinary catheter. Sometimes infections are the result of poor hygiene, so before anyone touches you, make sure you see them clean their hands--and it's okay to ask. Unfortunately, there is no national "scorecard" that rates hospital patient safety scores. The reporting of adverse events varies from state to state, and so far there is nothing nationally mandated. But there are some things you can do to get an idea of a hospital's level of patient safety. The most basic indicator is what's known as the "mortality ratio." It's the actual death rate compared with the expected death rate within a hospital. If the actual death rate is higher than the expected death rate, there are some problems at that hospital. However, if the actual death rate is lower than the expected death rate, that means the hospital has been putting extra effort into improving safety.

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	5/06/2009	3:00 PM
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#050609

Gailon Totheroh, CBN News Science & Medical Reporter, reports that the prospect of surgery usually causes fear, if not outright panic, for many patients. But what if doctors didn't have to make a single cut? A procedure is being tested that uses high-tech images and beams of sound to do the cutting. It's known as "focused ultrasound surgery" and some believe it to be the greatest leap in medicine since the scalpel. Surrounded by a standard MRI machine, the patient lies down with the ultrasonic surgery device immediately below the abdomen. The multiple ultrasound beams come up from there and destroy the fibroid tissue with controlled heat. Everything on the monitors is color

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coded. For instance, the blue spots are areas of the tumor already done; the green circles are future targets; and the red circles tell that an area is too close. Despite that 2004 FDA approval, insurance companies aren't paying. Patients can expect to pay more than \$10,000 out of pocket. In other words, focused ultrasound is unique in that the procedure could be used time and again to keep cancer in check. Radiation and invasive surgeries have a narrow limit because of the collateral damage they produce. One potential heart application is to zap life-threatening clots blocking blood vessels. Another possibility is using the ultrasound beams to pinpoint and release injected medicine. That is, medicine can be micro-encapsulated in heat-sensitive "envelopes." The ultrasound is focused right where it's needed with just enough heat to dispense the drug, herb, or nutrient -- fighting tumors or promoting healing of many kinds. The medicine is released no where else and the rest of the body remains free of side effects.

700 Club CBN NewsWatch #061009	1:00:00	5:00	REC	PA/O/E	06/10/2009	3:00 PM
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Gailon Totheroh, CBN News Science & Medical Reporter, a number of leading doctors, especially cardiologists, are especially keen on this quartet consisting of magnesium, Coenzyme Q10, carnitine, and ribose. In medical circles, magnesium is often overlooked. For instance, magnesium as an intravenous (IV) drip used to be a standard and effective treatment following heart attack. In that same intravenous form, magnesium has also demonstrated effectiveness following concussions. Supplements are the most reliable way to get magnesium, but a diet rich in broccoli, peanuts, halibut, plantains, and leafy greens not only provides magnesium but many other nutrients as well. Another of the fantastic four is Coenzyme Q10, widely known and available in supplement form. It not only helps the body make ATP but serves as an antioxidant as well. We get small amounts of CoQ10 from foods such as beef, chicken, herring, and canola oil. That may be enough for many people. CoQ10 becomes especially important for those taking certain drugs which interfere with its production. Those pharmaceuticals include statins, beta blockers, some blood pressure medications, and all hypoglycemic agents used for Type II diabetes. The third energy booster is L-carnitine. Carnitine is found in the highest concentration in tissues that use fats as a primary fuel. Not surprisingly, that means the heart as well as skeletal muscles. In other words, cardiology and exercise applications are the most common. Some carnitine is found in beef, pork, and cow's milk. For battling diseases, a dose of several hundred milligrams is often recommended. Finally, there's is a relatively new kid on the block: ribose. Though other sugars are burned for body fuel, this six-sided sugar is not. Ribose actually provides the raw material for the central portion of the ATP molecule. Another aspect is that ribose works quickly - in about half an hour after consumption. That speed of action helps enable longer workouts. This could be especially useful for the frail elderly who may need a boost to exercise at all. Others who could benefit include young moms whose heart valves don't have the energy to close properly (mitral valve prolapse) and anyone trying to exercise longer for better workouts. On a foundation of omega-3 fats, increasing evidence shows that magnesium, Coenzyme Q10, carnitine, and ribose can combine to fight disease and help people feel energized. And that could be a true awesome foursome for better health.

Doctor to Doctor #206	28:30	28:30	REC	PA/O/E	04/14/2009	12:30 PM
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**Dr. Caroline Leaf** talks about how our thoughts can impact our physical function. We can grow good or bad memory in the brain. Negative memory looks like thorns and can release toxins into the body. Toxins can block creativity, cause memory to be foggy and can create physical illness. It's important to choose to create positive memories. **Dr. Robert Gear** talks about sore feet. The foot is composed of many bones that work together through the joints and are held together by the muscles. A problem in the spine can cause problems in the muscles which can then cause problems in the feet. It's important to look at the whole system if there is a problem. **Dr. Carl Schmidt** talks about bone health. Calcium can be leached out of the bones to help the blood to maintain a pH balance. It's important we get the right minerals, proteins and good oils for the bones. Vitamin D, Calcium, raw salads, sea plants, certain hormones, exercise and light weights can help the bones.

Doctor to Doctor #207	28:30	28:30	REC	PA/O/E	04/21/2009	12:30 PM
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**Dr. Asa Andrews** talks about how healthy hearts results in healthy blood. High blood pressure can be treated with Potassium, L-Arginine, L-Citrulline, NADH, CoQ10, Vitamin B12, Folic acid, using sea salt and jumping on a trampoline. High Cholesterol can be helped by eating organic eggs and exercise. **Dr. Thomas Distefano** talked about the common conditions of the elbow Tennis elbow and Golfer's elbow. The terms used for these conditions are Lateral Epicondylitis and Medial Epicondylitis. Symptoms are mainly pain either inside, outside or a combination. Conservative treatment for it is Anti-Inflammatory medication, physical therapy and cortisone injections. **Dr. Yvonne Sanders** talked about childhood obesity. Overweight and obesity causes type 2 diabetes, hypertension and high cholesterol. Children should have a consistent diet, exercise 2 hours a day, receive at least 50% to 65% of carbohydrates and 30% of lean protein to prevent overweight and obesity.

Doctor to Doctor #208	28:30	28:30	REC	PA/O/E	04/28/2009	12:30 PM
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**Dr. Gene James** talked about the introduction to chiropractic, what chiropractors do and the origin. He briefly discussed the connection of the spine, nervous system and the person's health. Chiropractors assess your condition through x-ray examination, studies and what adjustments need to be done. **Dr. Randy Burden** talked about blood clots. If a person has been diagnosed with blood clot they may be at risk for another blood clot. Warfarin is given to patients to make their blood thinner to prevent risks. **Dr. Tonya Lyons Anderson** talked about Pediatric concerns with children in the dental office. Children should be taken to the dentist at age 2 because at that age children should already have 20 of their primary teeth present in the mouth. Parents should also teach their children good habits and make sure they are brushing their teeth.

Doctor to Doctor #209	28:30	28:30	REC	PA/O/E	05/05/2009	12:30 PM
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**Dr. Craig S. Travis** talked about the functionality of anxiety and depression as a stress reaction. Stress is the body's emergency reaction, it's like an alarm system that we have in our body, and it's highly adaptive and very functional. The core feature of anxiety is vulnerability. **Dr. Bettye Alston** talked about how our body's talk to us before something catastrophic happens. You always want to get checked by your physician. Headaches or migraines increase magnesium. Drink more water, probiotics and detox get all the bad stuff out. **Dr. Carolina Ceron-Canas** talked about pediatric nutrition. A child should be given a hug every morning. Four hugs a day for maintenance, eight for growth and twelve to maintain that. Exercise regularly with your children. Outdoor activities give us vitamin D. Children are required about 25% of their total carbohydrates in a day just to use for their brains.

Doctor to Doctor #210	28:30	28:30	REC	PA/O/E	05/12/2009	12:30 PM
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**Dr. David Sklar** talked how to prevent injuries. Always wear your seat belts and go the speed limit when you're driving. Pedestrian injuries often occur around areas where there is a lot of walking. At each age group the risks are different and the same is true with driving. **Dr. Ace Anglin** talked about Bromhidrosis and Hyperhidrosis. The meanings of these two terms are sweaty and smelly feet. The increase of bacterium can cause foot odor. It's important to wear socks that are made from synthetic material it has properties that allow them to wick away moisture from the feet. **Dr. Eric Braverman** talked how to stay thin. The brain burns 25% to 50% of your calories if you feed your brain chemistry. Spices will build the brain chemical dopamine and cut your appetite for sugar and carbohydrates. Teas will cut your appetite for junk food and add appetite for many other important healthy foods.

Doctor to Doctor #211	28:30	28:30	REC	PA/O/E	05/19/2009	12:30 PM
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**Dr. Carl Schmidt** talked about cold and flu preventions. People that supplement with vitamin C, a good quality supplement or multivitamin do much better. Grapefruit seed extract is in a little bottle and can be used to put in water or soap and it increases how things can be sterilized to prevent symptoms. **Dr. Caroline Leaf** talked about detoxing our brain through controlling our thought life. You need to evaluate what kind of thoughts you have, how many bad ones, how many if only's, how many negative things that you say and have a conscious decision to detox your thought life. **Dr. Robert Gear** talked about the autonomic nervous system and how it is sympathetic and parasympathetic. The sympathetic is the part that goes out of the spinal cord and in the neck. Parasympathetic is the part that comes out of the brain and out of the sacrum area. Seek doctor's consultation if you have any issues.

Doctor to Doctor #212	28:30	28:30	REC	PA/O/E	05/26/2009	12:30 PM
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**Dr. Stefan Flink** talked about chiropractic adjustment and how a thrust is put upon the spinal cord or spinal column. Activator methods are used in an instrument and this is a hand held instrument its either manual operated or they come in an electrical which is more a sensor that allows doing a quicker adjustment. **Dr. Dale Peterson** talked about multiple sclerosis. Symptoms are brief episode of blurred or double vision, vague numbness or tingling on one side of the body and unexplained muscle weakness. OPC allows nutrients to get the nervous system more effectively. **Dr. Hale Akamine** talked about road rage and how it puts people at risky behaviors. Talking to one self eventually unleashes angry and often dangerous responses. Talk to love ones if they have road rage it should be brought up to their attention but never during a road rage situation.

Doctor to Doctor #213	28:30	28:30	REC	PA/O/E	06/02/2009	12:30 PM
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**Dr. Tonya Lyons Anderson** talked about illnesses that show signs in the month. Diabetes, high blood pressure and HIV are the types of illnesses that have oral manifestation. See dentist at least twice a year get a complete exam so that they can catch any bacteria or decay in time. **Dr. Armando Pineda-Velez** talked about high blood pressure and how it's not a disease it only means that you have your blood pressure higher than normal, which puts you at risk of a heart attack or stroke. High blood pressure can be treated with medication. **Dr. Carl Schmidt** talked about junk food. You make a product more acidic when it has fructose corn syrup. Natural ingredients sound good but it could have MSG or other preservatives that have chemicals that can harm us. Train yourself to eat healthy and make better choices.

Doctor to Doctor #214	28:30	28:30	REC	PA/O/E	06/09/2009	12:30 PM
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**Dr. Ace Anglin** talked about plantar warts and how they are caused by a virus that may affect the foot. It affects the bottom or the plantar surface of the foot. It's not dangerous but is extremely painful. To prevent warts keep foot moist and dry. If you have warts and they do not go away see your physician. **Dr. Caroline Leaf** talked about how our mind can affect the way we function. Attitude is a state of mind that will influence the brain. There are three places in the brain we can control our attitude, the outer part, the middle which is a very strong physical reaction and in the front where we have a free will. **Dr. Randy Burden** talked about diabetes and how it is characterized by an increase in your blood glucose or blood sugar levels that can be above normal. It can also cause a heart attack or stroke. Diabetes can be prevented or delay by incorporating a lifestyle change and increasing your activity and losing 5% to 10% of your body weight.

Doctor to Doctor #215	28:30	28:30	REC	PA/O/E	06/16/2009	12:30 PM
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**Dr. Chauncey Crandall** talked about Diet. Most people start a diet when they are diagnosed with diabetes or hypertension. We should be eating 3 to 4 small meals a day. Focus on the number of calories. You should be taking 1200-1400 calories a day for weight reduction. **Dr. C. Mack Sewell** talked about the pandemic influenza. Influenza becomes pandemic when there is a novel influenza strain without natural immunity it can be transmitted person to person. To avoid influenza avoid exposure, get vaccinated, get anti-viral treatment, wash your hands and cover your mouth when you cough or sneeze. **Dr. Monica Allison** talked about orthokeratology (Ortho-K). The cornea is the front surface of the eye it's the clear part of the eye were we see through. Ortho-K is a process where they reshape the front surface of the eyes using special contact lenses that you can sleep in at night. People that are nearsighted can get this treatment. It is a safe process and can see an immediate improvement in your vision.

Doctor to Doctor #216	28:30	<b>28:30</b>	REC	PA/O/E	06/23/2009	12:30 PM
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**Dr. Zev Mellman** talked about posture. Structure determines function. If someone's head is tilted that is compressing their nerve system and how those cells and cellular posture your heart and lungs. Exercise and seek advice from your physician. **Dr. Glen Steele** talked about Infant see. If a baby don't look, don't follow, and are not aware of their parents the baby may have a vision problem. Glasses can take care of the problem, but other times you want to monitor and prescribe guidance activities like putting babies on their stomach. **Dr. Margaret Nagib** talked about dual diagnosis and co occurrences. These can cause eating disorder, substance abuse or alcohol problems. Treatment for eating disorder and OCD involves medication and behavioral management. Effective treatments also involves thorough assessment.

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

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

					05/22/2009	1:00 PM
					05/23/2009	3:30 AM
Joy In Our Town # 170	30:00	15:00	L	PA	05/25/2009	11:30 AM
					05/26/2009	3:30 AM
					05/28/2009	3:30 AM
					06/2/2009	2:30 AM

Host Alan Box talks with Dorothy Johnson-Speight, Founder & Executive Director of Mothers In Charge, about youth violence & homicide in our local area. Ms. Johnson-Speight begins by telling the story of her son who was murdered over a parking space in December 2001. She discusses how many youth deal with anger and rage, usually due to hurt, abandonment and other factors. She says this may lead to acts like bullying, then violence. She emphasizes that a lot of youth, as well as adults, are losing their lives to violence. She says programs in schools and after school are important for youth—that mentorship is key. She also says that guns are too easy for individuals to access, and stronger gun laws are needed through legislation. Ms. Johnson-Speight then talks about the family structure, saying there is a major breakdown in that most families are headed by single mothers. She emphasizes the need to strengthen the family, and the need for support and resources for the single parents in mentoring the children & providing them with positive messages. She then discusses community, saying neighbors should look out for one another and help their communities become safe by being aware of the violence taking place. Ms. Johnson-Speight advises youth to become involved with someone who can help them, support them and provide them with guidance.

					06/4/2009	3:30 AM
					06/5/2009	1:00 PM
					06/6/2009	3:30 AM
Joy In Our Town # 172	30:00	15:00	L	PA	06/8/2009	11:30 AM
					06/9/2009	3:30 AM
					06/11/2009	3:30 AM
					06/16/2009	2:30 AM

Host Alan Box talks with Rebecca Nurick, Project Coordinator for the Pennsylvania Senior Medicare Patrol (PA-SMP) for the Center for Advocacy for the Rights & Interests of the Elderly (CARIE), about fraud in the Medicare system. Ms. Nurick states that Medicare fraud can take different forms, such as being billed twice for the same thing, being billed for supplies or services never rendered, etc. She explains that before assuming fraud, understand that errors are made, and locating these mistakes is important before they become larger & more involved. She then discusses the different parts to Medicare (Part A- Hospital Coverage, Part B-Outpatient Services/Prevention, and Part D- Prescription Drug Coverage), saying they are all susceptible to fraud. She states that most doctors and healthcare

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providers have best intentions; however, some do commit fraud. She says some examples of perpetrators are some physicians, hospitals and durable medical equipment companies. Ms. Nurick advises those on Medicare to review their Medicare Summary Notice for accuracy (all services, tests, doctor appointments, etc.) and what is being charged is correct. She also says the personal information needs to be checked, along with the individual being able to recognize the doctors' names, hospitals and labs---and question anything that is inaccurate. She further advises individuals to keep a healthcare calendar of everything regarding Medicare-then compare notes. She goes on to say that individuals need to protect their Medicare number as if it were a credit card number, and not to give it or any other personal information to those on the phone or showing up at the door trying to sell products or coverage.

					06/12/2009	1:00 PM
					06/13/2009	3:30 AM
					06/15/2009	11:30 AM
Joy In Our Town # 173	30:00	15:00	L	PA	06/16/2009	3:30 AM
					06/18/2009	3:30 AM
					06/23/2009	2:30 AM
					07/2/2009	4:00 AM
					07/2/2009	12:00 PM

Host Alan Box talks with Peter Schenck, Chief for Commercial & Consumer Fraud, and Michael Blume, Assistant U.S. Attorney-both of the U.S. Attorney's Office, about predatory lending in our region. Mr. Schenck states predatory lending as anything that victimizes a person taking out a loan, particularly for a home, with the practice being used to deceive him/her. He discusses Bait & Switch technique as when people are told information, but something else is actually written on the documents-usually in very fine print. He says information that may deceive are Balloon payments, very high fees and/or the equity being taken out of a loan-leaving the homeowner with very little equity. Mr. Blume states that anyone can be a target as long as they have equity on their home; however, those of concern are seniors, families of low-income living in borderline neighborhoods, and those new to the market-such as newlyweds. Mr. Schenck then discusses concern of Rescue Frauds, saying they target those who have gotten into homes they cannot afford (due to poor economy), which many are now being foreclosed, filing for bankruptcy—and are then being offered a deal to keep the house, and since they are desperate, many will agree—and the equity will then be taken out—leaving them with nothing. He then advises the public to read all documents, particularly that of which is in fine print, and seek counseling from an attorney or mortgage counseling agency to see if the deal is exactly as what was discussed. Mr. Blume mentions some signs of predatory lending: being approached by someone to get a loan, high fees, being asked to lie/misrepresent. He says consumers should take advantage of educational programs of predatory lending. Mr. Schenck then discusses the elderly, saying they are sometimes ashamed after being scammed, and should not be-but rather ask trusted family members for guidance and locating resources for help.

					06/19/2009	1:00 PM
					06/20/2009	3:30 AM
					06/22/2009	11:30 AM
Joy In Our Town # 174	30:00	15:00	L	PA	06/23/2009	3:30 AM
					06/25/2009	3:30 AM
					06/30/2009	2:30 AM
					07/2/2009	3:30 AM

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Alan Box talks with Michael Harris, Director of Operations for the Philadelphia Anti-Drug/Anti-Violence Network, about crime & violence among the youth. Mr. Harris states that violence is a learned behavior that is often a continuing pattern through life. He says this can be learned from parents that teach "hit back", which may result in the kid always feeling like he/she has to "survive" in life, as well as the media-in that kids sometimes become excited over the way violence in glamorized in films, not realizing the true impact it has in real life. He then mentions community policing, saying some in the community have differences over how the system is set up, but the police system is actually trying to be more sensitive to the needs of the community. Mr. Harris then discusses peer pressure, saying kids "dare to be different," and want to be like other kids, like a fad—which often leads to bullying. He states that youth need to focus on their dreams, yet so many end up chasing after what their peers do. Mr. Harris then states the root causes of crime—economic problems, social conditions, and breakdown of the family. He says parents need to spend more time with their children, and learn more about them. He advises spending quality time with them to let them know you-the parents- want to be a part of their lives. He says parents sharing their own past mistakes helps with communication. He goes on to say that a lot of youth violence takes place in the summer mostly because school is out, and there are not enough activities---kids need to find constructive & creative things to become involved with. Mr. Harris then advises parents not to give up when feeling discouraged, and to even have other family members become mentors to help with guidance.

					06/26/2009	1:00 PM
					06/27/2009	3:30 AM
Joy In Our Town # 175	30:00	15:00	L	PA	06/29/2009	11:30 AM
					06/30/2009	3:30 AM

Host Alan Box talks with William Baldwin, Deputy Director of the Laurel House, about Domestic Abuse awareness. Mr. Baldwin states that domestic abuse encompasses different types, such as physical, emotional, financial and sexual abuse, as well as alienation. He says many victims feel if they are not physically hurt, they are not really being abused-which is not true. He then discusses mental/psychological abuse, saying he feels this is the hardest to deal with---the self esteem of the victim is beaten down, she/he is often alienated from others, etc. He says victims of this form of abuse gradually realize it—they don't realize it in the beginning since not being physically beaten. He then says mental abuse is not recognized by the law, making the issue even more difficult. He says the mental scars developed often do not heal without proper psychological help/support. Mr. Baldwin says male victims tend to feel even more ashamed since society says males should be in control; however, more men are starting to come forward. He then states that in Pennsylvania, there were 13,000 of those who accessed the courts for help with domestic abuse last year. He then raises the point that domestic violence affects all socioeconomic backgrounds—not only those who are poverty stricken. Mr. Baldwin then discusses the Protection From Abuse Act, established in Pennsylvania in 1976, saying PA was one of the first states to pass laws for domestic abuse. He says victims, under this Act, were then able to go to court & produce restraining orders. He says the Statute in Pennsylvania recognizes relationships of domestic abuse as those of spouses, those in intimate relationships--- and family members (there are many cases of individuals abusing their elderly parents). Mr. Baldwin says if someone approaches you & says she/he is being abuse, you should start by just listening to them—they often need validation (do not tell them to simply leave their partner—it is not that easy for the victim). He then says to provide resources to her/him (programs & centers). He advises victims of domestic abuse to not feel ashamed to reach out for help.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Education*

Joy In Our Town # 164	30:00	15:00	L	PA	04/13/2009	11:30 AM
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Host Alan Box talks with John McKelligott Board Member of Good Schools Pennsylvania & active member of the First Suburbs Project of Southeastern Pennsylvania, and Reverend Rohan Hepkins, active member of the First Suburbs Project of Southeastern Pennsylvania, about the impact of Education to help local older communities. Mr. McKelligott says different patterns are coming about in the older, first towns—they are experiencing new problems & suffering. He says the challenges they are facing are the tax base shrinking, fewer resources and the increase in social needs. Rev. Hepkins says this affects education because the school system is funded by local municipalities, and if the tax base decreases, there is less to contribute to the schools—then the municipalities raise property taxes, causing residents to leave. He says underfunded schools lead to a poor education system, causing delinquency—this is overall, a vicious cycle. He states that proper school funding leads to productive citizens, who will get decent jobs—leading to better a better tax base. Mr. McKelligott says when schools are chronically underfunded, they provide minimum programs-not allowing the students to flourish. Rev. Hepkins says in the first local, older communities—there has been a flight of the middle-class to the 2<sup>nd</sup> & 3<sup>rd</sup> suburbs, and those not economically influent have move in, causing a decrease in revenue—leading to more overall economic decline. Mr. McKelligott says there needs to be a more equitable system of school funding, where the state would assist small, local communities to support the public education. He says better funding is needed to get the plan in place in order to fix the problems occurring in the schools, such as a poor reading program, not enough after school programs, etc.

Joy In Our Town # 164	30:00	15:00	L	PA	04/13/2009	11:30 AM
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Host Alan Box talks with the Honorable Judge John Younge, Court of Common Pleas-First Judicial District of Pennsylvania, about the importance of mathematics & science in our schools. Judge Younge says mathematics & science are the foundation of the education system. He says in the Philadelphia area, there is a need to strengthen these curricula-we are falling short. He says those from other countries are relocating here to do jobs, since we are lacking in these fields. He states there is a particular struggle among inner-city minority youth. Judge Younge goes on to say that parents/mentors need to provide kids with a thirst for knowledge—youth have the aptitude, but it needs to be guarded from being destroyed from negative influences. He emphasizes technology, communication & environment are all advancing, making math & science even more important—this is what the young generation will need knowledge of for future careers. He advises parents to go to their child's school and talk with teachers and know the curriculum (this also helps the child know that the parent cares, giving a huge, positive impact). He also emphasizes the need for families to make time together so problems can be discussed & communication is taking place. Judge Younge says some schools have additional issues with providing resources, youth violence, social pressures, as well as issues with students that come from low-income households (particularly dealing with hunger). He states that math & science need to be made a priority in the school system, particularly with the Budget—investing in teachers that can teach math & science well and investing in programs that allow the students to gravitate to this curriculum.

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Joy In Our Town # 165	30:00	15:00	L	PA	04/17/2009	1:00 PM
					04/28/2009	2:30 AM

Host Alan Box talks with Shelly Yanoff, Executive Director of the Public Citizens for Children & Youth (PCCY), about education progress and problems in our region. Ms. Yanoff states that more kids are suspended & expelled from preschool than the public school system each year. She says a better way is needed than suspension & expulsion--perhaps taking time & figuring out what the issue is and developing a solution. She then discusses the drop-out rate, saying 9<sup>th</sup> grade is the most critical time for this, and those who do drop-out usually exhibit problems at an earlier stage, such as grade school (truancy, not excelling in math & reading at the right speed, etc.). She says in Pennsylvania, 1 out of 5 kids will not graduate on time, and this is even worse in big cities like Philadelphia. She emphasizes the need for preparing kids early in life for education—if problems are noticed early-on, they should be confronted & worked on. Ms. Yanoff then goes on to discuss equity in teaching assignments, saying experienced & good teachers are sent to select, thriving schools—new teachers are sent to struggling schools—the problem is that students from low-income households need the good teachers. She says in order to work on this issue, there needs to be investing in the needy schools, while having incentives for teachers to go to the schools they want to the most. She says this is particularly important in preschools, so the students may be prepared when entering grade school. She also says developing alternative schools for those who have dropped out, as well as keeping public libraries open are key for building & improving education. Ms. Yanoff states that parents need to spend time with their kids, listen to them & their problems, and work with them. She emphasizes that letting the kids know they have time for them is truly important.

Joy In Our Town # 166	30:00	15:00	L	PA	04/24/2009	1:00 PM
					04/27/2009	11:30 AM
					04/28/2009	3:30 AM
					04/30/2009	3:30 AM
					05/5/2009	2:30 AM

Host Alan Box talks with Shelly Yanoff, Executive Director of the Public Citizens for Children & Youth (PCCY), about the impact of violence in schools. Ms. Yanoff begins with bullying, saying a lot of parents are working & stressed, and often do not take the time to talk with kids to resolve the issue—and a lot needs to be considered (small class, counselor available, psychologist, etc.). She says rather than just suspending the bully, the question needs to be asked if he/she was harmed at home, struggled on the street, etc., in order to really help him/her. She says providing positive support & recognition to kids when doing the right thing is important, so it's not always about doing wrong. She states that School Breakfast programs are important for those from low-income families in order to ensure nutrition for healthy behavior. She then raises the point that school schedules are built on an agricultural model—this doesn't apply to major cities, and school should be longer (lengthen the day for arts & music) to give time to the students to learn what they really want to be. She says this is really important for preschool in that this is mostly for learning social intelligence (how to behave with others, sharing, interaction, etc.). Ms. Yanoff then says even though some schools have become violent, they have made a negative environment for the students—like a sense of being “imprisoned”, particularly with metal detectors & bars on windows. She feels this is an overreaction, and the correct solution to school violence are counselors, social workers, etc. She says many richer schools in the suburbs have this; however, the inner-city schools, like many in Philadelphia, use the metal detector method, which often makes the kid feel like a criminal. She stresses the need for more counselors in Philadelphia schools, enough that would be able to provide significant time for each student in need.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Substance Abuse*

					05/1/2009	1:00 PM
					05/2/2009	3:30 AM
Joy In Our Town # 167	30:00	15:00	L	PA	05/4/2009	11:30 AM
					05/5/2009	3:30 AM
					05/7/2009	3:30 AM
					05/12/2009	2:30 AM

Host Cassandra McKay talks with Jeanne Troy, Director of Development & Communications for Drug Free PA, about underage drinking concerns during Prom & Graduation season. Ms. Troy states that the average age a kid first sips alcohol is 8yrs. She feels this may start off underage alcohol consumption. She says the average age of underage drinking & driving is 16 (time of Learner's Permit). She states that Prom & Graduation season are most common for underage drinking because it is a time of young adults celebrating with opportunity to be away from parents, along with peer pressure & a sense of right-to-passage. She goes on to say that many kids get alcohol from their homes, particularly when parents leave it out on bars or in unlocked cabinets—the easy accessibility is tempting to the teen. Ms. Troy then states that PennDOT released a statistic for 2002-2008, that there were 276 fatalities statewide for 16-20 year olds from driving under the influence. She then says it is important for parents to be honest about themselves with their children & own up to their drinking incidents and share stories, in that it shows the ramifications of their bad decisions. She also says parents need to mention that a grown adult's body mass is much greater-and can handle the alcohol much better. She also mentions that the brain actually does not stop developing until 25, in which alcohol can play a negative part in. She then discusses legal penalties –the 1<sup>st</sup> DUI is a 30 day suspension of the license, the 2<sup>nd</sup> is 60 days & the 3<sup>rd</sup> is a year---all of which the kid would have to now depend on a parent for daily travel. Ms. Troy then advises parents to keep an eye on their kids & be vigilant, and know where they are going & if parental supervision is taking place.

					05/15/2009	1:00 PM
					05/16/2009	3:30 AM
Joy In Our Town # 169	30:00	15:00	L	PA	05/18/2009	11:30 AM
					05/19/2009	3:30 AM
					05/21/2009	3:30 AM
					05/26/2009	2:30 AM

Host Alan Box talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about Keg Tagging& Safe Ride Home Legislation. Sen. Greenleaf states that kegs contain a lot of beer and they are cheaper than cases, so many underage people get someone of age to purchase these for them. He says as a result, many die from alcohol poisoning or drunk driving accidents (these both are the cause of more that 50% of deaths in underage individuals)- emphasizing the need to curtail this issue. He explains this legislation by saying the name of the individual who purchases the keg will be on record, and branded on the keg. He says this legislation has proven affective in other states that have already adopted laws like this, in that alcohol consumption has been reduced—which then helps to save lives. He goes on to say that this legislation would give beer distributors more immunity in that they would have taken more steps necessary to ensure kegs do not fall into the possession of underage drinkers. Sen. Greenleaf then discusses how this would be cost-affective. He says it would cost about \$36,000 to implement this legislation, as opposed to the 1.5 billion dollars in cost associated with underage drinking. Sen. Greenleaf goes on to explain the Ride Home program he feels should be established. He says this would allow someone who

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consumed a lot of alcohol to access a ride home without having to drive his/her car. He says there should be a surcharge on the liquor licensees and the Liquor Control Board, since they are involved in the selling of the alcohol.

					05/22/2009	1:00 PM
					05/23/2009	3:30 AM
Joy In Our Town # 170	30:00	15:00	L	PA	05/25/2009	11:30 AM
					05/26/2009	3:30 AM
					05/28/2009	3:30 AM
					06/2/2009	2:30 AM

Host Cassandra McKay talks with Jeanne Troy, Director of Development & Communications for Drug Free PA, about "Pharm" parties taking place in our region. Ms. Troy defines "Pharm" parties as a group of teens getting together and taking any pharmaceutical pill they can find in the home, mixing them up & consuming them, usually with alcohol. She says this is also known as "skittling," when used as a disguise as eating the candy since the colors are similar. She raises the point that not only are kids getting the pills from medicine cabinets, but also online—since it tends to be rather easy. She says the common age group of those partaking in "pharm" parties are middle school through high school, since many in this bracket are wanting to experiment and always trying to push the envelope. She says the major danger is that the kids could be mixing anything—pain killers with anti-depressants, and so on. She says they could end up paralyzed or dead. Ms. Troy advises parents to keep track of what medications are in the home, and keep them under lock & key, and if any are expired—take them to the pharmacy for disposal. She states signs to look for if kids are taking pills: glazed look in eyes, difference in speech (slow or quick), and overall difference in behavior—perhaps isolation from others and less care in dress appearance. She then says that if kids are on prescription drugs due to a medical reason, and asking for more—check the time frame of how long the medication is to be taken, then consult the doctor to ensure this is acceptable. Ms. Troy then discusses the media/advertising impact on kids. She says some programs glorify pill use, depicting usually rich people taking & selling them—which is misleading to young viewers. She also says advertisers of both prescription & over-the-counter drugs need to make sure they target more to adults.

					05/29/2009	1:00 PM
					05/30/2009	3:30 AM
Joy In Our Town # 171	30:00	15:00	L	PA	06/1/2009	11:30 AM
					06/2/2009	3:30 AM
					06/9/2009	2:30 AM

Host Cassandra McKay talks with Jeanne Troy, Director of Development & Communications for Drug Free PA, about mollies---the new form of ecstasy. Ms. Troy defines mollies as a pure form of Methamphetamine, very potent, and absorbed faster into the body—which creates more damage to the brain and other organs. She says young adults find creative ways of hiding & using this, such as placing the powder into capsules of regular over-the-counter pills, stringing the pills onto candy necklaces, placing the powder on a pacifier & ingesting it throughout the day, among other methods. She states these are very cheap, about \$25.00 per pill, making it even more easily accessible to young adults. She says these pills are highly addictive and are a gateway to other drugs. Ms. Troy then says the average age someone takes this pill is 13yrs old, but can also begin as late as 70yrs old. She then says this is also known as the "hug drug," in that it makes the user display very affectionate behavior—parents should consider this a major warning sign if the kid does not normally act this way. She then says mollies dehydrate the body, and if

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overload takes effect-the individual will collapse. She advises parents to be alert, know where their kids are going, who they are hanging out with, check out the clubs they are going to, etc. Ms. Troy goes on to say that parents should look for other types of opposite behavior as additional warning signs (drop in grades, kid cannot focus, eyes are blood shot, dress becomes more sloppy, etc.). She emphasizes that parents should confront their kids if they are using and get them help through treatment facilities or substance abuse programs.

*Environment*

Joy In Our Town # 140	30:00	15:00	L	PA	04/6/2009	11:30 AM
					04/7/2009	3:30 AM
					04/9/2009	12:00 PM

Host Allan Box talks with Carol Butler, Environmental Program Specialists for the Pennsylvania Resources Council, about litter prevention. Ms. Butler states that areas with a lot of litter cause disorder in the community, since it gives a feeling of no one caring-causing others to continue to litter, eventually causing fear of the area with no one moving in. She says as a result, businesses do not develop, crime rises, and the neighborhood decays. Ms. Butler then discusses the breakdown of trash, saying every hour, 250 million plastic bottles are thrown away and only 10% are recycled. She illustrates that 40% of trash is collected by the Trash Department, about 20% is biodegradable (leaves, banana peels, etc.), and 17% is washed away by water. She then says many plastic items and cigarette butts thrown on ground are a problem in that soil eventually covers them, which allows them to affect ground water—then leaking into potential drinking water. Ms. Butler emphasizes the need for education of litter problems through government, municipalities, communities and schools. She also says getting the public involved in cleaning and prevention education is key for helping diminish the litter problem in our communities.

Joy In Our Town # 165	30:00	15:00	L	PA	04/17/2009	1:00 PM
					04/28/2009	2:30 AM

Host Alan Box talks with Brady Russell, Eastern Pennsylvania Director for Clean Water Action, about non-point source pollution. Mr. Russell says that non-point source pollution is any way pollution gets into water-with no specific source and how many sources overall. He says rain is a major method of this in that it runs across roads/ driveways and carries pollutants into water intakes, which lead to rivers & streams. He states Philadelphia's largest source of drinking water is from surface water, particularly the Schuylkill River. He says the state & municipalities need to take action---the state should enact Buffer legislation (buffers are natural vegetation along rivers & streams), which would filter out the rain water of pollutants before entering the water (buffers should be about 100 ft). Mr. Brady then discusses storm water management, saying in Philadelphia, everyone pays for this if paying a water bill-and charged based on how much land is owned & how much is unpaved. He says those who do not use a lot of drinking water, but have a lot of concrete ( like auto-repair shops) will have a higher bill; whereas those who use a lot of drinking

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water, but have little ground (like hospitals) will pay less. Mr. Russell then encourages individuals to plant trees, especially if living near water, in order to filter debris & pollutants. He also says avoid using too much fertilizer, in that it runs off into rivers & streams—and is too much nutrient for the rivers & streams, then causing algae blooms to form on the surface- which end up killing fish. He also says homeowners should install a rain barrel, saying they capture the first inch of rainwater, which is natural, and would prevent wasting water & saving the city money, as well as help avoid flooding.

					05/1/2009	1:00 PM
					05/2/2009	3:30 AM
Joy In Our Town # 167	30:00	15:00	L	PA	05/4/2009	11:30 AM
					05/5/2009	3:30 AM
					05/7/2009	3:30 AM
					05/12/2009	2:30 AM

Host Alan Box talks with Brady Russell, Eastern Pennsylvania Director for Clean Water Action, about safety concerns with our drinking water. Mr. Russell states that Pennsylvania is a water-rich state, and there is a problem in that there is no overall statewide water plan. He mentions some instances where municipal wells in Bucks County, among other areas, have auto-repair shops & gas stations located near them. He said that the underground gas tanks have leaked MTBs into some of the water. He says incidents like this illustrate the need for better zoning plans, and now the community needs to have their water tested constantly to make sure there are no traces of MTBs, or other chemicals. He then says Legislation needs to pass the Safer Drinking Water Act, which involves water supplies to have safe zones (no landfills, gas stations, etc. located nearby). He goes on to discuss the rise in medications being found in drinking water. He says there has been evidence of everything from over-the-counter to pharmaceuticals, due to individuals flushing them down toilets, intending to dispose of them. He says water systems are not set up to filter these out, and people should place them in the trash or even take them back to the pharmacy for them to dispose. Mr. Russell then discusses bottled water, saying this is not a solution in that there are even fewer laws & regulations on the books governing this than there are tap water, actually making tap water safer. He also talks about the Wissahickon Creek, which is a source of supply for our drinking water. He says there are 5 points of pollution on this creek where waste is dumped—which does not meet Clean Water Act standards. He advises the public to be aware of drinking water issues, know where their supply is coming from and to voice their concerns to their State Senator about drinking water. He says for home use, filters can be used for further cleanliness of the water.

					06/26/2009	1:00 PM
Joy In Our Town # 175	30:00	15:00	L	PA	06/27/2009	3:30 AM
					06/29/2009	11:30 AM
					06/30/2009	3:30 AM

Host Alan Box talks with Joseph Syrnick, President & CEO of the Schuylkill River Development Corporation, about revitalizing the tidal of the Schuylkill. Mr. Syrnick says there is a need to open river banks along the Schuylkill River—they need to be cleaned and made for public access. He says this area is largely contaminated and vacant. He says extending the river front trail to the Delaware River is one major ways to revitalize the area. Mr. Syrnick  
*The figures designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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then says this would help economic development (build condos, business, recreation, etc.), and the environment by cleaning the contaminated land and changing it into a park. He points out that this land is contaminated because it was an industrial area in the past. He stresses that there should be no intention to change the wildlife in & along the river-and to preserve it (many trees along side, many species of birds & 42 species of fish). He discusses cleaning methods of the river: using a boon around it- then skimming the surface of debris & pollutants, prevention by simply not polluting it, as well as the natural process of the river---it actually can clean itself. He says there is a storm water issue, in that it runs into the river & carries pollutants into it—and sometimes storm water sewers & sanitation sewers get clogged, flood into each other & run into the river—bringing in sewage. Mr. Syrnick says he feels legislation should pass laws to have buffers on the Schuylkill River (which is vegetation that helps avoid trash/pollutants from entering the river), which has already been done for the Delaware River.

*Civic Affairs*

					04/24/2009	1:00 PM
					04/27/2009	11:30 AM
Joy In Our Town # 166	30:00	15:00	L	PA	04/28/2009	3:30 AM
					04/30/2009	3:30 AM
					05/5/2009	2:30 AM

Host Alan Box talks with Pennsylvania State Senator Anthony Williams, 8<sup>th</sup> Senatorial District for the Commonwealth of Pennsylvania, about the Economic Stimulus impact on Pennsylvania. Sen. Williams states that one of the major goals of the Economic Stimulus is to keep the employed working, and create new jobs for the unemployed. He says that this package contains a wide range of consideration: laying of roads, building bridges, developing “greener” homes & communities, education & expansions of school programs, providing unemployment compensation over a more extended time, tax credit simply for those working—among others. Sen. Williams then discusses Green Technology, saying this is set to develop more environmentally friendly technology & jobs-changing the overall way things are done (manufacturing, construction, etc. while reducing pollution). He says in Philadelphia, unemployment is at 10%, this problem has developed even before the recession---the working community has changed, business & industries have moved out of Philadelphia County—making it impoverished. He says the overall reason for this is that the economy has become worse, as well as many Philadelphia residents having become unemployed. Sen. Williams then discusses incentives for Degrees, saying that in the Economic Stimulus Package & Mayor’s Administration, there is a great Community College System, in that it is affordable to go to college & further one’s education in Philadelphia. He says there is also a focus in Pennsylvania to encourage people to learn early in life. He then says that there are variables that will retrain individuals—if they are in an industry that fell offshore, they will be allowed to be retrained in colleges and find other careers.

					05/8/2009	1:00 PM
					05/9/2009	3:30 AM
Joy In Our Town # 168	30:00	15:00	L	PA	05/11/2009	11:30 AM
					05/12/2009	3:30 AM
					05/14/2009	3:30 AM
					05/19/2009	2:30 AM

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Alan Box talks with Pennsylvania State Senator Anthony Williams, 8<sup>th</sup> Senatorial District for the Commonwealth of Pennsylvania, about legislation & the concerns of intergenerational families. Sen. Williams defines intergenerational families as those in which the grandparent is the primary caregiver of the grandchild. He says in the Philadelphia county, 1 in 4 households has the grandparent as the primary person caring for the child. He discusses Senate Bill *Grands as Parents*, which is set up to assist those grandparents raising the child who are low-income/poverty-stricken. He says this Bill allows for financial support and housing. He says that even though Foster care & adoption exists, they separate the family, whereas legislation to help grandparents will keep the family together. He then discusses why there are so many intergenerational families: single parents becoming incarcerated, involved in drug addiction, death, or just simply becoming discouraged & leaving. He says in those situations which the parent will be returning, whether from rehab, prison, etc., the grandparent will be able to care for the child without separation through foster care. Sen. Williams then discusses the intergenerational housing, which would allow appropriate housing to accommodate both the grandparent & grandchild (building another room, additional bathroom facilities, etc.). He says he also wants to see actual housing developments being built which would accommodate both. He goes on to say that social workers need to be trained to provide grandparents with tools to help raise the grandchild. Sen. Williams then says *Grands as Parents* would help save state dollars in that this method requires less funding than foster care/adoption.

					06/19/2009	1:00 PM
					06/20/2009	3:30 AM
					06/22/2009	11:30 AM
Joy In Our Town # 174	30:00	15:00	L	PA	06/23/2009	3:30 AM
					06/25/2009	3:30 AM
					06/30/2009	2:30 AM
					07/2/2009	3:30 AM

Host Alan Box talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about Prison Reform Legislation concerns in Pennsylvania. Sen. Greenleaf says the prison system is like a "revolving door," in that many go in with no job, education & drug addiction—then come out with the same, but with an added prison record. He states that 48% return to prison within 3 years of release; over 50% are non-violent offenders, 70% have drug/alcohol addiction and 20 % are mentally ill. He states that punishment without rehabilitation is failure, and there is a major need for better programs. Sen. Greenleaf says a lot of money is being spent due to the increase in prison population—and this increase illustrates how the policy is simply not working. He says this is not affective because it is costing taxpayers more money, and crime is on the rise—especially since children of incarcerated individuals are more likely to commit crime, creating a vicious cycle. Sen. Greenleaf then discusses the State Intermediate Punishment Program, saying if the offenders are non-violent & have a drug problem, they can be sentenced 2 years in prison—the first 7 months taking rehabilitation courses & programs—if passed, then released & placed in halfway houses and other treatment programs. He says he wants to see a system where violent offenders are removed from society, and rehabilitation programs are implemented for non-violent offenders with substance abuse problems, along with intermediate punishment so they can reenter society. Sen. Greenleaf goes on to say that Pennsylvania has just passed a law regarding Merry Time & increasing Intermediate punishment programs, and also to have the Department of Corrections partner with private groups who will counsel those just released & help them with their problems.

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*Local Electoral Affairs*

					05/15/2009	1:00 PM
					05/16/2009	3:30 AM
Joy In Our Town # 169	30:00	15:00	L	PA	05/18/2009	11:30 AM
					05/19/2009	3:30 AM
					05/21/2009	3:30 AM
					05/26/2009	2:30 AM

Host Cassandra McKay talks with the Honorable Judge Jack Panella, Judge for the Superior Court of Pennsylvania; (D) candidate for Justice of the Supreme Court of Pennsylvania, about the importance of the role of the Supreme Court. Judge Panella states that he started learning the inner-workings of the court as a Judicial Law Clerk. He says in his career, he learned that cases need to be determined on the facts, then the laws need to be applied to them. He states that a Judge has to be very unbiased and unprejudiced when handling a case. He says the court has to maintain itself and provide access to anyone in need of it to resolve differences-whether financial or otherwise. He also emphasizes the need for the Court System to protect the public, in which the appropriate decisions are needed to be made to do so. He states the need to establish a more positive public image of the court. He also says that what the public needs to remember about the entire court system is that they are the branch of government that deals with particulars---their decisions affect the individual that is involved---other branches' decisions are meant to affect a group of people, such as when a Bill is passed. He stresses that a Supreme Court Justice needs to have the correct morals and be community-minded. Judge Panella then discusses the Administrative side of the Supreme Court. He says there is a need to expand investigators and staff of the Judicial Conduct Board, and other programs must continue to be started to monitor lower courts.

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# **Trinity Broadcasting Network**

## *Quarterly Report*

July, August, September 2009

**WGTW-DT Channel 27**

**Philadelphia, Pennsylvania**

**Eastern Time**

Ascertainment List

Leading Community Issues

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

Public Safety

Substance Abuse

Housing

Seniors

Environment

Civic Affairs

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Public Safety*

					07/17/2009	1:00 PM
					07/18/2009	3:30 AM
Joy In Our Town # 178	30:00	15:00	L	PA	07/20/2009	11:30 AM
					07/21/2009	3:30 AM
					07/23/2009	3:30 AM
					07/28/2009	2:30 AM

Host Alan Box talks with Pam Fischer, Director of the New Jersey Division of Highway Traffic Safety, about bicycle & Pedestrian Safety in New Jersey. Ms. Fischer states that last year, there was a large spike in bicycle fatalities in New Jersey, many have turned to bicycles due to the struggling economy. She says bicyclists need to ride with the flow of traffic, and understand that a bike is a vehicle, so obeying street signs & traffic lights is imperative. She says many do not follow these safety guidelines, which leads to injury or death. She further advises bicyclists to make sure they are visible, especially after dark, many fatalities occurred in New Jersey with those wearing dark clothing. She says light colors should be worn, lights & reflectors placed on bicycles, along with horns or bells. She goes on to say that in New Jersey, there is a helmet law for those under 17 on bikes--wearing helmets are important in preventing head injuries, which are a major cause of death. Ms. Fischer then discusses the Bicycle Hang Tag Initiative, saying this is a method of getting the message out to the public—it involves placing tags on new or rented bikes that state important safety bullet points, that are meant to be absorbed by the consumer. She then discusses pedestrians, saying many tend to forget they have as much of an obligation as the motorists—and they too need to be mindful of traffic. She advises walking by facing the traffic, wear visible clothing & think like the driver when in the crosswalk. Ms. Fischer then mentions the Pedestrian Safety Decoy Program, saying that it enforces the law by having police officers issue warnings & educational information to motorists, such as letting pedestrians cross first.

					08/7/2009	1:00 PM
					08/8/2009	3:30 AM
Joy In Our Town # 181	30:00	15:00	L	PA	08/10/2009	11:30 AM
					08/11/2009	3:30 AM
					08/13/2009	3:30 AM
					08/18/2009	2:30 AM

Host Alan Box talks with Pam Fischer, Director of the New Jersey Division of Highway Traffic Safety, about safety concerns for teen drivers. Ms. Fischer states that teens, and parents, need to know that traffic crashes are the #1 killer among teens in the country—and this is preventable. She says 60 teens lost their lives in New Jersey last year from car crashes. She discusses the major causes: Distraction (passengers, radio, IPODs) mixed with inexperience, Speed (especially males) mixed with inexperience, and yielding/merging into traffic. She explains legislative action that occurred in which plea bargaining needed to be stopped—many teens, graduated driver licenses holders, who were assigned training after receiving points on license plea bargained & avoided the training. She says action was taken to the Attorney General, and in September 2008, a ban was put into place on plea bargaining the points, enforcing the training. She then says if points are given after the training, the license is suspended for 90 days—this is all set up to send the message of importance for teen driver safety. Ms. Fischer then discusses Kyleigh's Law, set to go into effect May 1, 2010—which enforces that anyone on Graduate Driver License will have to put an identifier

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on the car, this will help to enforce the Passenger Law. She goes on to say that education is key---teens need to get as much experience & practice as possible during the permit phase, in all conditions (wet roads, snow, after dark, etc) to ensure full preparation at the time the Driver's License is issued---this will greatly help to prevent traffic injuries & fatalities.

					08/21/2009	1:00 PM
					08/22/2009	3:30 AM
Joy In Our Town # 183	30:00	15:00	L	PA	08/24/2009	11:30 AM
					08/25/2009	3:30 AM
					08/27/2009	3:30 AM
					09/1/2009	2:30 AM

Host Alan Box talks with Pam Fischer, Director of the New Jersey Division of Highway Traffic Safety, about the importance of seat belt use. Ms. Fischer states that many people choose not to use seat belts because of habit---never using throughout life, so they never start (this is most common in seniors). She says some also say it is not comfortable, or they feel it is their right to decide whether they want to wear it or not. She discusses the New Jersey Primary Seat Belt Law: those who have to wear seat belts are those in the front seats, those under 18 regardless of where they are in the vehicle, and those being driven by a Graduated Driver's License Holder. She emphasizes a major loophole in this law: anyone in the back seat 18 or older with a fully licensed driver does not have to be buckled up. She points out that this loophole is actually costing lives---those in the backseat are in just as much danger during an accident. Ms. Fischer states that seat belts are the single most effective safety device in the vehicle---they reduce the chance of injury/death by 75%. She goes on to say that air bags are designed to work in conjunction with the seat belt, and if those in the vehicle are not buckled up, the air bag can actually do damage, even causing death. Ms. Fischer then discusses LATCH-for young children using car seats. She says this works with the bite of the seat, the 2 bars in seat---the car seat comes with attachments to latch onto these bars to help ensure safety for the child. She strongly advises to check car seats every time a child is put into one. She then states that in New Jersey, there is only about 32%-52% usage of seat belts in the back seat---and educating the public about seat belt safety & changing the loophole in the NJ Primary Seat Belt Law are important solutions to help raise the usage.

					09/4/2009	1:00 PM
					09/5/2009	3:30 AM
					09/7/2009	11:30 AM
Joy In Our Town # 185	30:00	15:00	L	PA	09/8/2009	3:30 AM
					09/10/2009	3:30 AM
					09/12/2009	3:30 AM
					09/15/2009	2:30 AM

Host Alan Box talks with Tom Foley, C.E.O. of the Southeastern Pennsylvania Chapter of the American Red Cross, about emergency preparedness in our region. Mr. Foley states that in the Philadelphia area, fires and flooding are the most common types of disasters. He says there is more flooding in Pennsylvania than any other state in the country, and this is not preventable for individual homeowners. He then states that there were 750 fires last year in the county region. Mr. Foley stresses that emergency preparedness is key when dealing with these disasters. He says there are 3 major preparations steps: making a go-kit, making a plan and keeping informed. He says go-kits are *The figures designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

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meant to prepare families/individuals for roughly a 3-day period inside or away from home. He says they should contain a gallon of water, some food, a radio, flashlight, important family/home documents, and medications. He then discusses making a plan, saying an evacuation route should be developed—then practiced by everyone in the household. He says a meeting place outside the home where everyone can meet is important, along with a contact person—both local and out-of-state to organize family members who have been separated. He then explains keeping informed: learn, listen & share. He says having a radio, and hopefully a computer handy is key—listen to information, follow instructions & share it with loved ones & neighbors. Mr. Foley goes on to discuss pets, saying they should be part of the evacuation plan (everyone loves their pets—they are part of the family). He says making a go-kit for a pet is also beneficial—it should contain similar items such as food, medication, collars with identification, and perhaps the new microchip for locating them when lost. He stresses the importance to have the plan intact and to always practice it.

					09/12/2009	4:00 AM
					09/14/2009	11:30 AM
Joy In Our Town # 186	30:00	15:00	L	PA	09/15/2009	3:30 AM
					09/16/2009	6:00 AM
					09/17/2009	3:30 AM
					09/22/2009	2:30 AM

Host Alan Box talks with Tom Foley, C.E.O. of the Southeastern Pennsylvania Chapter of the American Red Cross, about keeping the public informed about H1N1. Mr. Foley states that concern is rising about H1N1 because of the upcoming school year—more people are congregating, which makes it easier for the virus to spread. He says there is still much to be learned about H1N1, and what makes it so strangely different than other flu-like viruses is that it mostly strikes those 5-24y/o, and those over 65 are struck the least—this is evidence that it operates differently. He advises that those with symptoms should stay home from work/school. He then discusses the symptoms, which are that of the typical flu: runny nose, upset stomach, fever, clammy skin, etc. He stresses that those with symptoms should wash cloths separately than everyone else's, with really hot water, and wash utensils separately with hot water as well, and to make sure everyone washes their hands regularly—which also helps to prevent catching it. He also says the sick individual needs to be in contact with a physician and take the medications he/she is told. He goes on to say that a special test is given to determine if the virus is actually H1N1. He also says flu shots do not work for H1N1, and there is currently work being done to develop a shot for it. Mr. Foley advises the public to stay informed of where outbreaks occur, so those places can be avoided—if there is a need to go there, make sure proper sanitation is used.

### *Substance Abuse*

					07/10/2009	1:00 PM
					07/11/2009	3:30 AM
Joy In Our Town # 177	30:00	15:00	L	PA	07/13/2009	11:30 AM
					07/14/2009	3:30 AM
					07/16/2009	3:30 AM
					07/21/2009	2:30 AM

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Host Alan Box talks with Raquel Mazon Jeffers, Director of the Division of Addiction Services-New Jersey Department of Human Services, about the system of care involved with addiction recovery. Ms. Jeffers defines addiction as a biological based disease of the brain, which is chronic, but can be managed. She says research shows recovery rates and the ability to recover from addiction surpasses other chronic diseases. She emphasizes that substance abuse travels along a continuant path from use→misuse→abuse→dependence. She then says that there are different responses from different brains, in that addiction stems from a combination of biological factors, family/home environment, social factors, among others. She says difficult economic times show a rise in relapse of substance abuse. Ms. Jeffers stresses that addiction should not be seen as a moral weakness, and hope should be offered to those suffering. She states that early detection & assessment are important—those with addiction should be immediately confronted with the opportunity for engaging in client services that are offered. She says the consumers need to be involved in their recover (they know what triggers the substance use), and inner strength needs to be tapped into. Ms. Jeffers then discusses the recovery steps: receiving treatment-Withdraw (physical comfort), Counseling services (identifying triggers & behaviors needed for change), attaining support from others to stabilize life in the family & community. Ms. Jeffers states that these resources, peer services & counseling services are available for those struggling with substance abuse.

					07/24/2009	1:00 PM
					07/25/2009	3:30 AM
Joy In Our Town # 179	30:00	15:00	L	PA	07/27/2009	11:30 AM
					07/28/2009	3:30 AM

Host Alan Box talks with Raquel Mazon Jeffers, Director of the Division of Addiction Services-New Jersey Department of Human Services, about prevention methods to substance abuse in New Jersey. Ms. Jeffers states that prevention activities are community based, they are set up to work with the communities in developing studies to see what is happening in those areas, then identifying the issue in each community. She says the communities then work together to design & build a capacity to conduct intervention, and evaluating them to see if there has been a change in use patterns. She says education & early detection is key for prevention methods within the community. Ms. Jeffers discusses the primary Prevention Strategy, which are interventions that have universal messages that help to prevent families/kids from ever misusing drugs. She then discusses Early Intervention Strategies, saying that this involves about 5 or 6 counseling sessions that help prevent those who have beginning incidents (such as a DUI) to not have that misuse turn into abuse or dependence. She then mentions Recovery Support Activities-or Relapse Prevention Activities, saying these are set up to support efforts to stay in recovery, and prevent relapse due to stress or any other potential cause. Ms. Jeffers says many prevention efforts are focused on high school age kids, since this age group shows high prescription drug abuse & alcohol abuse in New Jersey. She encourages households with unused prescription drugs to get rid of them, in that it will prevent the kids or their friends from experimenting with them.

					08/14/2009	1:00 PM
					08/15/2009	3:30 AM
Joy In Our Town # 182	30:00	15:00	L	PA	08/17/2009	11:30 AM
					08/18/2009	3:30 AM
					08/20/2009	3:30 AM
					08/25/2009	2:30 AM

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Host Alan Box talks with Raquel Mazon Jeffers, Director of the Division of Addiction Services-New Jersey Department of Human Services, about treatment through drug courts. Ms. Jeffers defines a drug court as an alternative sentence offering treatment in lieu of incarceration for those who committed non-violent offences-it is completely voluntary. She says prisons are overcrowded, many containing those suffering from drug addiction. She points out that drug courts actually save the tax-payers money-incarceration is more expensive. She says drug courts also help to put individuals back to work, and help to place them on path to recovery. She says regulation for these drug courts now states that the decision of dose & duration of treatment after the program are determined by the clinician, since participants attain their goals at different durations. Ms. Jeffers then discusses the Government Efficiency & Reform Task: successful programs in government that saved money that could be replicated to help expand & achieve social service outcomes, while continuing to save money. She goes on to say that programs were expanded this past August to allow 400 more participants into the program, which broadens the criteria for eligibility & included mental health services & medication assisted treatment. Ms. Jeffers then states that Opiate addiction is the highest form of addiction in New Jersey—and in their Criminal Justice program. She says there are 2 major proven-to-be-effective medications that help Opiate addiction: Methadone & Burprenorphine. She says along with counseling, these medications can help with recovery in the Drug Court program.

					08/28/2009	1:00 PM
					08/29/2009	3:30 AM
Joy In Our Town # 184	30:00	15:00	L	PA	08/31/2009	11:30 AM
					09/1/2009	3:30 AM
					09/8/2009	2:30 AM

Host Cassandra McKay talks with Tim Philpot, Associate Director of the Bucks County Council on Alcoholism & Drug Dependence, about prescription drug misuse. Mr. Philpot states there is a spike in the number of misuse of prescription medications, there are more medications than ever before-plus many are available on the internet. He says the 2 vastest growing groups of people who misuse are young people & seniors. He gives the most common groups of medications being misused: Pain medications (such as Vicodin, OxyContin, etc.), Anti-anxiety medications (Klonopin, Xanax, etc.), and psycho-stimulants. He reminds the public that these medications are good when used to help those who need them—the trouble develops when misused. He says besides the internet, many get these prescription drugs right in their own homes—often unused/ unfinished from another family member. He raises concern when the misuse turns into dependence, then the body becomes physically dependant (withdraw). Mr. Philpot stresses the importance of preventive education: educating seniors on how to correctly use medication, and schools /parents teaching kids about the serious effects misusing prescription drugs has on them. He then says parents should verbally set guidelines and stick to them—educate kids from middle school. He encourages any parent/guardian of a child that has misused to engage in the process of a professional to evaluate the child to see if the misuse is actually becoming dependence. He also states, for internet purchases, parents/guardians can move computer terminals to a central location in the home to better monitor the child's internet use.

					09/4/2009	1:00 PM
					09/5/2009	3:30 AM
Joy In Our Town # 185	30:00	15:00	L	PA	09/7/2009	11:30 AM
					09/8/2009	3:30 AM
					09/10/2009	3:30 AM
					09/12/2009	3:30 AM
					09/15/2009	2:30 AM

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Cassandra McKay talks with Tim Philpot, Associate Director of the Bucks County Council on Alcoholism & Drug Dependence, about the seriousness of underage drinking. Mr. Philpot states that underage drinking is a major public health issue. He says underage drinking is often associated with unplanned pregnancies, sexually transmitted diseases, accidental death, among other issues. He says this can also negatively impact the development of the adolescent brain, since it is not fully developed until 21 or older. He says the common age of onset is 12-16, and a goal is to push that to a higher age, in that it will lessen the problems associated with underage drinking. Mr. Philpot goes on to discuss the reasons why youth drink early: Curiosity (feel/appear older), self-medicate (help cope with feeling anxiety/depressed), among others. He says underage drinkers usually begin with beer, then eventually gravitate to hard liquor. He says beverages like malt liquors are designed to make the taste more appealing, making it easier for youth to consume the alcohol. Mr. Philpot then says many underage individuals mostly get alcohol from parties, someone over 21, taking it from their own homes, and the new trend of "garaging" (breaking into home where a refrigerator with alcohol is kept in the garage, then stealing from it). He explains that weekends, and Latch Key hours (4:00-7:00 PM) are the main concern for when this is taking place. He discusses signs for parents to look for: smell of alcohol on breath, slurred speech, glassy eyes—as well as behavioral symptoms: dropping grades, changing friends, extreme moodiness. Mr. Philpot advises to parents, the number 1 preventionists, to have conversations beginning in elementary school—regarding what behaviors are acceptable, and the consequences of alcohol use are.

*Housing*

						07/6/2009	11:30 AM
Joy In Our Town # 176	30:00	15:00	L	PA		07/7/2009	3:30 AM
						07/9/2009	3:30 AM
						07/14/2009	2:30 AM

Host Alan Box talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about Legislation with the Property Tax/ Rent Rebate Program. Sen. Greenleaf states that in Southeastern Pennsylvania, property Tax is an issue among seniors & middle-class working families. He says the average school district is paid about 87% of the total budget by local property taxes (there is not much assistance from the state). He says seniors are on fixed income, the value of their properties rise, & when reassessed-taxes go up. He also says the taxes rise when an increase takes place to meet needs for school districts. He explains that the Property Tax is levied mostly by school districts, along with local municipalities & counties. Sen. Greenleaf says many seniors are unable to remain in their homes due to these high property taxes; therefore the Rent Rebate Program was adopted. He says other proposals have not been feasible, such as raising sales tax (which would more than double the budget). He explains that the Rent Rebate Program is set up for seniors 65 or older (income of \$35,000-not counting half of Social Security payments), to help them remain in their homes & the community. He states that the lower the income—the higher the rebate will be. Sen. Greenleaf goes on to discuss the working middle-class, who are not eligible for this program. He says in order to help those families, attacking the real estate taxes directly is necessary, by limiting spending. He says this is being done by not allowing school districts to raise their budget beyond the cost of living. Sen. Greenleaf then says there is a need for more assistance from the state, since it is lacking in the Southeastern section of Pennsylvania.

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Joy In Our Town # 176	30:00	15:00	L	PA	07/6/2009	11:30 AM
					07/7/2009	3:30 AM
					07/9/2009	3:30 AM
					07/14/2009	2:30 AM

Host Alan Box talks with Sarale Sewell, Education Specialist for the Fair Housing Council of Suburban Philadelphia, about Housing Discrimination in our region. Ms. Sewall states Federal Law passed the Fair Housing Act in 1968, which protects people from housing discrimination based on race, color, gender, national origin, religion, disabilities and familial status (presence of children under 18 in the household). She says housing providers, landlords, mortgage lenders and insurance brokers are all subject to Fair Housing laws. She says in the Philadelphia region, housing discrimination is still a major problem, even 41 years after the Fair Housing Act was passed. She says in present times, this discrimination is more subtle—more creative ways are being used to try to hide it. Ms. Sewell states that racial profiling often occurs over the phone with the sound of the voice. She also says Fair Housing Laws cover print advertising—such as “mature residents preferred”, which indicates a preference against those with children, and this is indeed against the law. She advises those who feel they have been discriminated against to contact a state agency to file a complaint and further investigation—and for more egregious incidents, a Federal or State lawsuit may be filed. She then states those who are exempt from fair housing laws: qualified senior communities, private clubs for members (as long as there is no racial discrimination), and private landlords who do not use real estate agents for advertising. Ms. Sewell then mentions examples of housing discrimination—steering/directing potential renters/buyers to certain neighborhoods based on ethnic make-up, imposing certain credit/income standards more harshly upon one person than another, and denying a person with a disability needed accommodations.

Joy In Our Town # 182	30:00	15:00	L	PA	08/14/2009	1:00 PM
					08/15/2009	3:30 AM
					08/17/2009	11:30 AM
					08/18/2009	3:30 AM
					08/20/2009	3:30 AM
					08/25/2009	2:30 AM

Host Alan Box talks with Liz Hersh, Executive Director of the Housing Alliance of Pennsylvania, about a focus on housing costs that's within reach. Ms. Hersh says spending more than 1/3 of income on housing & utilities will most likely lead into financial hardship. She says many foreclosures have taken place, and homelessness is on the rise. She advises potential homebuyers to not go into the housing market when it is not at their right time/price. She discusses Subsidized Housing, saying there is a certain amount of income and a certain amount of housing cost, which usually leaves what is called an Affordability Gap. She says a subsidy helps to close that gap, preventing the loss of the home. She says many individuals are currently relying too heavily on little help. She points out those struggling most--seniors, low-income families/individuals, people with disabilities-often do not have enough money invested into their homes—this often leading to homelessness. Ms. Hersh stresses the need for the Housing Trust Fund to be passed through legislation, since this does not currently exist in Pennsylvania, yet it does in 38 other states. She says this is money that goes into a fund to help build houses for those in need. She says not only is this

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good for the homeless/ struggling, but also for the economy in that it will help create jobs. Ms. Hersh goes on to state the need for Supportive Housing as well—this being Housing to help those in need of home repairs, those with household members struggling with drug addiction, mental illness, etc. She says ensuring affordable housing overall helps individuals acquire the good quality of life they need to survive.

					08/28/2009	1:00 PM
					08/29/2009	3:30 AM
Joy In Our Town # 184	30:00	15:00	L	PA	08/31/2009	11:30 AM
					09/1/2009	3:30 AM
					09/8/2009	2:30 AM

Host Alan Box talks with Liz Hersh, Executive Director of the Housing Alliance of Pennsylvania, about the importance of community & neighborhood development. Ms. Hersh states that blighted & abandoned homes bring the value of homes & property down significantly—even 300 feet away will still have an impact. She says this is an issue taking place all over Pennsylvania, due to loss of jobs, population and the industrial economy. She emphasizes the need to get rid of blight altogether since it is unsafe and ruins the economy. She discusses a law passed in which community members can go to court & petition for a house to get fixed up & put back on the market, or the owner must come forward. She says blight zones have a negative impact on the neighborhoods & school districts—all communities need good neighborhoods, schools and transportation in order to thrive. She goes on to discuss Community Development Corporations, saying these are groups of people that form an organization to get financing to fix up houses to create homes, rehabilitation centers, etc. Ms. Hersh then says that research shows children that do not have a safe, stable place to call home do poorly in school--the poor conditions and/or constant moving from one house to the other affects their work. She states that kids leaving the school and new kids coming in negatively impacts the teachers and other students-how they teach and how they work. She stresses that when kids do well in school, they do better economically & in life altogether-which is better for everyone in the community. Ms. Hersh encourages those living near blight/abandoned homes to contact their legislator or form Community Development Corporations to help rid this problem.

### *Seniors*

					07/24/2009	1:00 PM
					07/25/2009	3:30 AM
Joy In Our Town # 179	30:00	15:00	L	PA	07/27/2009	11:30 AM
					07/28/2009	3:30 AM

Host Alan Box talks with Carl Greene, Executive Director of the Philadelphia Housing Authority, about the need for senior housing. Mr. Greene states that the senior population is increasing, therefore, senior needs have to be focused on, particularly with housing. He states that financial issues are always a problem for seniors, since many are on a fixed income. He says seniors face challenges with cost of living: health care, medication, food, utilities, among others, and cutting the cost of housing would greatly help seniors in distress. He says there is a particular

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problem with pensions, since many do not even have this—and long term savings have often disappeared. He says due to the financial distress, there is an increase in demand for senior public housing. Mr. Greene says public housing for seniors is effective in that the cost is adjusted to their income, making it attainable for them to manage. He emphasizes that these senior housing developments should be built in the distressed areas where low-income seniors are living. Mr. Greene then explains that these housing developments should work with partnerships of other organizations to help provide important services, such as health/medications, dental, day care services, food preparation etc., so the older adult can acquire that good quality of life they need to survive.

					07/31/2009	1:00 PM
Joy In Our Town # 180	30:00	15:00	L	PA	08/1/2009	3:30 AM
					08/3/2009	11:30 AM
					08/11/2009	2:30 AM

Host Alan Box talks with Angela Brown, Director of Public Relations for NewCourtland, about the importance of seniors transitioning back into the community. Ms. Brown states that Pennsylvania is one of the oldest states in the country (large senior population). She says there is a need for an expansion of community-based services to accommodate the growing number of seniors in that many prefer to be in the community rather than nursing homes—making the transition back into the community very important. She explains that there are more resources available for those in a community housing setting, especially with health care. She says lack of resources is a major issue many seniors face, and lack of community involvement prevents a further solution to that problem. Ms. Brown discusses the importance of sensor technology, saying this can help during emergencies, monitor how long an older adult is in a certain room (determine potential injury in bathroom), and monitor eating & bathroom patterns to ensure proper health & prevent chronic conditions. She emphasizes giving seniors support is key to their quality of life, which is acquired by loved ones and being involved in the community.

					09/18/2009	1:00 PM
					09/19/2009	3:30 AM
Joy In Our Town # 187	30:00	15:00	L	PA	09/21/2009	11:30 AM
					09/22/2009	3:30 AM
					09/24/2009	3:30 AM

Host Alan Box talks with Debbie Plotnick, Director of Advocacy for the Mental Health Association of Southeastern Pennsylvania, about behavioral health concerns in older adults. Ms. Plotnick states that behavioral problems occur in older adults much more often than the public thinks, usually due to physical issues (diabetes, hypertension, cancer, heart disease, etc.), which is known as co-occurrences. She says depression is often undiagnosed in seniors, and when not treated, bad outcomes arise—even death. She says these behavioral problems going undiagnosed can lead to suicide, which is very common in the elderly. She illustrates common symptoms linked with this: moodiness, loss of interest of activities, sleeping little or too much—the major problem with these symptoms is that it is a stigma. She explains that many feel these signs are common for older adults, and think nothing of it, when in fact, it could be serious depression. She advises families to look for change in patterns/interests, and to bring it up to the doctor if anything is noticed. She also says there is a need for seniors to reach out to other seniors since it may be easier for them to recognize these symptoms—they can relate to each other. Ms. Plotnick then discusses substance abuse in older adults, saying this is also a lot more common than the public thinks. She says this often arises when the older adult misuses their prescription drugs, which can easily turn into addiction, especially among tranquilizers. She illustrates the major stigma: signs of drug abuse & depression in older adults are overlooked—in younger individuals,

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it is recognized faster since it is known not to be normal—there is too much assuming in seniors that these signs are just a part of life for them. She explains other barriers: the insurance industry does not pay nearly as much for behavioral health issues, this is an unequal economic burden. She says there is also a lack of practitioners of those who are trained to help older adults, as well as difficulty with transportation. Ms. Plotnick encourages family to always be in contact with older loved ones, and to have seniors become involved with a circle of friends to ensure someone is looking out for them in case these behavioral issues begin to arise.

					09/18/2009	1:00 PM
					09/19/2009	3:30 AM
Joy In Our Town # 187	30:00	15:00	L	PA	09/21/2009	11:30 AM
					09/22/2009	3:30 AM
					09/24/2009	3:30 AM

Host Alan Box talks with Rebecca Nurick, Project Coordinator for the Pennsylvania Senior Medicare Patrol (PA-SMP) for the Center for Advocacy for the Rights & Interests of the Elderly (CARIE), about fraud in the Medicare system. Ms. Nurick states that Medicare fraud can take different forms, such as being billed twice for the same thing, being billed for supplies or services never rendered, etc. She explains that before assuming fraud, understand that errors are made, and locating these mistakes is important before they become larger & more involved. She then discusses the different parts to Medicare (Part A- Hospital Coverage, Part B-Outpatient Services/Prevention, and Part D-Prescription Drug Coverage), saying they are all susceptible to fraud. She states that most doctors and healthcare providers have best intentions; however, some do commit fraud. She says some examples of perpetrators are some physicians, hospitals and durable medical equipment companies. Ms. Nurick advises those on Medicare to review their Medicare Summary Notice for accuracy (all services, tests, doctor appointments, etc.) and what is being charged is correct. She also says the personal information needs to be checked, along with the individual being able to recognize the doctors' names, hospitals and labs---and question anything that is inaccurate. She further advises individuals to keep a healthcare calendar of everything regarding Medicare-then compare notes. She goes on to say that individuals need to protect their Medicare number as if it were a credit card number, and not to give it or any other personal information to those on the phone or showing up at the door trying to sell products or coverage.

### *Environment*

					07/31/2009	1:00 PM
Joy In Our Town # 180	30:00	15:00	L	PA	08/1/2009	3:30 AM
					08/3/2009	11:30 AM
					08/11/2009	2:30 AM

Host Alan Box talks with Spencer Finch, Director of Sustainable Communities for the Pennsylvania Environmental Council, about the importance of reducing energy consumption. Mr. Finch states that Pennsylvania is responsible for 1% of the world-wide greenhouse emissions. He says this is a time where we are now realizing the consequences of having used too much energy, and now we really have to conserve—energy sources are starting to run out. He says that in Pennsylvania, 76% of electricity consumption comes from businesses/buildings. Mr. Finch discusses small steps for homeowners to cut down: replacing old style light bulbs with fluorescent ones, unplugging appliances when not needed. He then mentions larger steps—such as having an energy audit done. He says this can determine

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where poor insulation is within the home using infrared cameras, which locate where different temperatures are within the home, to locate where energy is being lost. Mr. Finch then discusses business/large buildings, saying there cut backs are on a much larger scale with an energy audit. He says there are incentives at Federal & State levels—grants & loans available to make energy more efficient. He says businesses can also engage in what homeowners do—such as unplugging unneeded energy sources. Mr. Finch then says homeowners can invest in Solar Hot Water Heating, and Wind Energy through the utility company, and businesses can attain Geothermal (drill well & use earth's temperature), this is both energy efficient & cost efficient. He then states that for transportation, Hybrid vehicles are coming about, along with future technologies such as the Flex Fuel vehicles.

					08/21/2009	1:00 PM
					08/22/2009	3:30 AM
Joy In Our Town # 183	30:00	15:00	L	PA	08/24/2009	11:30 AM
					08/25/2009	3:30 AM
					08/27/2009	3:30 AM
					09/1/2009	2:30 AM

Host Alan Box talks with Spencer Finch, Director of Sustainable Communities for the Pennsylvania Environmental Council, about the need and benefit of building trails in our region. Mr. Finch states that Philadelphia is lacking in the networking of trails, by percentage of the state's area. He says there is much more land and opportunity to create trails and greenways. He discusses how exactly trails benefit the region: they make the community healthier in that they provide individuals with more walking & biking paths, they are an economic development tool, they control storm water & air pollution, and they connect communities all over the region. He then discusses greenways, saying these are pocket parks along trails (trail towns), that provide nature & recreation for those in the community. Mr. Finch explains the East Coast Greenway, saying this is a prime example of a trail: it is about 3,000 miles long, connecting from Maine to Florida, helping to connect major cities, such as Philadelphia to others. He goes on to discuss the pollution issue, and how these manmade trails can help. He says roads & streets continue to be built, allowing for more traffic, and then more air & water pollution. He says building trails encourages the public to walk & ride a bike to work, among other destinations. He says this will cut pollution down significantly, providing an overall healthier environment for the Philadelphia region.

					09/12/2009	4:00 AM
					09/14/2009	11:30 AM
Joy In Our Town # 186	30:00	15:00	L	PA	09/15/2009	3:30 AM
					09/16/2009	6:00 AM
					09/17/2009	3:30 AM
					09/22/2009	2:30 AM

Host Alan Box talks with Brady Russell, Eastern Pennsylvania Director for Clean Water Action, about safety concerns with our drinking water. Mr. Russell states that Pennsylvania is a water-rich state, and there is a problem in that there is no overall statewide water plan. He mentions some instances where municipal wells in Bucks County, among other areas, have auto-repair shops & gas stations located near them. He said that the underground gas tanks have leaked MTBs into some of the water. He says incidents like this illustrate the need for better zoning plans, and now the community needs to have their water tested constantly to make sure there are no traces of MTBs, or other

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Host Alan Box talks with Mayor Michael A. Nutter of Philadelphia on location in the Cabinet Room at City Hall, about the crime & murder rate in the city of Philadelphia. Mayor Nutter mentions that 5 police officers were killed in the last 5 years, and crime is a major problem, some improvement has taken place, but more is needed. He says the city government strives everyday to make communities safer. He states that the men & women of the Philadelphia Police Department re-engage with the community to improve community relations—it is important to strengthen partnerships between the community & the police department in order to improve the crime problem. He then says supporting after-school programs & opportunities, and re-entry programs is key. He says re-entry programs are set up to ensure that ex-offenders move on with their lives. He says many ex-offenders have difficulty with financial circumstances, housing situations & getting a job—which often leads them back to a life of crime. He says the re-entry programs help in the ex-offenders gaining employment/ getting them back in school, in which they would be less likely to go back to negative activity. Mayor Nutter then discusses new summer school programs, saying that crime tends to rise during the summer months, and youth need both educational & leisure activities. He says this will enlighten career goals & interests---while lessening their chance of becoming involved in a life of crime. Mayor Nutter goes on to say that the community needs to be a partner—paying attention in their neighborhoods, turning in information to authorities about those wanted or those armed with weapons, etc., and getting involved with town watch. He says community involvement helps eliminate crime in the neighborhoods throughout the city. He then discusses Real Time Crime Centers, saying this is Federal Dollars used to allow the Commissioner & Command staff to see what is developing while a crime is actually taking place—to better direct officers where to go & strategized a better plan & outcome. Mayor Nutter states that his goals for Philadelphia are to help it be a safer city, smarter city and a more sustainable city.

					07/17/2009	1:00 PM
					07/18/2009	3:30 AM
Joy In Our Town # 178	30:00	15:00	L	PA	07/20/2009	11:30 AM
					07/21/2009	3:30 AM
					07/23/2009	3:30 AM
					07/28/2009	2:30 AM

Host Alan Box talks with Mayor Michael A. Nutter of Philadelphia, on location in the Cabinet Room at City Hall, about the economy & Stimulus Funds in Philadelphia. Mayor Nutter states that stimulus funds provide a variety of opportunity through many departments, through city government & Federal government in helping create jobs. He says the dollars are filtered down to training programs, summer jobs, workforce development and heavy infrastructure projects (roads, bridges, etc.). Mayor Nutter then discusses “Green” jobs, saying these are intended for those with a GED to a PhD., and they help the environment. He says these jobs consist of installation, heating/cooling, technicians, scientists, architectures, etc.—they have a goal of employing those from most educational backgrounds. He goes on to say that dollars from the Federal government are being used to boost young people into having summer jobs—which will allow them to learn how to handle a job, commitment, positive interaction with working adults, and great preparation. He then says that legislative help is needed for the temporary sales tax and pensions. Mayor Nutter then discusses his vision for Philadelphia in the near future, saying many projects and programs are being set up, such as commercial corridors, which allow business to flourish in residential areas, leading to more vibrant communities overall. He then says it is important to link college & high school students to do internships & fellowships to ensure them jobs in or around Philadelphia, helping it to thrive by building the economy.

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					08/7/2009	1:00 PM
					08/8/2009	3:30 AM
Joy In Our Town # 181	30:00	15:00	L	PA	08/10/2009	11:30 AM
					08/11/2009	3:30 AM
					08/13/2009	3:30 AM
					08/18/2009	2:30 AM

Host Alan Box talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about Legislation & the Pennsylvania Innocence Project. Sen. Greenleaf states that this project is set up to avoid conviction of innocent people. He says the Criminal Justice system is a human system—therefore mistakes are made—and the goal is to reduce these mistakes. He says society now tends to feel it is better to convict an innocent person rather than let a guilty person go, making it more difficult to ensure the innocent party the freedom they deserve. He says this Innocence Project not only helps free the innocent, but allows an investigation into the guilty person who has been free, then preventing him/her from committing more crime. He says this project uses DNA testing as the prime method of investigation to protect the innocent person. Sen. Greenleaf then discusses the 3 common points in which mistakes are made through the investigation: wrongful confessions, eyewitnesses & the handling of forensic evidence. He says Best Practices are developed to help avoid the wrongful convictions—they are set up to determine where the mistakes have been made, and that area is made stronger, allowing law enforcement to have a better case for the jury when on trial—creating an overall better solution to the problem.

					09/25/2009	1:00 PM
					09/26/2009	3:30 AM
Joy In Our Town # 188	30:00	15:00	L	PA	09/28/2009	11:30 AM
					09/29/2009	3:30 AM
					10/1/2009	3:30 AM

Host Alan Box talks with Pennsylvania State Representative Brendan Boyle, 170<sup>th</sup> Legislative District, Pennsylvania House of Representatives, about the importance of House Bill 1567. Rep. Boyle states that House Bill 1567 would help change parole laws (and other laws) as they relate to repeat offenders. He says this is set up to eliminate parole for repeat violent offenders and change parole standards. He says there have been many murders in our region and there were more police officers killed in the last 3 years than any other 3-year period. He points out that the last 7 police officers were killed by repeat violent offenders---violent crime & murder are definitely a major issue in our region. He stresses that House Bill 1567 is not meant to change the entire parole system-it is targeting the repeat violent offenders, those who are not violent will continue the parole system, in that it is very successful for those offenders. Rep. Boyle states that House Bill 1567 is still being worked through, it had passed the House Judiciary Committee in June, and is now in front of the Full house & in consideration. He believes that this piece of legislation would save lives & ensure that the deadliest group of offenders would stay in prison much longer.

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# **Trinity Broadcasting Network**

## *Quarterly Report*

October, November, December 2009

**WGTW-DT Channel 27**

**Philadelphia, Pennsylvania**

**Eastern Time**

Ascertainment List

Leading Community Issues

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

Youth

Health

Employment/Unemployment

Economy

Public Safety

Civic Affairs

Local Electoral Affairs

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*Youth*

Joy In Our Town # 194	30:00	15:00	L	PA	11/9/2009	11:30 AM
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Host Angela Brown talks with Renee Morris, Home School Evaluator for Morris Educational Services, about the need for alternative education for our youth. Ms. Morris states that home schooling is a growing trend, more youth are becoming home schooled each year (1.1 million are as of now). She explains that there are growing concerns in the public school system, such as violence, health issues, etc. She says these concerns motivate parents/guardians to take an active role in the child's education process. She says because homeschooling is a major alternative, parents/guardians planning to do this need to take necessary steps. She advises seeking information, most of which is available online, then aligning with a homeschooling support group. She also encourages individuals to seek corporative classes, which allow socializing among the homeschooled kids—this is their common purpose. She says these classes help for the students to interact with other youth, which is important for them. She goes on to say that youth are able to build strong family relationships through this alternative type of education as well. Ms. Morris then says that scholarships & specific programs are available to those homeschooled—the evaluators are instrumental as the resource. Mr. Morris then explains that parents/guardians are the primary educator & leading influence, regardless of the school setting the child is in.

					11/13/2009	1:00 PM
					11/14/2009	3:30 AM
Joy In Our Town # 195	30:00	15:00	L	PA	11/16/2009	11:30 AM
					11/17/2009	3:30 AM
					11/19/2009	3:30 AM
					11/24/2009	4:00 AM

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Angela Brown talks with Christie Balka, Director of Childcare & Policy for the Public Citizens for Children & Youth, about concerns among the childcare system. Ms. Balka states that today, almost 3 quarters of parents work outside of the home (both parents working outside the home—or one in a single-parent household). She also says neuroscientists found that the first 5 years of brain growth are extremely important in developing skills (impulse control, follow-up, conflict/resolution), all of which ensure success later in life. She illustrates this as to why childcare is important. She says childcare facilities need to be investigated by the parents/guardians—are they safe, is there open space, are they clean, and what is the quality of interaction between the children & adults. She then says knowing if the facility is licensed in key—this will show that an individual is checking the place at least once a year to ensure compliance with child health & safety regulation. Ms. Balka then discusses a program that helps identifying quality childcare facilities—Keystone Stars. She says this is a star rating system (1-5 stars), which shows commitment of the facility to improve quality—high amounts have staff furthering education about childhood development, the building is healthy & safe, etc. She advises individuals, when looking for childcare facilities, to look for 4-5 star ratings, as well as for certain programs, such as Pennsylvania Pre-K Counts Program, and to just simply ask what the children do all day (developmentally appropriate activities are important). She then explains the PA Pre-K Counts Program as a high quality early learning program that prepares children to start kindergarten ready to learn, it focuses on school readiness skills. She then discusses the Head-Start Program, a primarily Federally-funded program for families living at or below the poverty level—this showed that kids from these households are still capable of being high achievers in school. Ms. Balka then states there are other programs available for low-income households as well.

					12/11/2009	1:00 PM
					12/12/2009	3:30 AM
Joy In Our Town # 199	30:00	15:00	L	PA	12/14/2009	1:00 PM
					12/15/2009	3:30 AM
					12/17/2009	3:30 AM

Host Alan Box talks with Michael Harris, Director of Operations for the Philadelphia Anti-Drug/Anti-Violence Network, about crime & violence among the youth. Mr. Harris states that violence is a learned behavior that is often a continuing pattern through life. He says this can be learned from parents that teach “hit back”, which may result in the kid always feeling like he/she has to “survive” in life, as well as the media-in that kids sometimes become excited over the way violence is glamorized in films, not realizing the true impact it has in real life. He then mentions community policing, saying some in the community have differences over how the system is set up, but the police system is actually trying to be more sensitive to the needs of the community. Mr. Harris then discusses peer pressure, saying kids “dare to be different,” and want to be like other kids, like a fad—which often leads to bullying. He states that youth need to focus on their dreams, yet so many end up chasing after what their peers do. Mr. Harris then states the root causes of crime—economic problems, social conditions, and breakdown of the family. He says parents need to spend more time with their children, and learn more about them. He advises spending quality time with them to let them know you-the parents- want to be a part of their lives. He says parents sharing their own past mistakes helps with communication. He goes on to say that a lot of youth violence takes place in the summer mostly because school is out, and there are not enough activities---kids need to find constructive & creative things to become involved with. Mr. Harris then advises parents not to give up when feeling discouraged, and to even have other family members become mentors to help with guidance.

					12/18/2009	1:00 PM
Joy In Our Town # 200	30:00	15:00	L	PA	12/19/2009	3:30 AM
					12/21/2009	1:00 PM
					12/24/2009	1:00 PM

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Angela Brown talks with Bevin Gwiazowski, social worker for the Runaway Youth Program of the Youth Emergency Service, about the issue of homelessness among our youth. Ms. Gwiazowski states that homelessness among 12-17yr/old is huge: The National Runaway Switchboard received 4500 calls last year from Pennsylvania—2500 were from Philadelphia. She says youth are either kicked out of the home, or choose to leave/run away due to issues taking place. She says the reason for youth homelessness usually has to do with issues within the family—domestic violence, child abuse, pregnancy of the youth, among others. Ms. Gwiazowski raises the point that many homeless youth are an invisible population, usually because they do not identify as homeless (stay at a friend's home, sleeping on someone's couch, etc.). She goes on to discuss the challenges involved: resolving the conflict within the family is key in helping the youth return home, or perhaps finding a friend/relative to live with for a period of time. She also says many runaway youth have problems trusting adults—social workers gaining this trust is a major challenge in trying to help them. Ms. Gwiazowski then mentions another important issue—much more beds are needed in youth homeless shelters—overall, there are only 2 shelters in the region that house youth 12-17y/o that do not involve the Department of Human Services. She goes on to say there are issues of no medical coverage, lack of necessary documents/signatures of parents/guardians, and no Identification—making the process more difficult in helping the homeless youth. She encourages runaway & homeless youth to seek resources, shelters & organizations, to help find a place to stay & to help with the problems they are struggling with in their lives.

					12/28/2009	11:30 AM
Joy In Our Town # 201	30:00	15:00	L	PA	12/29/2009	3:30 AM
					12/31/2009	3:30 AM

Host Angela Brown talks with Rhonda Johnson, Director of the Sally Watson Crisis Nursery-Youth Emergency Service Inc., about child abuse in our society. Ms. Johnson states the child abuse is a major issue nationally—and definitely in the local region. She says prevention is key—relating to parents that they are not alone if in a stressful situation, and providing them with a place to voice off their concerns & vent without being criticized is important. She explains different signs of child abuse—many are familiar with outward signs (physical & sexual abuse), but there are also inward signs people need to be aware of (whether the child is treated appropriately emotionally, needs being met, are they being nurtured, etc.). She strongly advises parents to be comfortable reaching out to resources—seeking parenting classes, child protective agencies and even the local police (for referral sources). Ms. Johnson goes on to say that if an individual recognizes potential signs of child abuse, it is important to go with the first instinct—act on it. She says the individual can make an anonymous phone call to an agency to send an individual out for an investigation. Ms. Johnson then discusses challenges many parents face: lack of support (more isolated society than the past—not as many parents having neighbors/relatives to help out), & connecting with someone the parent is comfortable with (lack of support system, someone to vent stress to). She also explains alternative discipline skills—make it a learning experience rather than just a punishment, avoid spanking—use time outs, etc.

## *Health*

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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					10/2/2009	1:00 PM
					10/3/2009	3:30 AM
Joy In Our Town # 189	30:00	15:00	L	PA	10/5/2009	11:30 AM
					10/6/2009	3:30 AM
					10/8/2009	3:30 AM

Host Alan Box talks with Dr. Corrine Morgan, Doctor of Chiropractic of the Morgan Chiropractic Center, about the truth about obesity. Dr. Morgan states that 75% of individuals in the local area suffer from obesity. She says every person who is obese can be helped. She discusses the major health problems associated with obesity: Heart Disease, Diabetes, Stroke, and Cancer. She explains that the food market is a major cause to the problem: easily accessible fast foods, snacks, and deserts. She discusses the factors that contribute to weight gain: poor food choices, certain foods affecting hormones, certain medications affecting hormones-thyroid, or allergic reaction to the medication, among others. She also states that water weight is an issue for obesity---due to heart problems. Dr. Morgan then explains that many foods are prepared with salt as a preservative-which retains water in the body, causing weight gain. She goes on to mention kids, saying there is a rise in obesity amongst them. She advises parents to encourage their kids with love to eat healthier snacks, in order to prevent/diminish obesity. Dr. Morgan then says that education is key—individuals need to let family & friends know their poor eating habits & what it may do. She says individuals need to encourage loved ones to develop a healthier lifestyle through positive attitude.

					10/9/2009	1:00 PM
					10/10/2009	3:30 AM
Joy In Our Town # 190	30:00	15:00	L	PA	10/12/2009	11:30 AM
					10/13/2009	3:30 AM
					10/15/2009	3:30 AM

Host Cassandra McKay talks with Lynn Trocky, licensed professional counselor & volunteer for PRO-ACT (Pennsylvania Recovery Organization-Achieving Community Together), about recovery from addiction. Ms. Trocky says that common addictions are drugs, alcohol, gambling, food, among others. She says comfort needs to come from within—that those suffering from addiction use substances from the outside to satisfy emotional troubles. She says recovery begins with abstaining from substance (which is what is filling the hole), and positive behaviors are needed to be put in place instead, so the individual can feel better about him/herself & life-then becoming a more productive citizen. She then states that addiction is not someone who is weak or hopeless- no will power- but rather an actual disease. She says research & science of the brain show that addiction involves a genetic component-as believed by the American Medical Association. Ms. Trocky goes on to say that addiction involves problematic behavior, keeping the truth hidden about one's life & problems, as well as behaviors like anger, depression, mood changes, etc. She then explains the stigma—many places in the community do not want to include people in recovery, many feel they are a problem, when in fact they are about change & being positive. Ms. Trocky goes on to discuss anonymous programs-or support programs, that are available for those recovering from addiction, as well as those available for family members/friends of individuals suffering from addiction. She then discusses intervention, emphasizing the importance of letting the substance abuser know his/her strengths & overall positive aspects —since addiction robs people of their self-worth. Ms. Trocky advises those suffering from addiction & their family & friends to seek recovery & anonymous programs, which can be found online or by word-of-mouth.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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					10/16/2009	1:00 PM
					10/17/2009	3:30 AM
Joy In Our Town # 191	30:00	15:00	L	PA	10/19/2009	11:30 AM
					10/20/2009	3:30 AM
					10/22/2009	3:30 AM

Host Alan Box talks with Dr. Corrine Morgan, Doctor of Chiropractic of the Morgan Chiropractic Center, about health concerns with the back & spine. Dr. Morgan states that a chiropractor is a doctor that helps people without using drugs/medication. She says that the main goal is to help the body help itself, especially with allowing the entire spine to help the entire body. She explains the parts of the spine: Head, Mid-back (both cervical region-allows neck to be aligned & brain to sit on neck), low-back (allows for posture), and Sacrum (allows us to stand). She states that many individuals stand crooked due to the spine not being aligned, which is mostly due to poor posture. She says if the spine is out of alignment, it often causes back pain, in some cases it can be severe. She then explains that stretching in the morning allows movement of the muscles & parts of the spine, disks in the vertebrae need oxygen. She also says exercise is key for helping the spine, walking & breathing allow for oxygen into the body, and for the spine to be straight. Dr. Morgan then discusses low back pain, a major problem for many individuals, saying it occurs in the low aspect of spine. She illustrates that bad posture, not enough exercise and consuming bad foods (leading to constipation), are all major causes for low back pain. She goes on to say that alternative medicines are important-they allow the body to help itself. She explains alternative medicines for the spine & back as walking, swimming, breathing-as well as drinking 6-8 cups of water per day, eating fruits that contain pepsin (helps remove toxins from the body), and vegetables as well.

					12/4/2009	1:00 PM
					12/5/2009	3:30 AM
Joy In Our Town # 198	30:00	15:00	L	PA	12/7/2009	11:30 AM
					12/8/2009	3:30 AM
					12/10/2009	3:30 AM

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Angela Brown talks with Dr. Corrine Morgan, Doctor of Chiropractic of the Morgan Chiropractic Center, about the truth about toxins in our bodies. Dr. Morgan defines toxins as chemicals that get into the body & affects the body in an abnormal way. She says they commonly enter through the skin or breathing. She discusses common ways individuals ingest toxins: the leading is smoking cigarettes, along with breathing fumes (gas stations, chemical plants, hair salons, etc.) She also says the household carries many toxins: paints on the wall, mold in bathrooms & kitchen areas, chemicals from carpets, among others. Dr. Morgan goes on to discuss another common form people get toxins inside of them---diet. She says consuming alcoholic beverages allows toxins into the body---certain reactions from the body are signs that it is telling you that the alcohol is toxic (nausea, vomiting, etc.). She says fried foods and processed foods are also heavily contained with toxins. Dr. Morgan then discusses detoxifying. She says this starts with avoiding consuming these foods & drinks altogether. She then advises individuals to drink a lot of water & allow their bodies to sweat---this is the body's natural way of excreting toxins. She advises those who have a difficult time sweating to lay in a bath tub of warm Epson salt water---which helps the body to sweat. Dr. Morgan also advises fasting, in that it helps the individual to avoid bad foods & to eat good, natural foods, like fruits & vegetables. She says when toxins leave the body, the individual feels & looks much better & much healthier.

						12/11/2009 1:00 PM
						12/12/2009 3:30 AM
Joy In Our Town # 199	30:00	15:00	L	PA	12/14/2009	1:00 PM
					12/15/2009	3:30 AM
					12/17/2009	3:30 AM

Host Alan Box talks with Ann Iacona, breast cancer survivor, and Joanne Hunt, Income Development Specialist for the American Cancer Society, about surviving breast cancer. Ms. Iacona says there is much difficulty living with Chemo, particularly with appearance---many women lose their hair & have differences in skin color/tone. She says keeping up with appearance is important for self-esteem & to help the person still feel like the same person. She states that programs are available to help with appearance when battling breast cancer. Ms. Hunt says seeking programs is important---there are some cosmetologists that donate time---give advice on wigs, skin & hair changes. She says these types of programs are beneficial in that the affected individual can feel better about themselves---helping to further the battle against breast cancer. Ms. Iacona then says seeking support from family and friends is key. She also says feeling determined & continuing to work and live like as an individual normally would is vital in the fight against breast cancer---and any other cancer. Ms. Hunt says early detection & prevention are key. She says living a healthy lifestyle---eating healthy & exercising, along with & early detection (getting mammograms) is very important. She then says for the most part breast cancer, like any other cancer, does not discriminate---anyone can be affected, even men. She says a lot of steps are being taken in trying to find a cure or medications. She states that early detection is key because Stage 1 cancer is much more treatable.

700 Club CBN NewsWatch	1:00:00	7:00	REC	PA/O/E	11/18/2009	3:00 PM
#111809						

Since the April outbreak of swine flu, U.S. officials have declared national health emergencies and bought 200 million vaccines. Most experts are saying the H1N1 virus deserves this reaction. Other interpretations cast doubt on the severity. The national emergency approach started with an April 26 announcement from Janet Napolitano, head of Homeland Security. "The Department of Health and Human Services will declare, today, a public health emergency

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in the United States," Napalitano said. The international emergency was announced on June 11 by Margaret Chan, head of the World Health Organization. "The world is now at the start of the 2009 influenza pandemic," Chan said. On Oct. 23, President Barack Obama signed a proclamation declaring swine flu a national emergency. One White House official stated that the proclamation allowed hospitals to apply for waivers of federal rules that restrict treatment measure. Critics wondered why the effort was made prior to any need for hospitals to have flexibility. So far, hospitals in the U.S. are coping well despite the presidential proclamation to ease bureaucratic restrictions on hospitals. They can now put up treatment tents for an onslaught of swine flu victims that may never happen. One group of high concern for H1N1 is infants. Experts say this fact highlights the variety of viruses capable of producing serious complications. In fact, medical authorities use a category called ILI, "influenza-like illness" to describe everything that is flu or similar to flu. Overall, only about 20 percent of all ILI is actually influenza. Since Sept. 1, confirmed H1N1 flu deaths in the U.S. are over 1,000, including well over 100 children. However, flu deaths in young kids have been increasing since 2003 when they began receiving seasonal flu shots. A few experts suspect the shots have harmed the immune systems of some children. U.S. health officials have now re-calculated flu deaths on an estimate basis. The Centers for Disease Control now says more than 4,000 have died since April. Critics say it's not right to blame all those deaths on H1N1 when the predominant killer really is pneumonia. If the swine flu vaccine is effective and the virus doesn't change, then the U.S. could face a flu season even less serious than what the Southern Hemisphere faced. Most epidemiologists doubt this virus will mutate into the kind of killer seen in the 1918 Spanish Flu.

Doctor to Doctor #230	28:30	28:30	REC	PA/O/E	10/06/2009	9:30 AM
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**Dr. Zev Mellman** talked about taking vitamins and supplements. It's very important to take ones that are specific for your system by asking your doctor. It's important to read labels and monitor how the supplements make you feel. Protein, Amino Acids and B vitamins are all important in building up skeletal tissue. **Dr. Thomas Distefano** talked about Knee replacement surgery. 80% of people will need some type of orthopedic surgery in their lifetime. There are a lot of factors to consider before surgery such as age, surgeon's skill level and length of recovery. **Dr. Jace Wolfe** talked about how 31 million Americans have some type of hearing loss. It is the third most common disability in the United States. It is also the most common disability at birth. Newborns are now having their hearing checked. It's important to take steps to protect hearing from high levels of noise.

Doctor to Doctor #231	28:30	28:30	REC	PA/O/E	10/13/2009	9:30 AM
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**Dr. Dale Peterson** talked about Breast Cancer awareness. Detection is very important to catch it early. 5% of cancer doesn't include lumps. There is Inflammatory Breast Cancer. Symptoms are skin looks bruised, burning, increase in breast size and tenderness. There is also Paget's Disease. Symptoms are irritation, flaky skin, redness, burning and itchy skin. It's important to see a doctor immediately to get symptoms checked out. **Dr. Doreen Lewis-Overton** talked about bone density. It is very important to get our bones checked. Factors such as broken bones, birth control and kidney stones can affect bone density. **Dr. Thomas Distefano** talked about hand ailments. The most common are cysts and Trigger Finger or Trigger Thumb. Treatments could include ice, Cortizone injection or draining of fluids. Surgery is recommended if pain or discomfort continues.

Doctor to Doctor #232	28:30	28:30	REC	PA/O/E	10/20/2009	9:30 AM
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**Dr. Shellie Faris** talked about breast cancer. Fear, anger, sadness, denial and uncertainty of the future are common feelings after being diagnosed. It is the second leading cause of cancer deaths. Risk factors include being female, over the age of 40, family history and obesity. It's important to be educated and see a doctor if there are problems. **Dr. Randy Brison** talked about Celiac Disease. It is when the immune system attacks the small intestine and doesn't allow it to properly absorb nutrients. Symptoms can be poor growth, failure to thrive, chronic abdominal pain, poor weight and irritability. It is usually cause by being sensitive to wheat. A person should see their doctor to be tested. **Dr. Monica Allison** talked about eye exams. It's important for infants and young children to have eye exams. Adults should be checked for Diabetic Retinopathy, glaucoma, and Muscular Degeneration. The earlier problems are detected in the eye the better.

Doctor to Doctor #233	28:30	28:30	REC	PA/O/E	10/27/2009	9:30 AM
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**Dr. Dale Peterson** talked about Breast Cancer Prevention. Women with high levels of estrogen are at more risk of developing breast cancer. Women that ate mushrooms, soy, vegetables and drank green tea reduced their risk. Omega3 Fatty acids and weight reduction also helped in preventing breast cancer. **Dr. Scott Hannen** talked about hormones being out of balance, particularly estrogen and proestrogen. It's important that there is balance in the Adrenal System. It can be achieved by not eating refined sugar, taking a B Complex Supplement, moderate exercise and natural phytoestrogens. **Dr. Doreen Lewis-Overton** talked about Cholesterol. Cholesterol is important for creating Vitamin D, helping with digestion and making brain/skin cells. If your Cholesterol is high, it is important to find the cause. Food allergies, medications and infections can lead to high Cholesterol.

Doctor to Doctor #234	28:30	28:30	REC	PA/O/E	11/17/2009	9:30 AM
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**Dr. Dino Prato** talked about women's health. It's important to know your family history and find a prevention plan to reverse the disease process. Synthetic hormones and Estrogen Dominance can lead to increased risk of cancers, Alzheimer's, heart disease and strokes. It's important to see a doctor and have your hormone levels checked. **Dr. Gene Jams** talked about dehydration since our body is 75% water. Symptoms can be thirst, nausea, dry skin/mouth, dizzy, muscle cramps and headaches. We should drink 8 glasses of pure, clean water a day. It should be sipped slowly throughout the day. We may need to drink more if it is hot or we have been exercising. **Dr. Margaret Nagib** talked about self injury. It is when a person deliberately inflicts a self injury without the suicidal intent. It is usually connected to some other mental issue and used as a coping mechanism. It's important that a person gets treatment and learns different patterns of behavior.

Doctor to Doctor #235	28:30	28:30	REC	PA/O/E	11/24/2009	9:30 AM
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**Dr. Gerry Curatola** talked about food for a beautiful smile. 80% of adult American have gum disease. This is the principal source of low grade inflammation which increases the chance of having a heart attack. It's important to alkalize your body by eating green leafy vegetables. Eat antioxidant rich foods and avoid anti-inflammatory triggers. **Dr. Martin Finkelstein** talked about reversing degenerative diseases such as arthritis, diabetes, cancer and periodontal disease. 40% is hereditary and 60% is based on information we receive. It's important to eat healthy, exercise daily, deep breathing and positive thinking. **Dr. Joan Baumbach** talked about influenza also known as the flu. It is a respiratory illness that is contagious and can result in high fever, sore throat, stuffy nose, cough and vomiting. It's important to get a flu shot and to wash your hands.

Doctor to Doctor #236	28:30	28:30	REC	PA/O/E	12/01/2009	9:30 AM
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**Dr. Asa Andrew** talked about healthy holiday eating. It's important to eat sprouted grains and lean meats such as turkey and chicken. It's important to drink plenty of water and cook with butter or coconut oil. It's important to make good choices for healthier lifestyle. **Dr. Caroline Leaf** talked about 7 types of thinking. The brain is neuroplastic which means it's always changing. Each person processes things different and uniquely. It's important to know how your thinking process works. **Dr. Rhonda LeBlanc** talked about common eye conditions. There is a sty, pterygium, pink eye, myopia, hyperopia, astigmatism, presbyopia and computer vision syndrome. With any persistent eye problems, it is important to see an eye doctor.

Doctor to Doctor #237	28:30	28:30	REC	PA/O/E	12/08/2009	9:30 AM
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**Dr. Bettye Alston** talked about diabetic holiday eating. It's important to inform people that you are diabetic, watch the extra portions, chose when you want to indulge, step up exercise and bring your own goodies to parties. It's also important to focus on the fun not just the food. **Dr. Craig Travis** talked about avoiding holiday stress. It can be a stressful time due to economic difficulty, the death of a loved one, or pressure to create the perfect holiday. It's important to acknowledge the stress, develop a strategy, get plenty of rest, water and exercise. **Dr. Malcom Hill** talked about eating healthy during the holiday season. People generally gain between 5 to 10 lbs because of unhealthy choices. It's important to eat healthy, exercise, drink lots of water, get sunlight, fresh air and plenty of sleep.

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Doctor to Doctor #238	28:30	28:30	REC	PA/O/E	12/29/2009	9:30AM
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**Dr. Dino Prato** talked about health and nutrition. The quality of diet and lifestyle makes a difference. It's important to eat a healthy diet, exercise, take supplements such as multivitamin and fish oil, and eat more fruits and vegetables. It is also important to be smarter about your health. **Dr. Jeremy Martin** talked about stress management. There can be physical, mental and chemical stress. It is important to identify the stressors in our lives and eliminate them. It's also important to exercise, have proper nutrition, drink plenty of water and get enough sleep at night. **Dr. Doreen Lewis-Overton** talked about lowering blood pressure. It's important to look at what is causing the high blood pressure. It could be genetics, need a chiropractic adjustment, colon backed up, need more fiber, food allergies, lung or heart problem. It's important to check with your doctor and find out the cause.

### *Employment/Unemployment*

					10/23/2009	1:00 PM
					10/24/2009	3:30 AM
Joy In Our Town # 192	30:00	15:00	L	PA	10/26/2009	11:30 AM
					10/27/2009	3:30 AM
					10/29/2009	3:30 AM

Host Alan Box talks with Grace McAndrews, Community Integration Specialists for Davidson School at Elwyn, and Samuel Conners, recent graduate of the Davidson school at Elwyn, about challenges in gaining employment for those with developmental disabilities & autism. Ms. McAndrews explains the stigma that those with disabilities are not capable of working, when in fact they very much are. She emphasizes that those with disabilities have many capabilities that many employers do not understand. Mr. Conners discusses his recent job at a department store & his accomplishments there. Ms. McAndrews says those with disabilities attend work all of the time and go above & beyond with their job duties. She says teaching those with disabilities transitions is important—allowing them to learn how to deal with their disability, so each may work together. She says jobs can be set up for each individual—someone with one disability may be able to only use hands & can package, and another may arrange products on a shelf, and so on. Mr. Conners then explains that each person is unique & can do a job. Ms. McAndrews says those with disabilities all want quality of life, they want to be a part of the community & many want to be employed. She says this is mind-opening for the community to see these individuals working & shows their many capabilities. She then discusses the major challenge of many employers needing to be more open-minded—educating them that those with disabilities are capable & excellent workers. Mr. Conners says that he wants to keep learning & eventually move on to a larger company---and that those with disabilities should be respected like anyone else, they are indeed great employees.

Joy In Our Town # 194	30:00	15:00	L	PA	11/9/2009	11:30 AM
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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Alan Box talks with Joe Gousie, employment director for the Davidson School at Elwyn, about barriers to employment for people with intellectual & developmental disabilities. Mr. Gousie states that 70% of those with disabilities that are able to work are not employed due to hard economic times, much like the rest of the public. He then says employers want those with good work ethic—those who can be counted on—and many individuals with disabilities have good retention and great work ability. He raises the point that those with disabilities need to be looked at as having distinct abilities, not inabilities. He says that many of those with intellectual & developmental disabilities are seen for their disability, not the actual capabilities they possess. Mr. Gousie goes on to discuss one of the greatest barriers—losing time & transitioning back to work after time off (difficulty with finances & loss of benefits). He says many are afraid to transition back because of the needed time to adjust. He explains the Ticket-To-Work program, which is a series of incentives from the Social Security Administration to overcome these kinds of barriers by enabling the disabled person to take the risk & make the transition—while still having the same income & benefits. He says this program, among others, provides the individual the opportunity to go back to work & having their expenses covered (transportation, housing expensive, medication, etc.). Mr. Gousie then discusses discrimination, saying he believes this is more of a mindset for the employer rather than intentional—and that they need to focus on the abilities & capabilities, not the disability.

					11/20/2009	1:00 PM
					11/21/2009	3:30 AM
Joy In Our Town # 196	30:00	15:00	L	PA	11/23/2009	11:30 AM
					11/24/2009	3:30 AM
					11/26/2009	3:30 AM

Host Angela Brown talks with Pennsylvania State Representative Thaddeus Kirkland, 159<sup>th</sup> Legislative District-PA House of Representatives, about the status of unemployment in our region. Rep. Kirkland states that unemployment is 7% in Delaware County & about 8% for all of Pennsylvania. He says the key for individuals is retraining—this will help those from older industries to train with technology, jumpstarting many careers. He says because manufacturing jobs are much cheaper overseas, they are being lost here. He then says discusses CareerLink, saying this is one program in the state that teaches technical skills for rising career fields. He mentions one major field coming into Pennsylvania that is flourishing—the film industry, in that it provides many jobs not only for actors/actresses & producers, but also carpenters, plumbers, hotels/restaurants, among others. He then says that the public needs to know that there are government loans available for financial help through colleges, in order to help with furthering education. Rep. Kirkland goes on to discuss the Pennsylvania Budget, saying it was difficult this year—certain spending had to be cut. He says pushing a .5% tax increase for a 3 year period is important in that it will save jobs. He says that overall, the job market & economy are beginning to rise again, it just might take a little time. He advises those who have been laid off to exhibit their skills, be aggressive when seeking employment, and even perhaps going back to school to further their education.

Joy In Our Town # 198	30:00	15:00	L	PA		
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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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					12/4/2009	1:00 PM
					12/5/2009	3:30 AM
					12/7/2009	11:30 AM
					12/8/2009	3:30 AM
					12/10/2009	3:30 AM

Host Alan Box talks with Commissioner David Socolow, Department of Labor & Workforce Development for the State of New Jersey, about unemployment concerns in New Jersey. Com. Socolow states much more residents of New Jersey have lost jobs in recent months-which causes concern for loss of healthcare and foreclosure. He discusses the Stimulus Bill-American Recovery & Reinvestment Act-signed by president Obama, saying it allows additional programs to help the needy, and new investments to create jobs, as well as other major needs. He says in any given week in 2009, 50-60% more people are applying for unemployment insurance benefits than the same week in 2008. Com. Socolow then says in New Jersey, the largest job loss is in the manufacturing industry—in 2008, more than 15,000 jobs were lost in this industry. He also says there has been significant loss in construction and financial services (selling homes, insurance, Wall Street). He states there has been no job creation in retail. Com. Socolow then discusses the stable industries in New Jersey currently- Professional/ business-related, such as accountants, lawyers, computers, engineers, among others. He next discusses the best industries for growth as healthcare (have a variety of skilled positions) and Energy Sectors (address global warming and find renewable & efficient energy). Com. Socolow then discusses the importance of transitional training-learning to speak the language of a growing field-which is what workers need to do. He also advises the public to engulf in life-long learning-keep upgrading skills and build education to improve the career path.

## *Economy*

					10/9/2009	1:00 PM
					10/10/2009	3:30 AM
Joy In Our Town # 190	30:00	15:00	L	PA	10/12/2009	11:30 AM
					10/13/2009	3:30 AM
					10/15/2009	3:30 AM

Host Alan Box talks with Bishop Keith Reed, Sr., Pastor of Sharon Baptist Church, about surviving the economic downturn in our community. Bishop Reed states that in Pennsylvania, the budget has been "On Stay" for a while, especially in Philadelphia. He says subsidies have been stayed-have not come in yet-within schools, this just being one example. He emphasizes the importance of directing the public to needed resources for help with dealing with the economic downfall. He explains that many are suffering as a result of the economy: many have depression & anxiety. He says it causes a chain reaction within the family—parents are depressed & stressed, and the kids are affected by that behavior; therefore becoming depressed & upset themselves. He stresses the need for programs that allow for dealing with stress (activities, socializing, recreation, etc.). Bishop Reed goes on to say that counseling is important, and no one should feel that it is a sign of weakness or that they are "crazy." He says counseling serves as a vehicle to help humanity find a way through this hard economic downfall. He explains that defining what the ills are for each individual, then coming up with solutions is an affective method used in counseling. He then says

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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resources are available for both helping financially (household budget, spending, etc.), as well as emotionally (anxiety, anger, depression, etc.). Bishop Reed advises the public to take advantage of all of these resources, even those who are financially stable- in that they may become drastically affected as well.

					10/16/2009	1:00 PM
					10/17/2009	3:30 AM
Joy In Our Town # 191	30:00	15:00	L	PA	10/19/2009	11:30 AM
					10/20/2009	3:30 AM
					10/22/2009	3:30 AM

Host Alan Box talks with Bishop Keith Reed, Sr., Pastor of Sharon Baptist Church, about the impact that the struggling economy has on seniors & youth. Bishop Reed states that this economic strain will take time to dissolve-and the public needs to be proactive, patient & progressive. He says the budget was delayed, affecting seniors through their services provided to them, as well as children, with subsidies through school & daycare. He stresses the need for community to come together & discuss the economic strain—how to build services and programs to assist youth & seniors economically. He says communicating the ideas to civic leaders is the next major step to helping local seniors & youth—these ideas need to be put forth & heard by the elected officials. Bishop Reed goes on to say that many seniors are alone & deal with financial hardship. He says family is key for helping---they are the primary source of help for managing resources & finances. He then says that many seniors are going on to work, instead of retiring, in order to get through the difficult economic times. He explains programs being put into place: education for seniors on supplements, nutrition, and their health situations with doctors & nurses—Youth with after school programs & daycare.

					10/23/2009	1:00 PM
					10/24/2009	3:30 AM
Joy In Our Town # 192	30:00	15:00	L	PA	10/26/2009	11:30 AM
					10/27/2009	3:30 AM
					10/29/2009	3:30 AM

Host Alan Box talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about keeping the public informed about the Property Tax Reform. Sen. Greenleaf states that the property tax is based on the value of the home or property owned. He says this is a serious issue, especially in Southeastern Pennsylvania, since taxes became very high. He discusses a Way Out Approach—Increase subsidy money for suburban schools, increase money that provides assistance for Homestead Exemption, & limit spending (spending increased in the last 20 yrs without ever decreasing). He says this formula will help give relief to the taxpayers & provide adequate funding to our schools. Sen. Greenleaf goes on to say that almost 50% of the budget is for education, and the suburbs are increasing in population-so more funding is needed, yet not being provided. He explains that a lot of the money goes to rural & urban areas, but the legislators need to develop a formula to help the suburbs. He says many people in the suburbs are in financial strain-like urban areas, and there are many seniors with financial hardship. He then says that some programs have been put in place to help seniors to stay in their homes. He says helping older adults to avoid a property tax increase is key. Sen. Greenleaf discusses the Homestead Exemption, saying it allows seniors to get rebate every year to help pay their property tax, it's based on revenue & the school district the individual lives in.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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					11/13/2009	1:00 PM
					11/14/2009	3:30 AM
Joy In Our Town # 195	30:00	15:00	L	PA	11/16/2009	11:30 AM
					11/17/2009	3:30 AM
					11/19/2009	3:30 AM
					11/24/2009	4:00 AM

Host Alan Box talks with Pennsylvania State Representative Stephen Barrar, 160<sup>th</sup> Legislative District-PA House of Representatives, about the economy & how it is affected by unemployment. Rep. Barrar states that the state budget took longer than anticipated this year—a lot of decisions regarding whether or not & where to cut spending/raise taxes. He says education did well with the budget—poor districts will get a lot of money. He says some services/programs were cut, but not all—many of these are geared toward job creation. He explains how budget cuts needed to be done carefully—there are many businesses in the Commonwealth of Pennsylvania that are depended on, and are needed for creating jobs. He discusses the importance of not raising taxes on businesses to create an economic burden on them. Rep. Barrar then explains the Keystone Opportunity Zones, which were put into place as a great tax benefit to poor areas in order to help create jobs. He says a lot of businesses are afraid to come to Pennsylvania due to the high business taxes—the KOPs are designed to help exempt businesses from a lot of the taxes. He goes on to say that agriculture, tourism & manufacturing are the top industries in Pennsylvania—they are the bulk of the jobs & tax revenue. He discusses a concern about these industries on the Federal level—the CAP & Trade, a program dealing with environmental concerns. He says CAP & Trade is a threat to these industries & can cause a problem for them—which is of concern since they allow for many jobs in Pennsylvania. Rep. Barrar says he feels we may start to come out of the recession in the next 6 months & see a gain in employment—as long as we continue to avoid raising taxes for certain businesses in the region.

### *Public Safety*

					11/27/2009	1:00 PM
					11/28/2009	3:30 AM
Joy In Our Town # 197	30:00	15:00	L	PA	11/30/2009	11:30 AM
					12/1/2009	3:30 AM
					12/3/2009	3:30 AM
					12/8/2009	4:00 AM

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Angela Brown talks with William Matthews, Fire Chief & Fire Marshall for the Folcroft Volunteer Fire Company, about fire safety awareness in our area. Chief Matthews states that in the local area, about 350 alarms are responded to per year—all a mixture between homes, businesses, automobiles, garages, among others. He discusses leading causes: for brush fires—cigarette butts thrown into open spaces, setting leaves on fire for disposal; for automobile—electrical issues within; for homes—electrical (extension cords under carpets), kitchen fires (cooking & oil left at high temperatures for long periods of time) & gasoline stored close to heaters/furnaces. He says that fire prevention is key, every building should have working fire detectors, which provide quick notification to exit the building. He says fire extinguishers are also important in that they allow—if in a safe position—defensive action to put the fire out. He says the most important of all is to call 911 first—many people have tried to put out fires first, causing it to become out of control. Chief Matthews then discusses Fire Codes, saying these are set up to protect the public. He says commercial properties must have automatic fire extinguishers, sprinkler systems, fire suppression systems, smoke alarms and panic doors; whereas private residences must all have smoke alarms. He advises all buildings to have the address number on both the front & back of the building—there have been issues in finding the location when these numbers are not visible. He also encourages homes & businesses to have an evacuation plan intact—and to practice it often. Chief Matthews then discusses carbon monoxide, saying this is a colorless & odorless gas generated by incomplete burning of oil/gasoline. He says carbon monoxide detectors should be in all buildings to prevent illnesses & even death.

					11/27/2009	1:00 PM
					11/28/2009	3:30 AM
Joy In Our Town # 197	30:00	15:00	L	PA	11/30/2009	11:30 AM
					12/1/2009	3:30 AM
					12/3/2009	3:30 AM
					12/8/2009	4:00 AM

Host Alan Box talks with Tom Foley, C.E.O. of the Southeastern Pennsylvania Chapter of the American Red Cross, about keeping the public informed about H1N1. Mr. Foley states that concern is rising about H1N1 because of the upcoming school year—more people are congregating, which makes it easier for the virus to spread. He says there is still much to be learned about H1N1, and what makes it so strangely different than other flu-like viruses is that it mostly strikes those 5-24y/o, and those over 65 are struck the least—this is evidence that it operates differently. He advises that those with symptoms should stay home from work/school. He then discusses the symptoms, which are that of the typical flu: runny nose, upset stomach, fever, clammy skin, etc. He stresses that those with symptoms should wash cloths separately than everyone else's, with really hot water, and wash utensils separately with hot water as well, and to make sure everyone washes their hands regularly—which also helps to prevent catching it. He also says the sick individual needs to be in contact with a physician and take the medications he/she is told. He goes on to say that a special test is given to determine if the virus is actually H1N1. He also says flu shots do not work for H1N1, and there is currently work being done to develop a shot for it. Mr. Foley advises the public to stay informed of where outbreaks occur, so those places can be avoided—if there is a need to go there, make sure proper sanitation is used.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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					12/18/2009	1:00 PM
Joy In Our Town # 200	30:00	15:00	L	PA	12/19/2009	3:30 AM
					12/21/2009	1:00 PM
					12/24/2009	1:00 PM

Host Angela Brown talks with Pam Fischer, Director of the New Jersey Division of Highway Traffic Safety, about drunk driving during the holiday season. Ms. Fischer states that in New Jersey, almost 600 people /year die in car crashes (average of 2 people per day). She says 85% of crashes are caused by a decision that put the driver at risk. She says that people need to think about what they do behind the wheel that impacts safety. She goes on to say that there is a 10% increase in crashes during the holiday season—there is strong potential for alcohol consumption, and a plan needs to be developed to make provisions in advance. Ms. Fischer then discusses the Over-The-Limit Under Arrest Initiative, saying it is a national program to call attention to drunk driving & to encourage preventative measures to the public. She says in New Jersey, 1 in 4 crashes involved alcohol-emphasizing the need for this program. She says this initiative is designed particularly for the holiday season—it places additional patrols on the roads-both local & state police-looking for signs of drunk driving, then getting the driver off the road for everyone's safety-along with their own. She then mentions that pedestrians & bicyclists are also affected by alcohol road safety--if they are drunk, they can easily cause a motor accident & put themselves and the driver/passengers in a dangerous situation. Ms. Fischer leaves the public with important tips: if you plan to drink alcohol-do not drive, if walking-make sure someone is able to get u to your front door, ask those attending your party how they are getting home-take keys if drinking without a plan, and to report to police if any erratic driving is taking place on the road.

					12/28/2009	11:30 AM
Joy In Our Town # 201	30:00	15:00	L	PA	12/29/2009	3:30 AM
					12/31/2009	3:30 AM

Host Angela Brown talks with Pam Fischer, Director of the New Jersey Division of Highway Traffic Safety, about the status of teen driving legislation in New Jersey. Ms. Fischer states the most dangerous thing a teenager can do is drive—crashes are the #1 killer among teens in New Jersey & all over the world. She says the first 18-24 months a teen drives are critical. She explains that parents need to be role models—teens model behaviors-especially driving-bad driver habits will be picked up by new teen drivers. Ms. Fischer then discusses the reasons teens are so at risk:

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Host Alan Box talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about the Pennsylvania Healthcare Reform. Sen. Greenleaf states that although many do have health coverage and are satisfied, many are still uninsured. He says many of the uninsured are young individuals that do not want to pay for the insurance & tend to feel "invincible." He says many are also those in transition or without jobs-therefore having no benefits, along with those who's insurance has increased at the place of employment, causing them to drop it. He then discusses those underinsured, saying they have coverage that is not adequate for their needs. Sen. Greenleaf goes to explain the need for Public & Private partnerships—the state government should not take over the whole system—they are not profit-making & therefore non-efficient. He says that business are concerned with the money, & how it is handled & processed—making them very efficient. He does say that the state government is excellent for supporting, subsidizing & helping those private businesses---making a partnership between the two a successful solution. He discusses some examples of these partnerships: CHIP (for children based on household income limits, allows for most children to enter), & Adult Basic (for adults, also based on household income limits), among some others. Sen. Greenleaf states that the focus should be on the programs available now, in helping to expand & improve them.

					11/20/2009	1:00 PM
					11/21/2009	3:30 AM
Joy In Our Town # 196	30:00	15:00	L	PA	11/23/2009	11:30 AM
					11/24/2009	3:30 AM
					11/26/2009	3:30 AM

Host Alan Box talks with Pennsylvania State Representative Stephen Barrar, 160<sup>th</sup> Legislative District-PA House of Representatives, about Legislation & tourism in our region. Rep. Barrar states that tourism is the 2<sup>nd</sup> largest industry in Pennsylvania—it has a 28 billion dollar economic impact for the state. He says it also generates just under 3 billion dollars on taxes, just to the Commonwealth of Pennsylvania. He says Philadelphia is rich in historical sites, and many of its suburbs are known for wineries-which help attract tourists. He points out that taxes come from these tourist spots, which help fund the state-then helping to boost our economy. Rep. Barrar then discusses how tourism is currently down in Pennsylvania. He says Tourist Promotion Agencies, which are funded by the state and come from taxes on hotels, are set up to help groups -who are part of the Commonwealth of Pennsylvania- to attract tourists. He explains another reason why tourism is important in Pennsylvania—it employs 580,000 people, helping with unemployment throughout the region. He then mentions that grant money is given to recreation & events within the state, so Pennsylvania may further benefit from those tax dollars. Rep. Barrar then discusses the Film Tax Credit, saying this is beneficial in attracting individuals from other areas. He says many want to come to the area to see where certain locations & settings from movies are filmed here. He explains that this paints a desirable picture of Philadelphia, helping to attract individuals from all different locations.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Local Electoral Affairs*

					10/2/2009	1:00 PM
					10/3/2009	3:30 AM
Joy In Our Town # 189	30:00	15:00	L	PA	10/5/2009	11:30 AM
					10/6/2009	3:30 AM
					10/8/2009	3:30 AM

Host Alan Box talks with Robert Giles, Director of the New Jersey Division of Elections, about educating the public about the voting process. Mr. Giles states that in New Jersey, any U.S. citizen that is at least 18 years of age, who has been a resident of the county and state for at least 30 days-and is currently not serving a sentence for an indictable offense, or on parole or probation, is eligible to vote. He says there are a few ways NJ residents can register: the local elected official's office in the county, the Municipal Clerk's office, motor Vehicle Commission (when attaining/renewing license) or on the NJ Department of Election's website. He explains that in New Jersey, a piece of legislation was passed this past summer – Vote by Mail. He says this was utilized from the Absentee Ballot, and it allows those who are too busy to attend a voting location Election Day—not just those with disabilities or out-of-state. He mentions that there are new rights under the legislation: voters can now receive the Mail-in Ballot for the rest of the year if desired, and they can receive the General Election ballot every November by mail as well. Mr. Giles goes on to say that the Voter Bill of Rights poster is on the wall of place of the voting. He explains that it is set up to be reviewed prior to voting. He explains that if a voter is challenged, the challenger fills out a form-it is then reviewed by the poll workers and a decision is made of whether the voter is allowed to vote or denied.

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