

# **Trinity Broadcasting Network**

## *Quarterly Report*

January, February, March 2011

**WGTW-TV**

**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.*

Substance Abuse

Economy

Transportation

Seniors

Public Safety

Civic Affairs

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 Source</i> | <i>Type</i> | <i>Airdate</i> | <i>Time</i> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Substance Abuse*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
| Joy In Our Town # 260 | 30:00 | 15:00 | L | PA | 3/07/2011 | 11:30 AM |
|-----------------------|-------|-------|---|----|-----------|----------|

Host Angela Brown talks with Diane Rosati, Associate Director for the Bucks County Drug & Alcohol Commission, Inc., about underage drinking in our local area. Ms. Rosati states that underage drinking is still very prevalent in Pennsylvania, many adolescents & even their parents feel it is a rite of passage. She says that in 1984, the legal age limit to consume alcohol was 21 throughout the United States. She says the age of those using alcohol is becoming younger & younger-many of those under 21 are getting the alcohol from their own homes. She then says some adults are willing to purchase alcohol or alcohol products to supply to minors—this is against the law. She discusses the penalties for adults who break this law: In Pennsylvania, there could be a fine up to \$2500 and up to a year in jail, just for the first offense—it only goes up for further offences. Ms. Rosati mentions some of the reasons youth begin to drink: the media plays a role in that the message is that drinking alcohol is the norm- everyone is doing it; sometimes families feel it is alright to use alcohol in the home, among others. She states that the adolescent brain is not fully developed, so there are physical & emotional repercussions; also, the younger an individual starts drinking, the more likely he/she is to develop a problem using alcohol. Ms. Rosati goes on to say that alcohol is a gateway drug, many progress from this to other drugs, such as marijuana, prescription drugs, heroin, etc. She then says that underage drinking can be associated with other issues, such as violence, dating violence, automobile accidents, depression, suicide, among others. She stresses that education alone will not fix this issue—it takes a community to get involved. She says youth who provide social marketing and information help a great deal—it makes for excellent educational opportunities about current trends & information about this issue. Ms. Rosati then says knowing that not all youth are drinking alcohol is important—there sometimes seems to be the message that they are. She explains that programs for underage drinking are extremely helpful—some exists that involve workshops of adolescents who do not drink to be peer educators, mentors and support for those who do—this is very affective, especially when used in schools.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
| Joy In Our Town # 260 | 30:00 | 15:00 | L | PA | 3/07/2011 | 11:30 AM |
|-----------------------|-------|-------|---|----|-----------|----------|

Host Angela Brown talks with Kent Henry, President & Chairman for the Alumni Group, Inc., about the impact substance abuse has on the family. Mr. Henry states that substance abuse is very prevalent—every individual either knows someone who is getting high or who is affected by an individual getting high. He says those suffering from substance abuse addiction face many challenges—a major challenge during recovery is transitioning back into society. He explains the impact substance has on family: first, it is difficult for family members to watch their loved one live through this. He says addiction is something the individual has no control over—further impacting the family. He says family, and friends as well, often do not know how to get help for the suffering loved one. He says resources are available for family members to help support the one with the addiction. He explains that for the individual, they are aware of rehabs—but they have to realize within themselves that they need help, it has to be up to them to make that first step to recovery. Mr. Henry then says that mentorship through the recovery process is extremely important, it provides support to help the individual get back on their feet, even though the individual has to learn to motivate his/herself to achieve his/her goals overall. He also says that there are resources available for families to get support who are living with an addict, or with someone who is in recovery.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 3/18/2011 | 1:00 PM  |
| Joy In Our Town # 262 | 30:00 | 15:00 | L | PA | 3/21/2011 | 11:30 AM |
|                       |       |       |   |    | 3/22/2011 | 3:30 AM  |
|                       |       |       |   |    | 3/24/2011 | 3:30 AM  |

Host Angela Brown talks with Diane Rosati, Associate Director for the Bucks County Drug & Alcohol Commission, Inc., about medication misuse in our region. Ms. Rosati states that there has been an increase in use of prescription & non-prescription medications. She says the general census was that this issue was only prevalent among middle-age adults, but we are now seeing an increase in all ages from adolescents to older adults. She explains some reasons of its prevalence: television ads show medications for almost anything, and many individuals have easy access to pharmacies to purchase those many different medications. She also says youth often will use medications they find in medicine cabinets at home or in their grandparents' home. She says the most commonly misused & abused prescription drug is Oxycontin (developed for those struggling with cancer); another common medication misused is Ritalin (developed for Attention Deficit Disorder)—adolescents may feel if it works on a friend, they can use it as well, for focus or similar reasons. She says for the aging baby boomers, many deal with minor aches/pains, so they will often use older or expired medications in their homes, even if it is not abused—this is still a form of misuse. Ms. Rosati goes on to say that many individuals do not know how to dispose of their medications—they need to get rid of all medications that are expired, unused or unwanted. She says they should not be flushed down the toilet—this affects our water. She discusses some affective ways of ridding the medications: rather than simply placing them in the trash, pouring them into a zip-lock bag & filling it with a substance that will make it impossible to be consumed or diverted, such as coffee grinds, maple syrup, cough medicine or kitty litter. She then says that county Medication Give-Back programs are very beneficial for getting rid of the medications—these involve having drop-off sites throughout the community where people can pour their medications into a box, which will immediately be taken away by the Drug Enforcement Agency. She then states that this issue takes a community effort to help—education of this issue is important through police departments, townships, newspapers and the residents. Ms. Rosati states that educational programs are available, such as Project MED—this involves older adults speaking with other older adults about the dangers of medication misuse & alcohol abuse, such as certain side effects for the different medications.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 3/25/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 3/26/2011      | 3:30 AM     |
| Joy In Our Town # 263 | 30:00                   | 15:00                 | L                     | PA          | 3/28/2011      | 11:30 AM    |
|                       |                         |                       |                       |             | 3/31/2011      | 3:30 AM     |

Host Angela Brown talks with Beth Mingy, Director of Prevention & Education for Holcomb Behavioral Health Systems, about the importance of substance abuse prevention. Ms. Mingy states that prevention is about increasing the protective factors & reducing the risk factors—a major risk factor may be an 18 y/o believing he/she will not live past 20; whereas, the protective factor would be having an optimistic view of his/her future. She discusses other protective factors: kids being involved in activities a few times a week, having dinner with family 5 times a week, etc. She advises parents to use teachable moments, which helps their kids to identify what their belief systems are—perhaps when they see another teen smoking a cigarette (if their kid thinks its “cool,” they are more likely to do that). She says youth are getting messages all of the time glorifying alcohol & cigarettes, mostly from peers & the media. She emphasizes that when children are asked how they feel/ what they think, they feel valued & important. She says that research shows kids who live with substance abusers are more successful when they have a certain someone in their lives to talk to, such as a relative, coach or teacher. She then says that there is a common belief that alcohol is a rite of passage—90% of substance abusers start consuming alcohol and/or other drugs before they are 18-- aside from being addictive, the brain is not fully developed until they are 25, making the health issues even more serious. Ms. Mingy goes on to say that marijuana rates recently have increased (they are almost the same as cigarette smoking)—this is often due to the passage of medical marijuana, many believing it is legal & safe because it is medical. She says that the same concept is often used for prescription drug abuse among teens—they feel it is medicine so it is safe; 70% of youth are misusing prescription drugs & mostly getting them from family & friends’ households. She says one of the major dangers in this is that most narcotics & opiates are highly addictive. She then points out that prescription overdoses have highly risen. She states that the first major type of drug that kids try are inhalants, alcohol is second. Ms. Mingy stresses the point that adults are the most powerful influences in kids’ lives—they will listen & talk if the adult is willing. She then discusses helpful prevention techniques: free parenting classes are offered to assist with substance abuse prevention, kids becoming involved in alcohol-free activities & programs, such as movie nights, sports, as well as education programs.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Economy*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 1/14/2011 | 1:00 PM  |
|                       |       |       |   |    | 1/15/2011 | 3:30 AM  |
| Joy In Our Town # 253 | 30:00 | 15:00 | L | PA | 1/17/2011 | 11:30 AM |
|                       |       |       |   |    | 1/18/2011 | 3:30 AM  |
|                       |       |       |   |    | 1/20/2011 | 3:30 AM  |

Host Angela Brown talks with Norman Brown, Job Developer for the Re-Employment Transition Center, about going from unemployment to employment. Mr. Brown states that unemployment is prevalent due to economically-challenged times. He says many individuals struggle with periods of life that are financially difficult, and are in need of getting back to self-sufficiency. He explains that some are products of the system from previous generations, and others have recently experienced unemployment and are new to public assistance. He mentions the stigma of unemployment: many of those who are unemployed do want to get back into the workforce. He discusses the barriers many face while trying to re-join the workforce: not having a High School Diploma or GED, not having a support system in the home for seeking employment, and even homelessness & domestic violence-among others. Mr. Brown stresses the importance of resources that provide opportunities such as counseling (for those with self-esteem issues, recovery from domestic violence, etc.). He says this is important for individuals to re-develop their communication skills for interviews & resume-building. He then says resources that provide training techniques (computers, typing, etc.) are also important—even those that help with clothing (many cannot afford uniforms the job requires, so assistance is helpful). Mr. Brown advises those who are unemployed to seek these resources to help them gain employment once again.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 1/28/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 1/29/2011      | 3:30 AM     |
| Joy In Our Town # 255 | 30:00                   | 15:00                 | L                     | PA          | 1/31/2011      | 11:30 AM    |
|                       |                         |                       |                       |             | 2/01/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/03/2011      | 3:30 AM     |

Host Angela Brown talks with Stephanie Bittner, Community Outreach Manager for the Consumer Credit Counseling Service of Delaware Valley, about improving credit by getting out of debt. Ms. Bittner defines the credit score as a 3-digit number given to individuals by 3 different agencies (Experian, Equifax, TransUnion)-each compiles financial information [who consumers owe money to, how well it was paid/is being paid & how much is still owed]. She says that score gives lenders a gauge on what kind of risk the consumer is. She says a lower score means a higher risk; therefore, the lender will charge higher interest rates or could even shut down an opportunity altogether. She says that since 35% of the credit score is based on payment history, payments should be less than 30 days late-once it passes 30 days, it negatively affects the score. She says if an individual already has a hurt score/non-existent score, open accounts should be brought to current status, and debts be paid down to 30% of the credit limit. Ms. Bittner then provides examples of reasons why many consumers are struggling with poor credit: having been laid-off from a job & relying on credit cards, medical issues causing the person to use credit cards, divorce which causes income to decrease and reliance on the credit cards. She goes on to discuss examples of good debt: student loans (they show the individual is furthering education to increase financial potential), making a purchase for the home in which the debt will be paid off in a 3-4 month plan. She says the consumer will be more attractive to the lender if he/she provides collateral or a large down payment—this shows a part of the income is being put into the purchase. She then discusses the 2 types of debt: Unsecured debt – no asset to sell to get money back (credit cards); and Secured debt- a secured piece of collateral to attain if payment is not made (mortgage). Ms. Bittner then provides further tips for consumers: pay bills on time, bring down the amount of debt, do not open more accounts (could hurt credit score), and do not close a lot of accounts that are open (this can also hurt the score). She says pay down credit cards with the highest interest rates first, & try to pay more than the minimum balance, as well as construct a spending plan (prioritizing payments, eliminating ones that are not important, contact utilities to negotiate payment plans/enroll in hardship plan). Ms. Bittner also advises struggling consumers to contact a non-profit credit counseling agency to set up a credit report counseling session—the consumer’s credit report will be reviewed and a step-by-step action plan will be developed on what to do to restore the credit score.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 2/04/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 2/05/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/07/2011      | 11:30 AM    |
| Joy In Our Town # 256 | 30:00                   | 15:00                 | L                     | PA          | 2/08/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/10/2011      | 3:30 AM     |

Host Angela Brown talks with Stephanie Bittner, Community Outreach Manager for the Consumer Credit Counseling Service of Delaware Valley, about understanding bankruptcy among consumers. Ms. Bittner states that in 2010, 1.5 million people filed for bankruptcy, this was a 9% increase from the previous year. She says due to a struggling economy—the rise of unemployment, value of homes going down, along with other financial issues, is the main reason for more bankruptcy cases. She explains the 2 types, Chapter 7 & Chapter 13: Chapter 7 (liquidation) involves any items/assets that are unprotected will be used to pay any debt still owed-- depending on the consumer's situation they may not have to pay anything back & sometimes a payment plan may be developed if it falls within the guidelines. She says Chapter 13 (restructure or consolidation) restructures debt so that clients can make payments on a 3-5 year payback period. She says the law changed in 2005, stating that if an individual files for bankruptcy, he/she must go through a U.S. Trustee Approved non-profit agency. Ms. Bittner goes on to discuss debt management programs vs. debt settlement programs: debt management has clients make one payment to the credit counseling agency & that agency will pay the creditors directly (the agency can often negotiate the interest rate and late fees); whereas debt settlement companies ask the consumer to stop paying debts altogether allowing the accounts to be charged off & go to collection status—they work out a settlement with the lenders on the consumer's behalf (the credit score will suffer tremendously from this). She then explains the steps of filing for bankruptcy: reach out to a certified U.S. Trustee approved counseling agency for an hour pre-bankruptcy session, then contact an attorney for further assistance. She says either type of bankruptcy will have an impact on lowering the credit score, so taking necessary steps during post-bankruptcy to raise the score is very important. She states that a Chapter 7 will stay on a credit report for 10 years; a Chapter 13 will stay for 7 years. Ms. Bittner then mentions the debts that cannot be put into a bankruptcy: government student loans, money owed back on alimony/child support, back taxes, surcharges for a D.U.I., among others. She says as of 2005, post-bankruptcy education is required for all filing consumers under the law.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 2/11/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 2/12/2011      | 3:30 AM     |
| Joy In Our Town # 257 | 30:00                   | 15:00                 | L                     | PA          | 2/14/2011      | 11:30 AM    |
|                       |                         |                       |                       |             | 2/15/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/17/2011      | 3:30 AM     |

Host Angela Brown talks with Stephanie Bittner, Community Outreach Manager for the Consumer Credit Counseling Service of Delaware Valley, about helping homeowners avoid foreclosure. Ms. Bittner states that in the 3<sup>rd</sup> quarter 2010, there were 930,000 foreclosure filings that took place—this is prevalent both nationally & locally. She defines foreclosure as a legal process in which a lender or mortgage company has a home taken by a sheriff & the asset is reclaimed by the lender because the homeowner is not paying the bill. She advises homeowners to contact their lenders directly, if they are or will be falling behind in payments, to determine if a payment arrangement or modification can be worked out. She also advises individuals to reach out to HUD certified counseling agencies for help—statistics show that if homeowners go through a housing counselor, there is a 60% higher success rate than if it done on their own. She says many individuals wait until it is too late to contact help—the sooner they reach out, the more options will be available & the higher the likelihood an agency will be able to help the homeowner save the home or work out a payment arrangement. Ms. Bittner states that individuals, when attending a counseling session, should bring income amount (pay stubs), a list of expenses & any debt owed, an income tax return & letter of why they fell into hardship. She explains that the mortgage wants to know that the homeowner is going to be able to make mortgage payments—they need to prove sustainability. She discusses some of the major options available, such as Special Preference, payment plans and/or mortgage modification (expands mortgage, lowers interest rates). Ms. Bittner then explains Deed In Lieu: this is when the homeowner's knows he/she will not be able to maintain the payments; therefore, an agreement is worked out with the lender in which the deed will be taken back so the next step can be made. She then discusses a Short Sale, saying this involves asking the mortgage company to accept less than the full amount owed on the home, based on the homeowner's situation. Ms. Bittner states that there are programs available through the government to help homeowners avoid foreclosure—programs for those unemployed/underemployed will be available in the near future—she encourages individuals to seek them out if they fall into hardship.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Transportation*

|                       |       |       |   |    |            |         |
|-----------------------|-------|-------|---|----|------------|---------|
|                       |       |       |   |    | 01/7/2011  | 1:00 PM |
| Joy In Our Town # 252 | 30:00 | 15:00 | L | PA | 01/8/2011  | 3:30 AM |
|                       |       |       |   |    | 01/11/2011 | 3:30 AM |
|                       |       |       |   |    | 01/13/2011 | 3:30 AM |

Host Angela Brown talks with George Dunheimer, Assistant District Executive of Construction for the Pennsylvania Department of Transportation (PennDOT), District 6-0, about transportation infrastructure projects in the greater Philadelphia region. Mr. Dunheimer states that even though we have a significant budget, transportation needs outweigh that current budget. He says the State Advisory Board calculated that Pennsylvania was underfunded by \$3.5 billion annually for maintenance & maintaining highway & bridge systems. He says there are currently 141 projects open, costing \$1.2 billion in the 5-county Philadelphia region alone. Mr. Dunheimer outlines some of the current projects taking place: the Girard Point bridge, a preservation project (painting, still repairs, new surface on roadway deck), the Twin Bridges—preservation project, and a new connection piece between Montgomeryville and Doylestown—costs \$ 200 million & will provide a new parallel road to relieve congestion. He further defines the different types of projects: preservation projects help extend the life of bridges—smaller repairs cost less & prevent expensive rebuilding of the bridge; Rehabilitation projects create new riding surfaces for roads & give about an 8 year life span to them; and Rebuilding/Reconstruction—worst-case scenario in that they require the most time & cost. He then says that our funding sources come from the Federal gas tax, the state gas tax and vehicle registration/licensing fees. Mr. Dunheimer wants the public to understand that these transportation construction projects open areas of cities & towns & connect them for commercial development—this allows for great economic development opportunity for our local region.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 2/11/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 2/12/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/14/2011      | 11:30 AM    |
| Joy In Our Town # 257 | 30:00                   | 15:00                 | L                     | PA          | 2/15/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/17/2011      | 3:30 AM     |

Host Gwendolyn Cook talks with John Pickett, Planning Director for Delaware County, about transportation funding in Delaware County. Mr. Pickett states that more transportation funding is needed: a study by a Commissioner from the Governor over the past several years have determined that we need twice as much money than we have (in the billion dollar range). He mentions needed projects in Delaware County that require funding: extension of Media Elwyn Line (\$ 80 billion), the widening of Route 202, Route 322 (been on the books for many years to be completed), relieving the congestion on the Blue Route and Interstate 95, as well as relieving congestion many intersections. He explains that currently, most funding for highways comes from gasoline tax, and this has not been increased since around the Shaffer Administration—the increase at that time was 5 cents. He says at this time, we are not aware where the new funding will be coming from. He also explains that the current gasoline tax does not provide enough for the revenue, the 5 cents increase has not been able to keep up with inflation due to the rising gas prices. Mr. Pickett discusses potential revenue sources to be looked at by legislation: adding more tolls on some of the highways, trying to tax oil companies' profits, among others. Mr. Pickett then explains the controversy surrounding the spending of \$5 billion to expand the Philadelphia International Airport: he says 2/3 of the airport is located in Delaware County, and even though it serves as an economic benefit, it is still very expensive for Delaware County. He says Delaware County has no control of the governance of the airport, it is Philadelphia owned & operated—yet, the county bears all impacts of the expansion & has little say of how it is accomplished. He says Delaware County wants to see some mechanism developed to have some say in this—about a 50% say. He explains that an alternative would be to create a Regional Airport Authority, which could have a jurisdiction over tolling highways. He says this has been proposed to legislation over the years & there are even some pending proposals—this would require purchasing the airport from the city of Philadelphia. He says some feel it would be more affective since many airports are run by regional authorities, not city governments. Mr. Pickett emphasizes that the public needs to know what the need of transportation funding is compared to the available revenue.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 2/18/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 2/19/2011      | 3:30 AM     |
| Joy In Our Town # 258 | 30:00                   | 15:00                 | L                     | PA          | 2/21/2011      | 11:30 AM    |
|                       |                         |                       |                       |             | 2/22/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/24/2011      | 3:30 AM     |

Host Gwendolyn Cook talks with John Pickett, Planning Director for Delaware County, about upcoming transportation projects in Delaware County. Mr. Pickett states that congestion is a major problem for local highways—delays equal less dollars when individuals are trying to get to work. He says there is a need to rebuild & expand a lot of the older highways. He then discusses some projects that the county has been trying to get underway for many years: widening Route 322 to 4 lanes—but there is a wait on funding for construction of this project; and in western Delaware County, the widening of Route 202 from Delaware State Line up to West Chester—originally conceived to have 6 lanes with an underpass at Baltimore Pike, but this will not happen this way because the funding needed for the benefit does not justify the cost. He says overall, there will be a more limited improvement, but the underpass is still a necessity. Mr. Pickett goes on to say that the Southeastern Pennsylvania Transportation Authority (SEPTA) has an extensive public transportation system in Delaware County—SEPTA recently rebuilt route 101 & 102 trolleys (shut down in the summer), they had rebuilt the tracks & wiring—every component of the system was improved. He then explains the projects that are still to come: extending the Media Line, which will restore service to Baltimore Pike to build a large parking garage to have residents in the western part of the county park there to take a train downtown. He says they actually hope to restore service all the way to West Chester because there is now enough population in that area to justify having this service. Mr. Pickett then explains the needed project for Interstate 95: this is over 30 years old, and the pavement is wearing out—it will need to be reconstructed to help traffic run smoothly (there is also not enough funding to allow for this at the current time). He also mentions the Blue Route, saying there needs to be an attempt to make traffic flow better, especially where it intersects with I95 (this is where heavy congestion & back-up occur). Mr. Pickett goes on to explain corridor studies as a low-cost solution for traffic congestion; he says these alternatives include adding/eliminating turning lanes, timing traffic lights, among others. He then discusses programs set up in Delaware County for seniors: Community Transit, which operates shared rides for seniors that is funded by the Pennsylvania Lottery Program; and SEPTA has a similar program for individuals with Disabilities. He says these programs increase mobility for those residents in the county a great deal.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 3/25/2011 | 1:00 PM  |
| Joy In Our Town # 263 | 30:00 | 15:00 | L | PA | 3/26/2011 | 3:30 AM  |
|                       |       |       |   |    | 3/28/2011 | 11:30 AM |
|                       |       |       |   |    | 3/31/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about the impact of legislation on transportation funding. Senator Greenleaf states that transportation infrastructure is very important –roads & bridges need to function properly to be safe. He says there is much difficulty in having the money to maintain transportation—bridges & roads were build many years ago & now have to be repaired. He says that in Pennsylvania, it costs \$3 billion just to maintain roads/bridges for this coming fiscal year, and will costs \$300 million just to expand these projects. He says transportation is important for our economy—we need to move people & goods around in order for it to thrive. He says that a number of proposals were looked at on how to fund these programs in the future on a regular basis & not have a crisis each year, so Act 44 was passed. Senator Greenleaf than discusses Route 80: this highway goes through the northern tier of the commonwealth, many trucks use this route going to other states, without having to pay tolls—Pennsylvania loses out since it costs \$100 million per year to maintain this road. He says there is a need to minimize the impact on those local residents near Route 80; however, the proposal to do so was turned down by the Federal government because the monies would also be used for other locations, not just Route 80. He states that this road needs to be tolled to help with local transportation funding. Senator Greenleaf raises the question “why are revenues & costs going up, especially during a recession?”: this was brought to the attention of the Department of Transportation & the Transportation Committee, both looked into the measures to be taken in order to avoid the problem of present funding not being enough to pay for 3 years in the future. Senator Greenleaf goes on to say that Mass Transit is a tremendous economic engine in that for every \$1 invested, \$5 is received back—making it an affective solution to this funding issue. He discusses the major options: making sure mass transit is attractive by paying to find financing & technology to use Smart Cards & other electronic devices to pay individuals’ fares, rather than using tokens & paper transfers. He explains that legislation found innovative ways to fund this through a program offered by the Immigration Service (if they invest in the U.S. & get a VISA card—they will use funds to raise to raise \$170 million to pay for the Smart Cards). He then says another solution is buying additional passenger cars to use on the regional rails—this will upgrade mass transit & help to get individuals to use the roads less frequently.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Seniors*

|                       |       |       |   |    |            |         |
|-----------------------|-------|-------|---|----|------------|---------|
| Joy In Our Town # 252 | 30:00 | 15:00 | L | PA | 01/7/2010  | 1:00 PM |
|                       |       |       |   |    | 01/8/2010  | 3:30 AM |
|                       |       |       |   |    | 01/11/2010 | 3:30 AM |
|                       |       |       |   |    | 01/13/2010 | 3:30 AM |

Host Angela Brown talks with Jennifer Russell, attorney at the Senior Law Center, about the concerns among Kinship care among seniors. Ms. Russell defines kinship care as a relative providing full time care to a child that is not their own, the child would go live with that caregiver. She says that caregiver usually has a distinct relationship with the family, for the most part, it is the grandparent. She states that in Philadelphia, there are over 20,000 kids being raised by their grandparent(s). She says reasons for this are: death of the parent(s), long-term illness of the parent, the parent is in the military, or the parent is incarcerated/suffering from drug abuse. She explains the primary issues grandparents face—informal settings, meaning that they do not have the legal decision-making authority to care for their grandchildren (enrolling them in school, do not have what is necessary to take them to a doctor to get care, etc.). She goes on to say that many grandparents do not file for custody because they do not want to upset the parent or change the family dynamic. She explains that it is important grandparents to petition for primary or partial custody if they need to care for & make legal decisions for their grandchild. She then says that if the grandparent does not wish to petition for custody, he/she needs to obtain a Medical Consent Authorization—this allows them to get the necessary medical care for the child without them having to petition for custody & having to fight the parent(s) for that. Ms. Russell then discusses instances in which the child is placed in foster care—this occurs when the state steps in & feels the child may be in danger. She says a grandparent would have to become the actual foster parent & be approved as such—this is a whole different court system when foster care is involved & becomes more difficult for the grandparent to self-advocate in that court system because it’s much more closed off from the general public. Ms. Russell then discusses the Foster & Kinship Care Legal Project: this provides assistance to senior relatives who want to serve as the formal foster kinship caregiver. She explains the reasons this project was developed: there was an increase in these types of situations (many seniors had barriers—did not know what to do, could not get in touch with the social workers involved)—pivoting them overall from gaining custody. She says another reason this project begun was because of legislation passed in 2008—the Fostering Connections to Success & Increasing Adoptions Act: this focuses on promoting good outcomes for children in foster care (oversight on healthcare, education stability, and kids who were aging out of the system). She says this legislation is in support for & preferences kinship caregivers, it requires that every child welfare agency provide notice to all relatives within 30 days of the child being removed from the home—it includes opportunities the relative has under state, local and Federal law to participate in care placement of the child.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 2/04/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 2/05/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/07/2011      | 11:30 AM    |
| Joy In Our Town # 256 | 30:00                   | 15:00                 | L                     | PA          | 2/08/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/10/2011      | 3:30 AM     |

Host Angela Brown talks with Dr. Andrew Brown, Medical Director for the Sleep Center at Riddle Hospital, about sleep disorders among seniors. Dr. Brown defines a sleep disorder as when an adult complains of disturbance in his/her sleep quality while affecting their day-time functioning. He says there has been a lot of research on sleep disorders in the last 10 years—approximately 35% of the senior population are bothered by a form of insomnia, 4% of adult men & 2% of adult women are affected by sleep disorder breathing. He says there are 7-8 hours of sleep required for adults over 20—this is still the same for seniors, many of them have fragmented sleep, making it harder to achieve that 7-8 hours. He then discusses factors that contribute to sleep disorders in seniors: many produce less melatonin, seniors are more sensitive to noise & climate changes, and many are on different types of medications that can affect sleep. He also says seniors tend to nap more during the day than adults. Dr. Brown then states that a new study shows that lack of sleep may contribute to weight gain & mood changes. He says cognitive function is also not as well, and seniors are more prone to falling & other injuries if not having significant sleep. Dr. Brown then discusses some guidelines that seniors should use: keep a rigid sleep schedule (go to sleep & wake up the same times each night & morning), avoid caffeinated & alcoholic beverages, make sure the environment is quiet, the mattress should be comfortable--& for seniors with change in intrinsic clock, they should try Light Therapy (if difficulty with early tiredness, expose themselves to bright light in early evening to make them more alert & push that clock back an hour or two). He also advises seniors to take a warm bath before sleep, the cooling affect will help make them more tired. Dr. Brown says if older adults are still having difficulty falling asleep in 45 minutes or remaining asleep & it is affecting day-time functions, they should contact a sleep specialist for Insomnia. He says seniors should also contact a sleep specialist if they have difficulty remaining awake during the day. He then says that medication may be used for Acute sleep disorders (short term due to an environmental anxiety)-but usually not for Chronic sleep disorders. He says for Chronic sleep disorders the root cause needs to be looked at, which may include underlying chronic anxiety, depression, etc. He says treatment is given based on this, & sleep studies are also often done to investigate the disorder, especially with Sleep Apnea.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
| Joy In Our Town # 259 | 30:00 | 15:00 | L | PA | 2/25/2011 | 1:00 PM |
|                       |       |       |   |    | 2/26/2011 | 3:30 AM |

Host Cynthia McKnight talks with Pennsylvania State Representative Nick Miccarelli, of the 162<sup>nd</sup> Legislative District, PA House of Representatives, about legislation and economic concerns for local seniors. Rep. Miccarelli says allowing seniors to stay in their homes is the largest economic concern on a day-to-day basis. He says there was no raise last year on Social Security, which has caused a significant burden due to inflation—seniors are paying more for healthcare and even basic items such as groceries & gas. He says there has also been an increase in Reverse Mortgages & seniors leaving their homes due to the struggling economy. He states some available state-wide programs for seniors: PACE/PaceNet (helps with prescription medications), Property Tax Rent Rebate Program (provides rebates on state taxes back to senior citizens to help them make ends meet), Reduced Car Registration (this reduces this from \$36 to \$10, if requirements are met). Rep. Miccarelli then says seniors are one of the most vulnerable groups of Pennsylvanians, causing many to become victims of identity theft. He says most of this takes place in the form of state forms mailed to seniors asking them for fees and/or account information. He advises older adults to contact their legislators if suspicious paperwork is received, they will help walk them through the process of investigating it. He then discusses a piece of legislation on the table that would increase income limits from \$19,500 to \$25,000 for the Reduced Registration Program & other discount programs—and hopefully reduce the eligibility age from 65 to 55—this is needed to help take the economic burden off of local seniors. Rep. Miccarelli further explains the Property Tax Rent Rebate Program: this allows seniors to recoup some of the money they put into taxes, it is up to \$650—if they meet the income requirements of \$35,000 or less with half of their Social Security counted towards that, they are eligible. He says legislation needs to maintain funding levels for seniors to allow these programs to remain—commitment to our seniors is extremely important.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 3/18/2011 | 1:00 PM  |
| Joy In Our Town # 262 | 30:00 | 15:00 | L | PA | 3/21/2011 | 11:30 AM |
|                       |       |       |   |    | 3/22/2011 | 3:30 AM  |
|                       |       |       |   |    | 3/24/2011 | 3:30 AM  |

Host Angela Brown talks with Sara Popkin, Project Director for the West Oak Lane NORC, about concerns older adults face as they age in place. Ms. Popkin states that many older adults have purchased their homes over 40 years ago & raised their families there, resulting in a high population of seniors in our area. She defines "aging in place" as individuals staying in their homes as they get older-and having the right tools to do so. She says there is an overwhelming amount of seniors who want to stay in where they are due to relationships with family, friends and their community. Ms. Popkin then discusses challenges these older adults face: financial--many have worked their entire lives & retired, leaving them with a fixed income while having to adjust to changing needs (maintaining an older home, caring for health issues), costing them more money overall. She then mentions physical challenges: many homes in Philadelphia have a lot of stairs--many older adults have less ability & energy, and not all of their needs can be met on a single floor (bedrooms & bathrooms often on 2<sup>nd</sup> level). She says transportation is another major challenge, since many older adults no longer drive. Ms. Popkin goes on to say that many seniors often have to adjust to a lot of losses, such as spouse, close friend, neighbors as well as loss of independence, which can all lead to anxiety & depression. She says many may feel these emotions are natural; however, they should still talk to a mental health professional since some things may not be in the normal spectrum of how they should be feeling when it comes to mental health. She then explains that programs are available to seniors who are aging in place, many have both walk-in centers & comprehensive visits (for those who cannot get out)--these programs may provide signing the seniors up for benefits, giving Farmers' Market vouchers in the summer, checking out books/videos from libraries if they cannot leave their home; as well as setting up friendly visits so they do not feel lonely or isolated-among others. Ms. Popkin also says providing caregivers with support is important, since many face difficulty when dealing with stress & making challenging decisions.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Public Safety*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 1/14/2011 | 1:00 PM  |
|                       |       |       |   |    | 1/15/2011 | 3:30 AM  |
| Joy In Our Town # 253 | 30:00 | 15:00 | L | PA | 1/17/2011 | 11:30 AM |
|                       |       |       |   |    | 1/18/2011 | 3:30 AM  |
|                       |       |       |   |    | 1/20/2011 | 3:30 AM  |

Host Angela Brown talks with Charles Burke, Fire Marshal of Sharon Hill, Pennsylvania, about fire safety & prevention. Mr. Burke states that 80% of fires occur in the home—this is the leading place where fire fatalities happen. He says the number 1 cause of house fires is from unattended cooking, either grease fires or from debris around the top of the stove. He advises individuals to make sure someone is always in the kitchen when cooking, and to keep children & pets away from stove. He also says keeping the door closed is effective in that a rush of air may increase the fire from the stove. He says if a grease fire does occur, shut the stove off & slide a lid across the pot where the fire is. He goes on to say that many fires also start from heating systems, especially oil burners—many individuals do not maintain them, they should be maintained by a qualified person on a yearly basis, and the area around them should be free of combustibles. Mr. Burke then discusses electrical fires: many are caused by extension cords & other wires, usually from running the wires/cords underneath carpets (walking on this breaks down on the insulation, causing danger). He goes on to explain an evacuation plan: first draw a diagram showing the escape from the home, keep the bedroom doors closed (if fire is on the lower floor, the heat will rise-door should not be opened if it is hot), always have working smoke detectors, and have a meeting place outside so everyone is accounted for (this prevents someone from going back into the house). He then discusses larger scale buildings: always scope where the EXIT signs are, and if fire does occur, keep low to the ground to avoid breathing in smoke. Mr. Burke then discusses carbon monoxide poisoning—this occurs from heaters not being maintained properly. He says that this is a silent killer in that carbon monoxide cannot be seen, smelled or felt—carbon monoxide detectors are very important to have in the home. He then states safety items that should always be kept in the home: list of important phone numbers (Fire department, Police department, poison control, etc.), flashlights, fire extinguishers and smoke detectors.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 1/21/2011 | 1:00 PM  |
|                       |       |       |   |    | 1/22/2011 | 3:30 AM  |
| Joy In Our Town # 254 | 30:00 | 15:00 | L | PA | 1/24/2011 | 11:30 AM |
|                       |       |       |   |    | 1/25/2011 | 3:30 AM  |
|                       |       |       |   |    | 1/27/2011 | 3:30 AM  |
|                       |       |       |   |    | 2/01/2011 | 4:00 AM  |

Host Cynthia McKnight talks with Robert Tinsley, Chief of Police of the Borough of Sharon Hill, about crime & public safety in the local region. Chief Tinsley states that the public needs to be aware of what is taking place in the area in order to protect themselves—especially the elderly people. He says the older adults are often targeted for scams involving money—he advises individuals to be aware of anyone asking for cash, Social Security numbers or bank account information; if any calls/e-mails are received, contact the local police department and let them investigate. Chief Tinsley then discusses what kind of crime is most prevalent locally: domestic violence situations among married couples & parents/children, also there has been a rise in the amount of thefts, fighting/assaults. He says the public should use the 911 system for emergencies—using the regular department number is only reachable during business hours, and will not always be available for immediate emergencies. Chief Tinsley explains that Sharon Hill has a cable television station that makes aware crime & public safety information for their viewers—the borough also sends out newsletters to help keep the public informed. He then encourages individuals (especially seniors) to go shopping/do activities during daylight & go with a friend, do not carry/display large sums of money, park in well-light areas & be aware of the surroundings. He says if someone looks threatening, leave the area immediately.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 2/18/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 2/19/2011      | 3:30 AM     |
| Joy In Our Town # 258 | 30:00                   | 15:00                 | L                     | PA          | 2/21/2011      | 11:30 AM    |
|                       |                         |                       |                       |             | 2/22/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/24/2011      | 3:30 AM     |

Host Cynthia McKnight talks with John Waters, Chief Fire Marshal for Upper Merion Fire & Rescue Services, about understanding the need for residential sprinklers in the Commonwealth. Chief Waters states that every major study done in the U.S. & in Pennsylvania shows that fires start in the home (residential), this is where individuals are most at risk. He defines a flashover as when a fire reaches deadly proportion, it usually occurs 3-5 minutes after the first flame. He says Performance Standards for fire departments are set as 80 seconds, once dispatched, to get out of the firehouse & 4 minutes to arrive at the scene of the fire; however, the average situation takes 7-8 minutes (individuals have to see the fire/hear smoke detector & call dispatcher)—this takes longer than the flashover to occur. Chief Waters says the best alternative are residential sprinklers—they are a piping system throughout the home that are activated when a fire occurs—they are already in commercial buildings. He says Upper Merion Township has required residential sprinklers in single-family dwellings since 1988 & they have been very affective. He goes on to say that the International Residential Code required residential sprinklers to be in all new townhomes beginning January 1, 2010—and all new homes January 1, 2011. He says the major benefit of them is that they keep the fire small & from reaching flashover. He then discusses how they function: there is a sprinkler head in the room with a bulb in the middle that is heat-activated, when the temperature inside reaches 135 degrees ceiling level, the water expands & breaks through the bulb. He says residential sprinklers are required in all occupied areas of the house, such as the kitchen, bed rooms, living room (not in attics or garages). Chief Waters then advises the public to make sure smoke detectors are always working & batteries are inside, and have a plan in place in case a fire occurs.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
| Joy In Our Town # 259 | 30:00 | 15:00 | L | PA | 2/25/2011 | 1:00 PM |
|                       |       |       |   |    | 2/26/2011 | 3:30 AM |

Host Cynthia McKnight talks with John Waters, Chief Fire Marshal for Upper Merion Fire & Rescue Services, about individual preparedness in times of emergency. Chief Waters states that individuals need to know what risks face their community--Southeastern Pennsylvania is vulnerable to hurricanes, Nor'easters, microbursts, flooding, among others. He says community-wide emergencies are due to nature (blizzards, high wind, etc), and certain local communities have chemical plants & refineries, which gives possibility to releases of those chemicals. He says the first thing individuals need to do is learn what potential emergencies their communities are linked to--contacting the Office of Emergency Management (every community has one) and asking them what type of preparation is needed will help. He says people need to look at the history of the community--has there been major flooding in the past, for example--planning for these potential threats is vital. Chief Waters discusses the Federal Emergency Management Agency, saying they will implement a new program in the near future that will require people to be individually responsible for themselves for 72 hours. He says the reason for this is that local government entities will be extremely busy trying to litigate the emergency. He then discusses preparation: individuals always need batteries for a radio that will allow them to listen to emergency announcements (electrical cords are not recommended in the case of a power outage). He says many communities have mass notification systems that will call every phone number in that community to inform residents of the emergency & to let them know whether to shelter in place or evacuate. He says for shelter-in-place, families & individuals should stay off the streets & stay inside their homes--there should be at least 2-3 gallons of bottled water, and food. He says in the case of an evacuation, individuals should have a "go-kit" prepared to be taken with them--this should contain a radio with spare batteries, food, water & medications. Chief Waters then says that a Community Evacuation Plan is set in place for each community, this will identify the evacuation route and provide the announcement of where the emergency is taking place & where individuals & families need to go.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Civic Affairs*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 1/21/2011 | 1:00 PM  |
|                       |       |       |   |    | 1/22/2011 | 3:30 AM  |
| Joy In Our Town # 254 | 30:00 | 15:00 | L | PA | 1/24/2011 | 11:30 AM |
|                       |       |       |   |    | 1/25/2011 | 3:30 AM  |
|                       |       |       |   |    | 1/27/2011 | 3:30 AM  |
|                       |       |       |   |    | 2/01/2011 | 4:00 AM  |

Host Cynthia McKnight talks with Pennsylvania State Representative Greg Vitali, 166<sup>th</sup> Legislative District, PA House of Representatives, about the status of Marcellus Shale. Rep. Vitali defines Marcellus Shale as a huge energy potential—it is a rock formation about a mile underneath Pennsylvania & neighboring states. He says natural gas (fossil fuel used for heating, the production of electricity, etc.) is trapped in this formation. He points out that the drilling technique to get the natural gas out (Hydro fracturing) is controversial. He says this technique involves drilling a well a mile down into this rock formation, then drilling out horizontally for about another mile, then shooting large quantities of water (containing other chemicals that may be toxic) down to fracture the rock to release the gas. Rep. Vitali explains that the benefits of this are more jobs, energy and more money for the region—but there are also risks because 20% of water comes up, bringing about environmental issues and turning the forests into an industrial site. He discusses the barriers/concerns in greater detail: leasing of the forest land—about 1.5 million acres of state forest land (used by the public for hiking, hunting, tourism, etc.)—Pennsylvania already leased out 700,000 acres, this land is compromised forever. He says it is better to lease out private lands. He then says Pennsylvania has not imposed a severance tax on the gas-drilling companies. He says this needs to be done because: the money needs to be put in the general fund, these companies add a lot of expense & they need to compensate the local communities for the added stress, and they degrade the environment of its quality and they need funding for programs that will help protect this state forest land.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 1/28/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 1/29/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 1/31/2011      | 11:30 AM    |
| Joy In Our Town # 255 | 30:00                   | 15:00                 | L                     | PA          | 2/01/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 2/03/2011      | 3:30 AM     |

Host Cynthia McKnight talks with Pennsylvania State Representative Greg Vitali, 166<sup>th</sup> Legislative District, PA House of Representatives, about alternative energy & choosing electric suppliers. Rep. Vitali states that most of Pennsylvania's electricity is produced by coal, then nuclear power, then natural gas. He points out that coal puts out a lot of carbon dioxide into the atmosphere-destabilizing climate, as well as causing pollution. He says nuclear power and natural gas also have some downsides, which is why we need to focus on alternative energy. He explains that alternative energy (energy that nature renews, such as wind, sun, etc.) helps the environment, it brings about more jobs, and allows for energy independence from the Middle East. Rep. Vitali then discusses the Alternative Energy Portfolio Standard: this makes local electric distribution companies get a higher percentage of their energy from renewable sources—by 2020, they will have to get 8% from them; however, legislation wants to increase that from 8% to 20%. He then explains the Electric Choice Act of 1996, which has been fully implemented as of January 2011 (Rate CAPs came off), saying legislation wants to foster more competition. He says they would allow suppliers of power compete against each other to the benefit of consumers. He states the order of energy suppliers: 1) generators of supply of electricity; 2) the transmission; 3) the distributors. He says consumers can now choose between competing sources of who is generating their energy. He says this is affective in that it can save money for consumers and it provides options that are more environmentally friendly. Rep. Vitali advises consumers to contact the Pennsylvania Office of Consumer Advocates, they have all the choices of energy generators available for individuals to choose from.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
| Joy In Our Town # 261 | 30:00 | 15:00 | L | PA | 3/11/2011 | 1:00 PM  |
|                       |       |       |   |    | 3/14/2011 | 11:30 AM |

Host Angela Brown talks with Mayor Dana Redd, City of Camden, New Jersey, about the state of economy in Camden. Mayor Redd says Camden is looked at with a sense of despair; therefore, instilling a sense of hope is important. She says this city is moving forward, it is emerging into a university district, particularly with a health/sciences campus & large companies are anchoring there. She says that they are leveraging development in the neighborhoods & creating a pipeline with mothers & children, taking them to their education--- to their careers—overall building capacity in the Camden residents. Mayor Redd explains that we are in the middle of a national recession, there has been a trickle-down effect to the state of New Jersey, to the city of Camden. She says that the goals in her first year involved balancing the budget mandated by state law. She discusses important decisions she had to make: a 24% cut across the board in all city departments, which affected Police & Fire departments—she emphasizes that there is movement to solutions by developing ways to have recurring revenues & innovative ways to partner, such as they did with the Camden County Library system (this involved expanding access for residents to the library services). She goes on to say that they are working with the Board of Education trying to develop collaborations to strengthen youth & families. She explains that with the recent budget, there was an unfortunate increase in property taxes—but this is actually being used as a solution to maintain/develop needed programs. She stresses the desire to maintain public safety—they are trying to bring back 50 police officers (this was proposed in her amended budget). She states that restoring the confidence in the market that public safety & education are top concerns on her agenda is important. Mayor Redd then discusses ways Camden citizens have helped & can help: Camden Cleanup Campaign—a large percent of the public expressed concern over Camden’s cleanliness, there was then a cleanup effort to clean & beautify the neighborhoods. She also says making sure the young individuals are educated & prepared the global economy is key—supporting higher education among local youth is beneficial. Mayor Redd then says making sure Camden’s workforce is prepared for jobs is important, especially since they are going into the Health & Sciences field—Camden residents should be given the first opportunity to acquire those jobs that will be coming to their city.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
| Joy In Our Town # 261 | 30:00 | 15:00 | L | PA | 3/11/2011 | 1:00 PM  |
|                       |       |       |   |    | 3/14/2011 | 11:30 AM |

Host Cynthia McKnight talks with Pennsylvania State Representative Nick Miccarelli, of the 162<sup>nd</sup> Legislative District, PA House of Representatives, about the budget deficit in our local region. Rep. Miccarelli says our economy overtime has become a general degradation in the business climate & ability to create jobs—Pennsylvania’s unemployment rate is 8.5%). He says state-wide, we face a \$5 billion deficit in the upcoming year; therefore, we have to ensure that we do not increase the tax burden on our citizens, our companies and our working families. He then discusses the privatizing (selling off the licenses) of the PA Liquor Control Board: we have to ensure that we are not selling off our state assets to fill a gap that will be there again next year—we will have to relieve the tax burden long-term. He says we also have to ensure there is no proliferation of underage sales of alcohol. Rep. Miccarelli states that there is a need to bring back jobs to this area, especially since we have economic generators locally (universities, hospitals, etc.)—there are individuals who go to school here then move out of the state. He points out a major problem in Pennsylvania, which is corporate netting of tax—this is at 9.99% in PA--this is the single highest in the entire country. He illustrates that businesses want to hire more people for the same amount of money, which explains why the corporate netting tax is hurting the state. Rep. Miccarelli then discusses the Service-Disabled Veteran-Owned Small Business Bill (as a solution for business development): this classifies service-disabled veterans as disadvantaged businesses, allowing them to compete for state contracts, which will allow them to expand their businesses to hire service-disabled veterans. He says the Veterans Administration system is being changed for the better & there has been an increase in awareness for issues facing our returning vets (post-traumatic stress syndrome, traumatic brain injury, etc.). He then discusses what needs to be done to help fix the economy, it needs to be a broad-based solution: a need for job training for jobs that will be existent for the future, better focus on science & technology jobs always made the U.S. the most competitive country in the world; there needs to be a reduction in local business taxes, they are at an exurbanite rate & the burden needs to be taken off of those local business owners. Rep. Miccarelli then mentions the School Choice Voucher Program: this would allow students in the worst-performing school districts state-wide to be sent to other school districts or private schools—this could really spur competition & allow students to perform to their full ability.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Health/Mental Health*

|                        |         |      |     |        |            |         |
|------------------------|---------|------|-----|--------|------------|---------|
| 700 Club CBN NewsWatch | 1:00:00 | 6:00 | REC | PA/O/E | 01/06/2011 | 3:00 PM |
| #010611                |         |      |     |        |            |         |

Lori Johnson, CBN News Reporter, says resolving to live healthier in the new year is a great decision! If that's your goal, you should know studies show that the more specific you can be, the more likely you will reach your goal. Here are the top ten healthy habits for the new year:

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

|                        |         |      |     |        |            |         |
|------------------------|---------|------|-----|--------|------------|---------|
| 700 Club CBN NewsWatch | 1:00:00 | 5:00 | REC | PA/O/E | 02/08/2011 | 3:00 PM |
| #020811                |         |      |     |        |            |         |

Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern climates. **Light therapy** is a very effective treatment and involves sitting in front of a specialized light box for 30 minutes a day. The box needs to have a power of 10,000 lux, which is more than 20 times stronger than the average light bulb. Beware though: Tanning beds are not an acceptable treatment because they emit ultraviolet rays. So say "no" to the tanning bed, but "yes" to the light box. And in addition to the light box, other ways to brighten up your life include: Using higher wattage light bulbs, installing a sky light, sitting closer to the window, trimming branches that block sunlight and simply opening the blinds. If you have SAD and work in a dark environment make it a point to spend a few minutes outside every hour or so. Although it's tempting for people with SAD to reach for their comforter, they should reach for their gym bag instead. Exercise is another great tool for fighting the effects of SAD. A cardiovascular workout pumps oxygen into the brain, making us alert and energetic. Exercise also releases endorphins, neurotransmitters that create a feeling of euphoria. So if you suffer from Seasonal Affective Disorder, or SAD, a few lifestyle changes can help you enjoy winter. And spring will be here before you know it!

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                                   |         |      |     |        |            |         |
|-----------------------------------|---------|------|-----|--------|------------|---------|
| 700 Club CBN NewsWatch<br>#032211 | 1:00:00 | 5:00 | REC | PA/O/E | 03/22/2011 | 3:00 PM |
|-----------------------------------|---------|------|-----|--------|------------|---------|

Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly drinks them. Energy drinks burst on the scene 20 years ago. They are now so popular, Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market. What's in these energy drinks that has them flying off the shelves? Mainly caffeine, at least the amount found in a strong cup of coffee, sometimes much more. The U.S. Food and Drug Administration only requires that manufacturers list the presence of caffeine in a product, not how much. Energy drinks can also be loaded with sugar -- a quarter-cup on average. Also, since they're marketed as dietary supplements, they often contain unregulated herbal stimulants like Taurine, Guarana, Creatine and B vitamins. Doctors say this can be a dangerous mix. In fact, the medical journal Pediatrics warns energy drinks can cause kids to suffer heart palpitations, seizures, strokes, and even sudden death. The pediatrician also tells his patients not to even drink one because they can be highly addictive. Energy drinks are often marketed to athletes for that extra boost. But they can pose even more problems for athletes than non-athletes, including increased blood pressure and serious dehydration. Because of that risk, many athletes who shy away from the energy drinks choose the sports drinks instead. But doctors warn that while sports drinks don't have the caffeine that energy drinks contain, they do have their own set of problems. For instance, sports drinks can corrode teeth even more than soda. The acid in sports drinks erodes the teeth from the first sip until 45 minutes after the last sip, when the saliva returns the mouth to its normal pH balance. So how many carbohydrates are in what you're drinking? It's on the bottle. But watch out -- that number is carbohydrates per serving. Many bottles contain two or more servings. So if you drink the whole bottle, you're consuming at least twice the number of carbohydrates on the label. So while Americans have more beverage choices than ever, doctors say don't be fooled. Just because a drink has a healthy image, that doesn't mean it's good for you.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #280 | 28:30 | 28:30 | REC | PA/O/E | 1/04/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Don Colbert** talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

|                       |       |       |   |        |           |          |
|-----------------------|-------|-------|---|--------|-----------|----------|
| Doctor to Doctor #284 | 28:30 | 28:30 | L | PA/O/E | 1/11/2011 | 12:30 PM |
|-----------------------|-------|-------|---|--------|-----------|----------|

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

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #285 | 28:30 | 28:30 | REC | PA/O/E | 1/18/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #286 | 28:30 | 28:30 | REC | PA/O/E | 1/25/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Eric Braverman** talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #287 | 28:30 | 28:30 | REC | PA/O/E | 2/01/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Jessica Setnick** talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. **Dr. Teresa Carlson** talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. **Dr. Karen Bierman** talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.

|                       |       |       |     |        |          |          |
|-----------------------|-------|-------|-----|--------|----------|----------|
| Doctor to Doctor #288 | 28:30 | 28:30 | REC | PA/O/E | 2/8/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|----------|----------|

**Dr. Bettye Alston** talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. **Dr. James Mittelberger** talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. **Dr. David Cawley** talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #289 | 28:30 | 28:30 | REC | PA/O/E | 2/15/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Mike Ronsisvalle** talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. **Kay Spears** talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. **Dr. Dale Peterson** talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #290 | 28:30 | 28:30 | REC | PA/O/E | 2/22/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Lisa Buldo** talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. **Dr. Ace Anglin** talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. **Dr. Glee Steele** talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #291 | 28:30 | 28:30 | REC | PA/O/E | 3/08/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #292 | 28:30 | 28:30 | REC | PA/O/E | 3/15/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #293 | 28:30 | 28:30 | REC | PA/O/E | 3/22/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

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

# **Trinity Broadcasting Network**

## *Quarterly Report*

April, May, June 2011

**WGTW-TV**

**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

Seniors

Homelessness

Environment

Youth

Civic Affairs

Local Electoral 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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Health*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 4/22/2011 | 1:00 PM  |
|                       |       |       |   |    | 4/25/2011 | 11:30 AM |
| Joy In Our Town # 267 | 30:00 | 15:00 | L | PA | 4/26/2011 | 3:30 AM  |
|                       |       |       |   |    | 4/28/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/05/2011 | 4:00 AM  |

Host Sheila Bell-Thomas talks with Dr. Barbara Madden, Director of Audiology for Riddle Hospital, about audiology & hearing loss in individuals. She says we are now better at diagnosing conditions at younger ages—Universal Newborn Hearing Screenings were introduced in the 1990s, so almost every baby in the U.S. has a hearing screen, helping to better find any hearing issue that may be present or developing. She says the major causes of hearing loss are age, genetics and noise exposure. She advises individuals who suspect hearing loss or other hearing problems to schedule a hearing evaluation. She says if there is any pain in the ears, pressure, dizziness, or if something is just not medically right in the head, it should be looked at by an Audiologist. She explains the process for hearing evaluations: amplification or hearing solutions start with a listening & lifestyle assessments—medication needs to be based on outcomes. She describes the steps involved with attaining a hearing solution for auditory issues: a thorough case history, evaluation, then the listening & lifestyles assessment, which is based on what the challenges are for the individual, and different solutions will be discussed (may require a hearing aid, assistant listening device or compensatory strategies used each day). Dr. Madden goes on to discuss the prevalence of wireless technology & how it may present challenges to those with hearing devices—Bluetooth, which allows a hearing-impaired individual to connect their hearing aid to other audio devices. She then explains solutions for those with profound to severe hearing loss: in the last 2-3 years, major advancement has taken place—Cochlear implantation, which is a surgery on the ear that involves an implantation of an electrode. She says this may allow someone with deafness take advantage of auditory cues.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 4/29/2011 | 1:00 PM  |
| Joy In Our Town # 268 | 30:00 | 15:00 | L | PA | 4/30/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/02/2011 | 11:30 AM |
|                       |       |       |   |    | 5/03/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/05/2011 | 3:30 AM  |

Host Angela Brown talks with Dr. S. Michael Phillips, Professor of Medicine: Allergy & Immunology for the University of Pennsylvania, about understanding allergic disorders. Dr. Phillips states that allergies are the most common chronic disease that individuals have; children have most problems with eczema and food allergies—allergies tend to decrease during puberty---then increase at ages 25-35 & reach their maximum at ages 35-45—then stays consistent until 70. He discusses causes and types of allergies: Inhalant allergies, which are seasonal and caused by pollen, certain molds, ragweed, etc.; and there are Perennial allergies, which involves other molds, pet dander and irritants (these irritants are not considered an allergy). He then discusses food allergies—these are very difficult to diagnose since symptoms are similar to so many other health problems, they are a major problem for children as well. He says 90% of food allergies are caused by tree nuts, peanuts or seafood. Dr. Phillips goes on to say that allergies are on the rise: Inhalant allergies have doubled in the last 15-20 years; asthma & allergies have risen in children from 5% to 11% (even 20% in other areas). He explains the definition of allergies: our immune systems are made up of 2 parts--TH1 (made to protect against infections) & TH2 (made to protect against parasites). He says the TH1 is not as stimulated & is less active due to a cleaner environment, so the TH2 becomes more active—since there are not many parasites locally, this part has to look for something else to protect against—it uses allergens (dander, pollen, etc) & attempts to eliminate them---overall, allergies are an auto-immune response to the wrong thing. Dr. Phillips goes on to say that genetics play a large role in allergic disorders—genetics are now beginning to be analyzed in great detail by Modern Molecular Biological techniques. He says in regard to frequency, if neither parent has allergies, there is fewer than 10% chance the child will; if one parent has allergies, there is a 33% chance a girl will and a 25% chance a boy will; if both parents have them, there is a 90% chance the child will. He discusses the process in identifying allergies in an individual: taking a full history to establish if allergies are present, what the causes are, what types they are & how they manifest themselves; then a physical examination. He says identifying what the allergies are can be done in 2 ways: drawing blood to measure the amount of the IGE antibody or injecting a small amount of the allergen into the skin (reaction will show if it is present). Dr. Phillips says once it is identified, the individual should avoid the allergen and practice physiological things, like washing the nose out with salt.

*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> |
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 5/06/2011 | 1:00 PM  |
| Joy In Our Town # 269 | 30:00 | 15:00 | L | PA | 5/07/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/09/2011 | 11:30 AM |
|                       |       |       |   |    | 5/10/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/12/2011 | 3:30 AM  |

Host Angela Brown talks with Beth Ann Eichler, Program Coordinator for the West Nile Surveillance & Control Program for Delaware County, about West Nile virus in our region. Ms. Eichler states that West Nile virus was first found in the United States in 1999 in New York State, it then moved to neighboring states, such as Pennsylvania & New Jersey in 2001, then to every state in the continental U.S. in 2002. She says this virus is spread by mosquitoes, it can infect birds, other mammals and humans. She explains that West Nile virus can cause West Nile fever (aches, pains, fever—often mistaken for the flu); it can also cause more serious conditions—West Nile Meningoencephalitis (swelling of the brain), West Nile Meningitis (swelling of the area around the brain) and West Nile Poliomyelitis (complications similar to Polio). Ms. Eichler points out that in 2010, 30 human cases occurred in Pennsylvania (mostly in Philadelphia and surrounding counties), and 30 human cases occurred in New Jersey (mostly in Camden County)—with 2 deaths. She strongly advises individuals to protect themselves from mosquito bites—the Northern House mosquito is what causes West Nile virus, and this is a very common breed overall. She says mosquitoes feed from dusk to dawn—individuals should wear long sleeves/pants to cover overexposed skin during those hours in the summer when these mosquitoes are prevalent, and use mosquito repellent that contains DEET (studies from the EPA says this is safe to use in correct doses). She then says there is no cure for West Nile virus—and depending on complications, it can be life-long. She says there is a vaccine for humans currently being developed. Ms. Eichler goes on to say that birds are called the “reservoir” of West Nile virus because they hold a lot of the disease in their blood when sick. She says dead birds are taken to labs and studied—if tests show they have died from this disease, it is a first sign that the virus is present in the region. Ms. Eichler then says individuals can help reduce the mosquito population by eliminating any still water from the area—mosquitoes live & breed in stagnate water. She says to empty containers in the yard that collect water from rain, refresh pet bowls/ birdbaths weekly, drill holes in the bottom of trashcans & recycle bins & clear out any roof gutters.

*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> |
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 6/03/2011 | 1:00 PM  |
| Joy In Our Town # 273 | 30:00 | 15:00 | L | PA | 6/04/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/06/2011 | 11:30 AM |
|                       |       |       |   |    | 6/09/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Melissa Herd, Office of External Affairs-Philadelphia Regional Office for the Centers for Medicare & Medicaid Services, about the Affordable Care Act. Ms. Herd states that the Affordable Care Act is legislation signed by the President in March 2010, that expanded health insurance coverage for those who are already covered & for those who are uninsured by providing opportunity for them to become covered. She discusses how this Act impacts seniors; some provisions have already been implemented—in 2010, many seniors received a \$250 rebate check as a result of their prescription drug coverage & being in the Donut Hole/Coverage Gap. She says starting this year, there is a 50% discount on brand name drugs & a 7% discount for generic drugs; as well as an elimination of co-pays & deductibles for certain preventative services (prevention is important for many issues with seniors' health). She then says this Act has more of an emphasis on preventing Healthcare fraud for seniors; also, there are cuts in line with making sure that the Medicare Advantage Plan is being in line with the original fee for Medicare services. Ms. Herd then discusses children & parents: the Children's Health Insurance Program (CHIP), is a coverage plan for children whose parents could not previously afford health insurance—the Affordable Care Act expands this even further—more children & teens are now eligible to receive health insurance under this Act. She then explains that there is also help for other individuals who had difficulty with attaining coverage, such as the 19-26 y/o—the Affordable Care Act allows children to stay on their parents' insurance, even if they are married and/or do not live in the same state as their parents. She then says that the Affordable Care Act also makes provisions for those with pre-existing conditions who were previously denied coverage from traditional sources—they can now get coverage as long as they meet certain stipulations that are in the Federal and State Plans, as well as not being insured for at least the past 6 months. Ms. Herd then discusses the expansion of community health centers & funding for them—these resources provide primary care services, screenings and other health services not depended on the individual's ability to pay, which is excellent for those who are uninsured.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 6/10/2011 | 1:00 PM  |
|                       |       |       |   |    | 6/11/2011 | 3:30 AM  |
| Joy In Our Town # 274 | 30:00 | 15:00 | L | PA | 6/13/2011 | 11:30 AM |
|                       |       |       |   |    | 6/14/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/16/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/21/2011 | 3:00 AM  |

Host Sheila Bell-Thomas talks with Melissa Herd, Office of External Affairs-Philadelphia Regional Office for the Centers for Medicare & Medicaid Services & Reverend Clement Lupton III, Pastor of Beloved St. John Evangelistic Church, about creating healthy partnerships for healthy communities. Ms. Herd states that creating healthy partnerships is important because individuals go to many different resources to find important information regarding healthcare, there needs to be a connection between agencies and community/faith-based organizations to help ensure that people are informed & everyone has the opportunity to make intelligent decisions about their health coverage. Rev. Lupton states that the local community has immense needs—there is major financial pressure & lack of healthcare, due to job loss or a crisis in health. He says individuals go into community centers & places of worship asking for help—this shows that they are great places to connect individuals with local resources. He discusses the health coverage among seniors: there is so much change with health plans, that community centers/places of worship became a conduit to help seniors determine which programs best fit their needs. Ms. Herd illustrates that healthcare agencies can go to these types of places to help individuals better understand their healthcare information & policies—there can be opportunity for the healthcare organizations to provide and/or explain it to individuals in need, helping them better understand what is available to them. She explains that in order to create a healthy & thriving community, community leaders & organizations need to reach out & be willing to receive information from agencies that want to educate about healthcare information. She points out that we need to not only know, but we also need to break down any barriers to access the resources---the community has to work with Federal government, faith-based or other organizations. She says having meetings & gatherings is the first step to starting health partnerships in the community.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                         |         |      |     |        |            |         |
|-------------------------|---------|------|-----|--------|------------|---------|
| 700 Club CBN News Watch | 1:00:00 | 6:00 | REC | PA/O/E | 06/16/2011 | 3:00 PM |
|-------------------------|---------|------|-----|--------|------------|---------|

#061611

Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #295 | 28:30 | 28:30 | REC | PA/O/E | 4/05/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Eric Braverman** talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #296 | 28:30 | 28:30 | REC | PA/O/E | 4/12/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Scott Hannen** talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. **Dr. John Fisher** talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. **Dr. Ross Dorsett** talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #297 | 28:30 | 28:30 | REC | PA/O/E | 4/26/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Mike Ronsisvalle** talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. **Dr. James Mittelberger** talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. **Dr. Glen Steele** talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #298 | 28:30 | 28:30 | REC | PA/O/E | 5/03/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #299 | 28:30 | 28:30 | REC | PA/O/E | 5/10/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #300 | 28:30 | 28:30 | REC | PA/O/E | 5/17/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Marc Unterman** talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #301 | 28:30 | 28:30 | REC | PA/O/E | 5/24/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Doreen Lewis** talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. **Dr. George Alonso** talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. **Dr. Abinash Achrekar** talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #302 | 28:30 | 28:30 | REC | PA/O/E | 5/31/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #303 | 28:30 | 28:30 | REC | PA/O/E | 6/07/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #304 | 28:30 | 28:30 | REC | PA/O/E | 6/14/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Ace Anglin** talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. **Dr. James Krystosik** talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. **Jannie Wolff** talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #305 | 28:30 | 28:30 | REC | PA/O/E | 6/21/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

### *Seniors*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 4/08/2011 | 1:00 PM  |
|                       |       |       |   |    | 4/09/2011 | 3:30 AM  |
| Joy In Our Town # 265 | 30:00 | 15:00 | L | PA | 4/11/2011 | 11:30 AM |
|                       |       |       |   |    | 4/12/2011 | 3:30 AM  |
|                       |       |       |   |    | 4/14/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Dr. William Shapiro, Director of Outpatient Services for the Belmont Center for Comprehensive Treatment, about depression among seniors. Dr. Shapiro states that seniors often become depressed because of the losses they face, which may include a spouse dying, health may change, facing retirement, and/or having to relocate from their home. He points out the difference in depression in seniors compared to younger individuals, saying that seniors often have other health concerns taking place as well, making the situation more complicated; also, many struggle to make meaning out of their lives as they come closer to the end of it, pondering if there are any regrets & if their goals were accomplished. He stresses that depression is not a natural part of the aging process, and relatives should pay attention to any noticeable signs of depression, such as sleeping too little/too much, eating too little/too much, and/or loss of interest in things that once brought them joy. He also says that depressed individuals have a negative attitude about themselves, those around them and the world overall—there should be concern if an older loved one is suddenly showing this attitude. He then says that the rate of suicide in older adults is highest among any age group—1/4 of people who take their own lives are over the age of 65. Dr. Shapiro states that family members, when noticing signs of depression in the older loved one, should confront them with a light-hearted approach, discussing the signs they are noticing, and asking that they visit the family doctor (more comfortable to talk with family physician than going right to a psychologist). Dr. Shapiro then explains how depression is looked at in 3 ways: Biological—we know that the neurotransmitters are affected, certain medications like anti-depressants may help; Psychological—look at the individuals life situations, he/she will need to talk if losses or other incidents have taken place; Social—many depressed seniors isolate themselves, so encouraging them to go to senior centers, getting involved & reconnecting to life is important. He then says that support groups and therapy groups are available for struggling seniors.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 4/22/2011 | 1:00 PM  |
|                       |       |       |   |    | 4/25/2011 | 11:30 AM |
| Joy In Our Town # 267 | 30:00 | 15:00 | L | PA | 4/26/2011 | 3:30 AM  |
|                       |       |       |   |    | 4/28/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/05/2011 | 4:00 AM  |

Host Sheila Bell-Thomas talks with Christine McBennett, Apprise Program Director for the Philadelphia Mayor's Commission on Aging, about helping older adults better understand Medicare. Ms. McBennett states that many individuals are frequently confused or overwhelmed with Medicare—there are many options involved. She defines Apprise as the Medicare counseling program that works with those on Medicare to help them know their rights. She says many older adults typically become eligible for Medicare when they turn 65 because they have paid into the Medicare system for 40 quarters or are married to someone who has done that—some become eligible earlier than 65 due to illness or disability. Ms. McBennett then discusses the basic components to Medicare: Part A (Medicare Hospitalization), covers everything that happens on an in-patient basis, skilled nursing facilities and hospice care; Part B addresses everyone's outpatient needs--such as doctor visits, durable equipment, tests and anything else outside of the hospital. She then says that in 2005, Part D of Medicare was issued, which is prescription drug coverage. Ms. McBennett goes on to explain 2 assistance programs available for those who meet income eligibility: Medicare Extra Help Program-individuals receive assistance with their Medicare Prescription drug co-pays, deductibles and monthly premiums; also, there is the Medicare Savings Program-this helps pay Medicare Part B premiums for some people, and may cover co-pays & deductibles that they are unable to afford. She then discusses the Medicare Advantage Plan: this bundles hospitals, outpatient and prescription drug coverage. She says the advantages to this are that there are fixed co-pays & additional benefits that Medicare does not cover. Ms. McBennett also discusses the Medigap coverage, saying that this fills in the pieces of Medicare that the patient is liable for—any outpatient cost will be covered.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 4/29/2011 | 1:00 PM  |
|                       |       |       |   |    | 4/30/2011 | 3:30 AM  |
| Joy In Our Town # 268 | 30:00 | 15:00 | L | PA | 5/02/2011 | 11:30 AM |
|                       |       |       |   |    | 5/03/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/05/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Dr. William Shapiro, Director of Outpatient Services for the Belmont Center for Comprehensive Treatment, about the prevalence of substance abuse among seniors. Dr. Shapiro states that research from the Substance Abuse & Mental Health Administration shows that 17% of emergency room visits from older adults have a connection to alcohol or substance abuse. He discusses the 2 major reasons why seniors use alcohol/drugs: they had substance abuse issues most of their lives—known as Early Onset (makes up 2/3 of senior substance abuse population); and those who did not have a problem until they aged, in relation to some of their losses, such as retirement, death of a spouse, health issues or other changes in life (makes up 1/3 of senior substance abuse population). He then mentions ageism, saying that this involves the perception that older adults are different in certain ways, perhaps a negative stereotype on the seriousness of their addictions, finding ways to minimize the impact (they are too old to be addicted to alcohol, their doctor prescribed them the medication-so it has to be OK, etc.) He also says that fact that many seniors do not work is another problem when identifying the issue, often an employer will encourage an employee to get treatment—seniors are left alone & there is not always someone there to identify the issue taking place. Dr. Shapiro then discusses risks in ignoring substance abuse in older adults: alcohol use can cause an increase in risk of major health problems, such as hypertension, heart attacks, strokes, seizures, psoriasis of the liver, among others. He also says that because the body works differently as it ages, organs do not excrete the alcohol/drugs as fast—they can have worse affects when in the body longer. He says if the older adult has a crisis (D.U.I., fall in home, etc.), their denial & minimization may drop off—at this point, a gentle & loving, but frank talk should be given to them about the consequences of their problem. He explains that talking to the older loved one in a loving & respectable manner is important (love tough, not tough love), & knowing that the dignity of the older adult must be preserved always—you do not want to induce shame. Dr. Shapiro says there are many local 12-step programs geared to seniors with substance abuse issues-it is important for older adults to find support from those in the same age range, they usually have more in common & feel more comfortable this way.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 5/20/2011 | 1:00 PM  |
| Joy In Our Town # 271 | 30:00 | 15:00 | L | PA | 5/21/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/23/2011 | 11:30 AM |
|                       |       |       |   |    | 5/24/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/26/2011 | 3:30 AM  |

Host Angela Brown talks with Lydia Hernandez Velez, Deputy Managing Director of the Philadelphia Mayor's Commission on Aging, about the economic impact on local seniors. Ms. Hernandez Velez states that studies show the senior population (55 and older) is increasing, it is now at 20% in Philadelphia, and will rise to 30% or more in the next 10 years. She says the cost of living will increase, while they remain on a fixed income—so seniors will have to work beyond their retirement age. She identifies some concerns for the next 15 years among the senior population: diversity of the population is increasing, the needs of the population—decisions they will have to make, especially for those over 75 (safety & other needs), and maintaining intergenerational engagement. She says it is important for seniors to stay connected to their community, many do not want to be alone—volunteer options & programs can help them to stay involved. She then says nutritional opportunities are a concern—they need quality food to stay healthy. Ms. Hernandez Velez discusses negative effects of the economic impact: Healthcare cost for some will take a significant chunk of their disposable income, many face housing & food cost outstripping their ability, & since we were hit with a tremendous recession, 401K plans & 406 Plans were affected (investments have not earned what was expected—difficult for retirement). She points out that programs are available to help seniors with economic challenges—there are programs in the state & Federal government that will help them meet the totality of their financial situations, some of these programs include assistance with heating/cooling, prescription drug costs, employment training, among others.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 6/10/2011 | 1:00 PM  |
|                       |       |       |   |    | 6/11/2011 | 3:30 AM  |
| Joy In Our Town # 274 | 30:00 | 15:00 | L | PA | 6/13/2011 | 11:30 AM |
|                       |       |       |   |    | 6/14/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/16/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/21/2011 | 3:00 AM  |

Host Angela Brown talks with Sara Popkin, Project Director for the West Oak Lane NORC, about concerns older adults face as they age in place. Ms. Popkin states that many older adults have purchased their homes over 40 years ago & raised their families there, resulting in a high population of seniors in our area. She defines "aging in place" as individuals staying in their homes as they get older-and having the right tools to do so. She says there is an overwhelming amount of seniors who want to stay in where they are due to relationships with family, friends and their community. Ms. Popkin then discusses challenges these older adults face: financial--many have worked their entire lives & retired, leaving them with a fixed income while having to adjust to changing needs (maintaining an older home, caring for health issues), costing them more money overall. She then mentions physical challenges: many homes in Philadelphia have a lot of stairs—many older adults have less ability & energy, and not all of their needs can be met on a single floor (bedrooms & bathrooms often on 2<sup>nd</sup> level). She says transportation is another major challenge, since many older adults no longer drive. Ms. Popkin goes on to say that many seniors often have to adjust to a lot of losses, such as spouse, close friend, neighbors as well as loss of independence, which can all lead to anxiety & depression. She says many may feel these emotions are natural; however, they should still talk to a mental health professional since some things may not be in the normal spectrum of how they should be feeling when it comes to mental health. She then explains that programs are available to seniors who are aging in place, many have both walk-in centers & comprehensive visits (for those who cannot get out)—these programs may provide signing the seniors up for benefits, giving Farmers' Market vouchers in the summer, checking out books/videos from libraries if they cannot leave their home; as well as setting up friendly visits so they do not feel lonely or isolated-among others. Ms. Popkin also says providing caregivers with support is important, since many face difficulty when dealing with stress & making challenging decisions.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Homelessness*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 4/08/2011 | 1:00 PM  |
|                       |       |       |   |    | 4/09/2011 | 3:30 AM  |
| Joy In Our Town # 265 | 30:00 | 15:00 | L | PA | 4/11/2011 | 11:30 AM |
|                       |       |       |   |    | 4/12/2011 | 3:30 AM  |
|                       |       |       |   |    | 4/14/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Angela Sherwood, Housing Specialist, and Jolene Freed, Housing Intake Support, both of Community Housing Services, about homelessness as a result of family issues. Ms. Sherwood states that the economy plays a common role in why many individuals are homeless—middle-class status falling down into lower-class status; however, family issues also play a major role. She says domestic violence is a common cause of why individuals become homeless—abuse can be physical, financial, social or psychological. She explains that victims of domestic violence are in a position where they do not have the resources to leave, and the message needs to be sent to them that transitional housing resources are indeed available. Ms. Freed says homelessness is on the rise, and many of these affected individuals have major needs, such as food. She explains that the need for food supply has almost doubled locally in a year. Ms. Sherwood then discusses the youth population—they are a growing age group in the homeless population. She explains that the Homeless Prevention & Rapid Re-Housing (HPRP), is a funding source passed down from the Stimulus Bill that helps homeless youth find permanent housing. She then says for those struggling with family issues and are in the threat of homelessness, they need to act quickly and contact social service agencies that can give them more options, and then to understand that many people in the community do care and will assist to restabilize the affected individuals. Ms. Freed goes on to say that many individuals do not feel they will ever become homeless, yet the threat is out there. She says resources and organizations are always in need of volunteers to help homeless individuals in need.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
|                       |       |       |   |    | 4/15/2011 | 1:00 PM |
| Joy In Our Town # 266 | 30:00 | 15:00 | L | PA | 4/16/2011 | 3:30 AM |
|                       |       |       |   |    | 4/26/2011 | 4:00 AM |
|                       |       |       |   |    | 5/05/2011 | 4:30 AM |

Host Sheila Bell-Thomas talks with Angela Sherwood, Housing Specialist, and Gloria Echols, Executive Director, both of Community Housing Services, about homelessness among veterans in the local region. Ms. Sherwood states that there are over 100,000 homeless veterans on any given night, veterans make up 1/3 of the homeless population. She says that homeless veterans may not be sure where to get assistance or a means to attain the transportation to get to needed resources. She says it is essential for homeless veterans to seek counseling after serving in the Armed Forces—the transition back into family & society needs to occur, and it often does not happen. She stresses the point that the word needs to get out there that resources and help is available. Ms. Echols discusses challenges homeless veterans face: lack of food, lack of case management and lack of counseling. She says she is finding that many veterans are unaware of the right resources when returning home from overseas—and many return with no home to go to. Ms. Sherwood then explains that the Veterans Administration is in the process of developing projects that will expand available housing for veterans. She says individuals can help by advocating this issue & contacting their local State Representative to speak out the need for greater assistance. She goes on to say that the first need for homeless veterans is critical time intervention- placing them in a home in an efficient manner & seeking counseling, after that takes place they can then work on other issues, like education & employment. Ms. Sherwood then discusses the issue of healthcare for homeless veterans: there is a severe issue if there is not a component, they have not yet tied into the Veterans Administration or their qualification upon discharge has not allowed them to receive benefits. She says many not only face mental health issues, such as Post Traumatic Stress Syndrome, but also issues like hypertension, heart disease, injuries & certain harmful exposures—if the healthcare component is not in place, there health situations will be much more complicated.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 6/24/2011 | 1:00 PM  |
| Joy In Our Town # 276 | 30:00 | 15:00 | L | PA | 6/25/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/27/2011 | 11:30 AM |
|                       |       |       |   |    | 6/28/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/30/2011 | 3:30 AM  |

Host Angela Brown talks with Liz Hersh, Executive Director of the Housing Alliance of PA, about preventing homelessness in our region. Ms. Hersh states that homelessness has actually been decreasing in the last 6 years, but it is now increasing again due to the struggling economy & rise of unemployment. She says that most people just need a roof over their head that does not cost them more than 1/3 of their income—some do need extra services, such as those with mental health issues or substance abuse issues. She identifies extremely low income as an individual making \$20,000 per year (\$11.00 hr). She explains the Affordability Gap: in the last 12 years, the cost of homes and rent have gone up significantly, but real income—particularly at a lower level—has stayed flat or gone down. She says with this gap growing, more families are unable to afford a place to live. She then points out that all providers, such as homeless shelters & crisis housing organizations, are seeing more demand, but have less resources to deal with it. Ms. Hersh says homelessness is preventable in that we know the solutions—we need the help of what some of our tax dollars provide, such as successful programs, and to get them to work with other local organizations. She provides an example of how homelessness is preventable: bringing the lender together with the individual in foreclosure, with a housing counselor that can work out agreements & payment plans. Ms. Hersh discusses some solutions in preventing homelessness: making some kind of home available to individuals—helping a family member(s) to make payments; when someone falls into financial hardship, help pay the back-rent for a few months, so it may prevent the family from entering a shelter; supportive housing—providing housing services for those with serious needs—this is cheaper than emergency rooms or police involvement. She points out that it is actually more expensive to not solve the problem of homelessness than preventing it.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 6/24/2011 | 1:00 PM  |
| Joy In Our Town # 276 | 30:00 | 15:00 | L | PA | 6/25/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/27/2011 | 11:30 AM |
|                       |       |       |   |    | 6/28/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/30/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Rachel Yoder, Program Director for Back On My Feet-Philadelphia Chapter, about recovery from homelessness. Ms. Yoder states that 700,000 people are experiencing homelessness nationwide; 36% are families & the remainder are individuals (20% of those are veterans and 18% of those have been chronically homeless). She says in Philadelphia, 15,000 individuals access shelters in the course of the year, 3,000-4,000 are living in shelters or entry-level housing, and about 500 are living on the street at any given time. She emphasizes that homelessness cannot be a stereotype—it is unique to each person. She explains that homelessness represents a complexity of factors, such as poverty, unemployment, disability, substance abuse, mental health issues, among others—each individual has his/her own set of issues & each requires his/her own set of solutions for recovery. She then discusses barriers to recovery from homelessness: there is not enough funding & not enough affordable housing & supportive services; also, the community has a misconception of homelessness overall—there are many stereotypes, it is not a trendy, social cause to get involved in, therefore, there is not a lot of awareness. Ms. Yoder goes on to say that Philadelphia has a very strong community of housing & homeless service providers & advocates—there are a variety of different services available (street outreach, entry-level housing, permanent supportive housing)—many are advocating to city council, and at the State & Federal level to acquire more funding to the homeless community. Ms. Yoder then says homeless individuals need to be working & motivated to overcome the barriers standing in their way to recovery; she says the first step is to seek an outreach service, then to decide how to overcome the particular barriers the individual is faced with. She also says rebuilding self-esteem & confidence is extremely important for homeless individuals. She reminds the public that there are education & employment training programs available to those recovering from homelessness.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Environment*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 5/06/2011 | 1:00 PM  |
| Joy In Our Town # 269 | 30:00 | 15:00 | L | PA | 5/07/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/09/2011 | 11:30 AM |
|                       |       |       |   |    | 5/10/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/12/2011 | 3:30 AM  |

Host Angela Brown talks with Jeanne Gural, Executive Director of the Woodford Cedar Run Wildlife Refuge, about the importance of wildlife rehabilitation in our area. Ms. Gural defines wildlife rehabilitation as wildlife critical care. She says that there are not many options for injured & orphaned animals, so wildlife refuge facilities are set up to help these animals. She says the goals are to take the injured & orphaned animals in, heal their wounds, raise them if abandoned/orphaned & let them back out into the wild areas. She explains that wildlife rehabilitation is also important for human health—it helps the state track zoonotic diseases (diseases that can be transferred from wildlife to humans). She says we will lose wildlife & diversity in the environment if rehabilitation did not exist—she points out that 4,039 animals were taken in last year in southern New Jersey. Ms. Gural goes on to say that wildlife rehabilitation contributes to the ecosystem—she uses the example of bats, if it was not for bats in our local area, we would be overwhelmed with mosquitoes & other night-flying insects. She says that White-Noise Syndrome is killing the bat population in New Jersey, Pennsylvania and New York—we are losing millions of bats & if something is not done, the rest of the ecosystem will be out of balance, directly impacting the wildlife & environment. Ms. Gural goes on to say that educating students about the environment is important—teaching them the importance of habitat & the life history of wildlife is extremely beneficial to humans & animals. She advises anyone who comes across a wildlife emergency, such as an animal that has been struck by a car, to contact a veterinarian to find a wildlife rehabilitation facility to take the animal in.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 5/13/2011 | 1:00 PM  |
| Joy In Our Town # 270 | 30:00 | 15:00 | L | PA | 5/14/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/16/2011 | 11:30 AM |
|                       |       |       |   |    | 5/17/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/19/2011 | 3:30 AM  |

Host Angela Brown talks with Jeanne Gural, Executive Director of the Woodford Cedar Run Wildlife Refuge, about habitat conservation in our local region. Ms. Gural states that habitat conservation is a blanket phrase to describe ecosystems of wetlands and woodlands—this is important to wildlife because it makes up their home (plants, water, soil, etc.) & they need this to live, grow, raise their young & find food. She says habitat conservation is also important to humans because it helps to do ecosystem services for humans, such as filter clean water, produce clean air and provide places to relax & rejuvenate. She states that habitat conservation is actually a group of scientists from different studies who assess particular habitats (health, well-being, how well they function) & decide what is in need of the most protection. She then discusses what a healthy habitat looks like: it will have all functioning systems assessed by the scientists, it will do nutrient cycling (for example, nutrients from leaves on ground go back into the soil & help plants, trees & flowers grow), it will have water filtration and offer the wildlife a place to continue the life cycle. She then explains how deer are an example of a habitat gone bad & in the wrong direction through human manipulation: there are currently 35 deer per square mile locally, humans have made land more accessible to them—they are no longer a deep forest species as they were many years ago—there are not enough resources to sustain them in that amount of space. Ms. Gural then discusses how creating habitats where they were not previously is beneficial—it is immensely important to birds and native pollinators (native pollinators are losing habitat—some of these are bees, ants, moths & butterflies)—we are losing plants that have adapted to the region. She says backyard conservation is an excellent solution that individuals all over the region can take part in—this involves planting flowers & plants in yards that offer benefits to wildlife, such as the winterberry, which helps native birds during the winter months. She also advises individuals to pay attention to the local newspaper—they can check to see if any projects are taking place that do not match the community's spirit or connectivity, they can then speak up about it.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
| Joy In Our Town # 272 | 30:00 | 15:00 | L | PA | 5/27/2011 | 1:00 PM |
|                       |       |       |   |    | 5/28/2011 | 3:30 AM |
|                       |       |       |   |    | 6/02/2011 | 3:30 AM |

Host Sheila Bell-Thomas talks with Kate Zaidan, Sustainable Transportation Coordinator for the Clean Air Council, about the truth about air quality in the Philadelphia region. Ms. Zaidan states that air quality in Philadelphia has improved over the years; however, we still do not meet Federal standards for what our air quality should be—the American Lung Association gave Philadelphia a grade of an F last year. She says there is a link between impaired air quality and respiratory illnesses—Asthma rates have tripled in Philadelphia in the last 10 years; there is also a connection between Chronic Pulmonary Disease, Heart Disease—and even Autism & Obesity. She says if a vehicle is idling (running engine without needing it), it should be turned off—otherwise, it is releasing pollutants into the air. She explains that idling is illegal in Philadelphia, and the state law limits idling as well; however there are exemptions for temperature ranges (allowed to leave engine on if needed for heating/air conditioning purposes). She then points out that diesel fuel releases even more harmful particles into the air than gasoline, making diesel trucks an even greater concern regarding public health. She says for vehicles that idle, the Philadelphia Health Department will enforce a ticket to the driver. Ms. Zaidan then explains that public transportation is an efficient means of motorized transportation for reducing air pollution. She then says that non-motorized transportation, such as walking or riding a bike, is the best method for the environment. She then discusses how the city is getting involved in reducing legal idling: streaming enforcement in the areas with a lot of idling, sending someone out to that area and educating individuals about the harm of idling & about air quality—advocating about the overall issue. Ms. Zaidan encourages the public to not leave the vehicle engine on if it is not needed; this will help cut down on harmful emissions greatly. She also says individuals can report idling vehicles when they see them by phone or through a website.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 6/17/2011 | 1:00 PM  |
| Joy In Our Town # 275 | 30:00 | 15:00 | L | PA | 6/18/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/20/2011 | 11:30 AM |
|                       |       |       |   |    | 6/21/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/23/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Pennsylvania State Representative Greg Vitali of the 166<sup>th</sup> Legislative District, PA House of Representatives, about the Marcellus Shale Drilling Tax. Rep. Vitali explains the background of Marcellus Shale: this is a rock formation about a mile underground that covers about 60% of Pennsylvania. He says the significance behind it is that it contains huge quantities of natural gas—the 2 major factors are that as energy gets more expensive, it is worthwhile to expend the extra cost to getting this natural gas; and there is the controversial hydro fracturing technique, which involves shooting millions of gallons of water underground to break the rock (the water is mixed with salt and sometimes toxic chemicals) so that the gas flows out. He discusses the major concern—the water supply: there is a need to protect the drinking water—about 20% of the water comes back up (flowback), & it picks up hazardous chemicals when it comes back up, such as Strontium & Barium. He says there is a need to safely dispose of the flowback so it does not impact water supplies. He then says that well bores are an issue in that they can act as a passage way for the natural gas to get into well water—then drinking water. Rep. Vitali then discusses House Bill 33: this will impose a tax on the large company drillers that move into PA to drill Marcellus Shale—this would have them pay their fair share. He says this Bill will require the drillers to pay 6% of the value of gas to the state of PA (every other major gas-drilling state already has a gas drilling tax). He then says that 2.1 million acres of PA is state forest, 1 ½ million of those acres sits on Marcellus Shale (1/10 sits under public land). He then explains the State Forest Leasing Moratorium Legislation: we have started to lease off state forest land as a money raiser, he feels we should be doing that to private land—his Bill would stop from leasing this out anymore, and impose a severance tax, rather than to continue to use the state forest as a way to acquire money. Rep. Vitali then advises the public to pay attention to what the elected officials are doing, and to look to environmental organizations to help determine affective solutions—individuals need to also educate themselves about Marcellus Shale & other environmental issues taking place.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Youth*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 4/01/2011 | 1:00 PM  |
|                       |       |       |   |    | 4/02/2011 | 3:30 AM  |
|                       |       |       |   |    | 4/04/2011 | 11:30 AM |
| Joy In Our Town # 264 | 30:00 | 15:00 | L | PA | 4/05/2011 | 3:30 AM  |
|                       |       |       |   |    | 4/07/2011 | 3:30 AM  |
|                       |       |       |   |    | 4/12/2011 | 4:00 AM  |
|                       |       |       |   |    | 4/14/2011 | 4:00 AM  |

Host Angela Brown talks with Vanessa Walker, Drug & Alcohol Program Prevention Specialist for the Delaware County Office of Behavioral Health, about substance abuse trends among local adolescents. Ms. Walker states that a major new substance abuse trend among young individuals is mixing, such as combining alcohol with OxyContin, perkasets, cocaine and other drugs. She discusses both immediate & long-term consequences; immediate may be integration back into school after a recovery process, tearing the family apart, among others. She says long-term consequences may be mental health issues, such as Post-traumatic Stress Syndrome, the individual may have to spend several years in therapy, or the family may not forgive the young person for what he/she may have done while under the influence. Ms. Walker then explains easy access within the home, saying that many adults do not lock the medicine cabinet and do not keep track of the amount of pills inside those bottles, especially in situations where there are painkillers from a surgery, and there are leftover pills. She then says this is often the issue with the liquor cabinet—many adults do not keep it locked and it is often hard to keep track when a teen may be sneaking some of those contents from the bottle. She then discusses common signs of a young individual who may be using drugs/alcohol: lack of interest with certain friends and family members, withdrawing from school activities and other interests. She advises parents/guardians to search their childrens' bedrooms, especially since they no longer have to sneak out to get these substances...many can be attained online through social networking. Ms. Walker then says that resources are available in local counties that provide activities to youth that have a positive impact on their lives. She also says a coalition has formed in Delaware County that ensures supervision at certain youth activities & events, emphasizing that no drugs and/or alcohol will be tolerated.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 3/01/2011 | 1:00 PM  |
|                       |       |       |   |    | 3/02/2011 | 3:30 AM  |
|                       |       |       |   |    | 3/04/2011 | 11:30 AM |
| Joy In Our Town # 264 | 30:00 | 15:00 | L | PA | 3/05/2011 | 3:30 AM  |
|                       |       |       |   |    | 3/07/2011 | 3:30 AM  |
|                       |       |       |   |    | 4/12/2011 | 4:00 AM  |
|                       |       |       |   |    | 4/14/2011 | 4:00 AM  |

Host Sheila Bell-Thomas talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about Juvenile Justice & Evidence-Based Intervention programs. Senator Greenleaf states that there is a need to save the lives of our youth & point them in the right direction. He says the state needs to identify these programs that are available & use funding to put them in those programs. He says that even though we are facing a significant deficit, we do still have the monies to direct funding to the appropriate agencies. He points out that there is clear evidence that there needs to be intervention in a child's life--- if there is not, the prison population rises, causing more spending from the state (in 1980, Pennsylvania had 8,000 inmates; now there are 151,000 inmates—a 550% increase). Senator Greenleaf explains a Judge policy in Pennsylvania that stated if someone breaks any law, he/she is simply placed in jail—this is a failed system for adults & a terrible philosophy for juveniles because they are amendable to treatment. He explains that youth are still an asset to their families, and it is best to keep them in their homes for their development. He further says that placing young people in jail, whose crimes are not in extreme circumstances, will take obstacles away from their progress. He states that studies show that evidence-based intervention programs work in reducing juvenile offenders, which saves their lives, improves society & saves the taxpayers a lot of money. Senator Greenleaf says that the next step for Pennsylvania needs to be putting more money into these programs (we have been taking money away from them the last 9 years), especially since we currently spend more money on Corrections than on Higher Education in Pennsylvania.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
| Joy In Our Town # 272 | 30:00 | 15:00 | L | PA | 5/27/2011 | 1:00 PM |
|                       |       |       |   |    | 5/28/2011 | 3:30 AM |
|                       |       |       |   |    | 6/02/2011 | 3:30 AM |

Host Angela Brown talks with Captain Joseph Massi and Officer David Tyler, both of the Anti-Crime Unit for the Chester Police Department, about violent crime among youth. Captain Massi states that there has been an increase in violent crime with juvenile offenders—he says this is mostly due to the breakdown of the family (no proper supervision), lack of school attendance/education. Officer Tyler states the crimes that have risen among youth: shootings, home invasions, substance abuse and territorial violence/turf wars. He discusses the escalation in shootings—there very rarely is just a fist fight as there was in the past, now guns are used, often to the point of death. He then says handguns are the most prevalent weapons used—youth acquire these from their own homes if the parent owns one, burglaries, drug abuser exchanging a gun for drugs or through those who purchase guns with no criminal record, then sell them to youth & claim it was stolen. Captain Massi states that in Chester, PA, they are placing more foot patrols on the streets—officers going out in the street to better communicate with the youth, and they are also opening up more activity clubs & organizations to help diminish youth violence. He then discusses the penalties of violent crime among youth—if arrested for a misdemeanor or felony in Chester, the youth will have to report to Delaware County Juvenile Court, which may lead to probation or going to a juvenile detention facility—this will also cause the family much heartache and a lot of money. He then discusses the devastating affect it will have on the young individual's future: medium-severe crimes will not allow him/her to be accepted into the military, not be accepted into many higher education facilities/colleges, and may hinder their ability to become employable. He then points out that there is often an unfortunate vicious cycle associated with this, in that because the future of the individual is affected, he/she often continues a life of crime. Officer Tyler encourages parents & other adults to get involved in the lives of youth, this provides a positive impact. He also says encouraging kids to get involved in activities is beneficial to preventing a life of crime.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 6/03/2011 | 1:00 PM  |
| Joy In Our Town # 273 | 30:00 | 15:00 | L | PA | 6/04/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/06/2011 | 11:30 AM |
|                       |       |       |   |    | 6/09/2011 | 3:30 AM  |

Host Angela Brown talks with Captain Joseph Massi and Officer David Tyler, both of the Anti-Crime Unit for the Chester Police Department, about substance abuse crime among adolescents. Captain Massi states that substance abuse is the misuse or abuse of a controlled substance and/or prescription medications—there has been an increase in this among young individuals. He says the causes of this are availability, especially with prescription medications (doctors prescribe meds to an individual, who will then bring it to Chester & exchange it for an illegal substance), breakdown of fabric of the family (no supervision from parents—some adolescents take prescription drugs right out of the medicine cabinet). Officer Tyler states the common drugs used among young people: Marijuana (most common), Crack Cocaine, OxyContin, Heroin, Valium, Xanax, among others. He points out that substance abuse crime opens the door to other criminal activity, such as burglaries and robberies (once addicted, the individual will do anything to get more money for drugs). Captain Massi says drugs come into Chester from larger cities, which have entered into them from other countries. He then discusses the penalties involved for youth charged with substance abuse crime: they will be arrested, locked up, have to go in front of a judge at juvenile court, either get probation or be placed into a juvenile security placement facility. He explains that the record will stay with the individual his/her entire life; substance abuse crimes, like other types of crime, will prevent the individual from entering the military, attending most higher education institutions, and becoming employable at many companies. Officer Tyler states that being proactive, not just reactive, is important—officers are now going out into the community by foot & speaking with the youth & educating them about substance abuse crime. Captain Massi says parents & siblings have to look out for each other & be involved in the child's life—they need to enforce that “no snitching” is a negative mentality, since the crime can find him/her in the future. He advises parents to see who their children are hanging out with, what they are doing when not at home & to communicate with them. He says signs of substance abuse in adolescents are grades plummeting, moody behavior, more confrontational than usual, among others—parents will notice signs if they are involved in their children's' lives. Officer Tyler says parents can contact the police department if they feel their child is using drugs—they can investigate & prevent the child from taking it to the next level.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Civic Affairs*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 5/13/2011 | 1:00 PM  |
| Joy In Our Town # 270 | 30:00 | 15:00 | L | PA | 5/14/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/16/2011 | 11:30 AM |
|                       |       |       |   |    | 5/17/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/19/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Pennsylvania State Representative Ronald Waters of the 191<sup>st</sup> legislative district, House of Representatives, about legislation's impact on Prison Reform. Rep. Waters states that Education & Health are the top 2 drivers in our economy's structure—and the third is what we spend on Corrections. He says in the last 3 decades, Corrections became a major cost-driver in the state budget—in the 1980s, PA had 9 state-run correctional facilities, now there are 27. He says there has been a major increase in the prison population, and it costs \$50-\$60 million per year to run each facility. He says we have to question whether we are placing individuals in the best position to have successful lives—we need to view this issue from the front end. He points out that other states, like Michigan, Texas and Virginia, have developed better solutions to address bad behavior without putting public safety at risk—he says we need to reduce crime rather than just react to crime. Rep. Waters then explains the overcrowding issue in Pennsylvania—we had to send 2100 inmates to Michigan and Virginia, there was space available there because they have reduced their prison population. He points out that there are too many non-violent offenders in prison (they are 40% of the prison population), which are those who use illegal drugs and commit other, more petty crimes. He says if their behavior was addressed more appropriately by treating the drug addiction as a health problem rather than a criminal problem—we could perhaps get them off their addictions & keep them working rather than in a cell that cost the state \$35,000 per year. Rep. Waters then discusses recidivism (those returning to prison after being released), saying that this has been an prevalent issue. He explains that in the last session in Harrisburg, there was a vote on a bill that would establish a new department that would help those struggling with substance abuse—this department would focus on how to create operations on how to get the individuals off of the substances & keep them off by providing help to them, rather than simply punishing them. He says the overall goal of this department would be to reduce incarceration & help those who leave to not return—helping them to become productive citizens. Rep. Waters then says that we need more programs to help non-violent offenders—reducing the prison population will reduce the cost of running prisons, so dollars can be used to invest in other programs that the community really needs.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 5/20/2011 | 1:00 PM  |
| Joy In Our Town # 271 | 30:00 | 15:00 | L | PA | 5/21/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/23/2011 | 11:30 AM |
|                       |       |       |   |    | 5/24/2011 | 3:30 AM  |
|                       |       |       |   |    | 5/26/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Pennsylvania State Representative Ronald Waters of the 191<sup>st</sup> legislative district, House of Representatives, about the importance of eliminating the Achievement Gap. Rep. Waters states that children have to be prepared to compete in a global economy in present times—there needs to be long-term goals for our students. He says the programs that need funding are Early Childhood Education programs—these help to prepare children for a strong foundation for the future. He then discusses the Costing Out study done in Pennsylvania : this was developed to find out what schools needed in order to supply students with access to the materials needed to achieve—some findings were classroom size, quality up-to-date textbooks, and becoming technically savvy. He points out that this Costing Out study also found that there were funding gaps among different school districts in the Philadelphia region. He says this occurred due to residents who live in the districts paying different amounts on their property taxes (many in the poorer districts cannot afford what is being paid in the wealthier districts). He says children will be negatively affected if they do not receive a decent education—we need to focus on the students and make education our priority. Rep. Waters then discusses school climate: student safety and discipline have become a major issue in the education system—children cannot learn if they are in an unsafe environment. He says teachers need to control the classroom & have discipline—many teachers spend too much time trying to get the students' attention, which wastes valuable learning time. He then explains concern among Act 26 (Zero Tolerance)—many students have been expelled from their schools for small incidents (just having scissors in their schoolbag), these students never recover from situations like that and it impacts their future. He says while it is important our schools have discipline, we also need to make sure that we do not over react. Rep. Waters stresses the point that parents have to make their kids realize the importance of their education, and the community as a whole needs to demand quality education for our 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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 6/17/2011 | 1:00 PM  |
|                       |       |       |   |    | 6/18/2011 | 3:30 AM  |
| Joy In Our Town # 275 | 30:00 | 15:00 | L | PA | 6/20/2011 | 11:30 AM |
|                       |       |       |   |    | 6/21/2011 | 3:30 AM  |
|                       |       |       |   |    | 6/23/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Pennsylvania State Senator Stewart Greenleaf, 12<sup>th</sup> Senatorial District, PA State Senate, about the impact of legislation on transportation funding. Senator Greenleaf states that transportation infrastructure is very important –roads & bridges need to function properly to be safe. He says there is much difficulty in having the money to maintain transportation—bridges & roads were build many years ago & now have to be repaired. He says that in Pennsylvania, it costs \$3 billion just to maintain roads/bridges for this coming fiscal year, and will costs \$300 million just to expand these projects. He says transportation is important for our economy—we need to move people & goods around in order for it to thrive. He says that a number of proposals were looked at on how to fund these programs in the future on a regular basis & not have a crisis each year, so Act 44 was passed. Senator Greenleaf than discusses Route 80: this highway goes through the northern tier of the commonwealth, many trucks use this route going to other states, without having to pay tolls—Pennsylvania loses out since it costs \$100 million per year to maintain this road. He says there is a need to minimize the impact on those local residents near Route 80; however, the proposal to do so was turned down by the Federal government because the monies would also be used for other locations, not just Route 80. He states that this road needs to be tolled to help with local transportation funding. Senator Greenleaf raises the question “why are revenues & costs going up, especially during a recession?”: this was brought to the attention of the Department of Transportation & the Transportation Committee, both looked into the measures to be taken in order to avoid the problem of present funding not being enough to pay for 3 years in the future. Senator Greenleaf goes on to say that Mass Transit is a tremendous economic engine in that for every \$1 invested, \$5 is received back—making it an affective solution to this funding issue. He discusses the major options: making sure mass transit is attractive by paying to find financing & technology to use Smart Cards & other electronic devices to pay individuals’ fares, rather than using tokens & paper transfers. He explains that legislation found innovative ways to fund this through a program offered by the Immigration Service (if they invest in the U.S. & get a VISA card—they will use funds to raise to raise \$170 million to pay for the Smart Cards). He then says another solution is buying additional passenger cars to use on the regional rails—this will upgrade mass transit & help to get individuals to use the roads less frequently.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Local Electoral Affairs*

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
|                       |       |       |   |    | 4/15/2011 | 1:00 PM |
| Joy In Our Town # 266 | 30:00 | 15:00 | L | PA | 4/16/2011 | 3:30 AM |
|                       |       |       |   |    | 4/26/2011 | 4:00 AM |
|                       |       |       |   |    | 5/05/2011 | 4:30 AM |

Host Sheila Bell-Thomas talks with Luke McKinstry, Program & Policy Associate for the Committee of Seventy, about the voting process & upcoming Primary Election. Mr. McKinstry states that the Primary Election this year is pivotal for the city of Philadelphia, for the 17 members of City Council, all seats are up for election—also, 5 seats are open (this is the highest turnover in 20 years on council). He says at the top of the ballot is the Mayor, then 17 members of council, City Commissioners (3 seats), the Sherriff (assists Courts & conducts sheriff sales on foreclosed properties), & Register of Wills. He then discusses the Judicial Officials on the ballot—local officials, the Court of Common Pleas (9 seats available), and 2 state-wide Judicial seats (Commonwealth Court & Superior Court). Mr. McKinstry goes on to discuss some major issues for this election: ethics, zoning & land use and economic development in Philadelphia neighborhoods. He then discusses who may vote on Election Day: individuals at least 18 years old, U.S. citizens and residents of Pennsylvania who have lived in their election district for at least 30 days. He says there is a state-wide form available for registration, which voters can attain from government buildings, the County Board of Elections & other places. He then states common issues that take place on Election Day at the polling places: people bringing literature of a candidate to the polling place and voters not being sure where to go or what to do. Mr. McKinstry points out that there are many resources available to help voters prepare for what takes place the day of the election.

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

# **Trinity Broadcasting Network**

## *Quarterly Report*

July, August, September 2011

**WGTW-TV**

**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.*

Minorities

Crime

Education

Housing

Health

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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Minorities*

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
| Joy In Our Town # 277 | 30:00 | 15:00 | L | PA | 7/01/2011 | 1:00 PM |
|                       |       |       |   |    | 7/02/2011 | 3:30 AM |
|                       |       |       |   |    | 7/07/2011 | 3:30 AM |

Host Sheila Bell-Thomas talks with Patricia Coulter, President & C.E.O. of the Urban League of Philadelphia, about concerns among African-Americans & education. Ms. Coulter states that there is severe concern for the education cuts being proposed from the budget—\$629 million may be cut just from the School District of Philadelphia alone, this will have major impact on programs, classroom size & other educational needs. She explains the education gap among African-American students: A report titled “The State of Black America” is a statistical analysis of the gap between African-Americans & Caucasians in 5 key areas (economics, education, health & wellness, civic engagements & social justice). She says for the education index, it shows that African-Americans are 71 ½% as well off as Caucasians. She then discusses education reform—there is a major need to focus on math & sciences, since this is where the future of jobs are going. She says charter schools are coming more into the forefront, this allows for smaller classroom sizes with an isolated focus of various interests, such as math & science, communications, technology, etc. She explains that the private school system is another option—vouchers available that allow the parents to choose the school where the child will attend & some payment will be given to the parent—but there is concern, since these schools are expensive, whether the government will be able to give enough money to all those parents. She then points out that in Philadelphia, 167,000 kids are in the public school system-making it the most common education system used. She states that education advocacy is important for parents—they need to be informed about some of the terms & language they are hearing (especially political), to know what questions to ask & to understand overall so they can make the best choice for their son/daughter. Ms. Coulter then discusses STEM (Science Education Engineering Math), saying that this is at the top of the education curriculum of what students need to be learning in school today—there is a strong need for math & reading skills. She points out that those at kindergarten level need a vocabulary of at least 1,200 words—research & data shows that African-American kids at this level generally only have a vocabulary of 600 words; therefore, they are always playing “catch up” while going through school in the later years. Ms. Coulter says there needs to be all-day kindergarten to help with this. She also says there needs to be preparation for teachers so they understand each student’s learning techniques, since every child learns differently.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 7/08/2011 | 1:00 PM  |
| Joy In Our Town # 278 | 30:00 | 15:00 | L | PA | 7/09/2011 | 3:30 AM  |
|                       |       |       |   |    | 7/11/2011 | 11:30 AM |
|                       |       |       |   |    | 7/12/2011 | 3:30 AM  |
|                       |       |       |   |    | 7/14/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Patricia Coulter, President & C.E.O. of the Urban League of Philadelphia, about concerns among African-Americans & unemployment. Ms. Coulter states that unemployment is critically severe, the rate is 9% nationally—most likely it is double that for African-Americans, about 17.3% (24% for African-American teens, and 30% for African-American males). She points out that 43% of Philadelphia is African-American, illustrating that there are a lot of unemployed individuals in Philadelphia---there is a major need for jobs & job creation, as well as the need to prepare individuals for employment. Ms. Coulter discusses a program in place, the ABC program. She says this deals with Advocacy & Policy—working on a legislative front to close equality gaps, achievement gaps & economic gaps among African-Americans. She says this also deals with business & talent diversity—developing job fairs, job clubs, connecting employers with African-Americans seeking employment & helping them to develop tools they need to be prepared. She then discusses the Connect 360 program, saying this connects individuals into jobs, homeownership & entrepreneurship. She explains that creating jobs in urban centers, like Philadelphia, is affective to help with unemployment, especially among African-Americans. She says we need to ask companies to locate inside the city & hire local residents, and give those companies a tax break. She also says entrepreneurship is another affective solution—helping these small businesses to grow revenue & market share, as they do this, jobs will be created.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 8/26/2011 | 1:00 PM  |
|                       |       |       |   |    | 8/27/2011 | 3:30 AM  |
| Joy In Our Town # 285 | 30:00 | 15:00 | L | PA | 8/29/2011 | 11:30 AM |
|                       |       |       |   |    | 8/30/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/01/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/08/2011 | 4:00 AM  |
|                       |       |       |   |    | 9/15/2011 | 4:30 AM  |

Host Angela Brown talks with Ira Goldstein, Director of Policy Solutions for the Reinvestment Fund, about the lack of healthy food access in minority communities. Mr. Goldstein states that all communities need a variety of good assets—good schools, safety, good solid retail & healthy food. He says research suggests that in the Philadelphia region, there is a lack of fresh foods, particularly in minority & low-income communities. He says that this leads to lack of choice, causing individuals to pay more than they have to because there is no competition with price & quality. He stresses the need to attain options & have access to healthy foods at affordable prices. He then discusses the Pennsylvania Fresh Food Financing Initiative: this was created by the Pennsylvania legislator to provide funds that create lending & grants to supermarkets & other food retail throughout the commonwealth. He says this helped to create Farmer’s Markets, & expand varieties in food markets & corner stores. Mr. Goldstein emphasizes the need to bridge the gap between access & utilization: the residents of these minority & low-income communities need to purchase these fresh food products and know how to cook them properly, store them properly, etc.—this is a challenge in that they have not previously been in those communities many years before. He then points out that if an individual lives in the Philadelphia region & is low-income, he/she is 1 ½ times as likely than someone not low-income to live in an area that does not have equitable or sufficient access to healthy food. Mr. Goldstein explains that much work is being done among legislation & through other organizations to help bring access & utilization of fresh foods to these minority & low-income communities that are lacking them.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
|                       |       |       |   |    | 9/16/2011 | 1:00 PM |
| Joy In Our Town # 288 | 30:00 | 15:00 | L | PA | 9/17/2011 | 3:30 AM |
|                       |       |       |   |    | 9/20/2011 | 3:30 AM |
|                       |       |       |   |    | 9/22/2011 | 3:30 AM |
|                       |       |       |   |    | 9/29/2011 | 4:00 AM |

Host Renai Ellison talks with Amanda Bergson-Shilcock, Director of Outreach & Program Evaluation, and Bahiya Cabral-Johnson, Director of Programs--both of the Welcoming Center for New Pennsylvanians, about immigration reform in Pennsylvania. Ms. Cabral-Johnson states that it is important for immigrants to get workforce training & speak the English language—there are programs & classes available to assist with that. Ms. Bergson-Shilcock states that immigrants are an asset to the region—immigration changes a community-many feel like it is a loss, so there is a need to work with community members who see neighborhoods & stores changing and who may not yet be interacting with those new comers. She says having classes that teach immigrants business & customer service skills is key; having classes that help teach new immigrants what American customers expect is important (eye contact, placing change in hand & not on the counter, and other small gestures that are actually important). She then discusses the 2 points of intervention for immigration policy: Congress is in charge of deciding what laws do & do not get passed; the Obama Administration deals with the Executive Policies—some deal with making it easier for entrepreneurs who want to invest several hundred dollars into the U.S., start a company & get a Visa for themselves to do that—the other is a refocus on those making sure the immigrants getting deported are those that may not be eligible to stay in the U.S. (those who committed a violent crime, etc.). Ms. Cabral-Johnson points out that many immigrants are an asset to the local community—many start businesses, which create jobs—and they pay taxes when they work—this all helps with local economic development. Ms. Bergson-Shilcock then states that there are many different paths to coming into the U.S.—there are 18 different types of Visas (religion worker visa, visa for extraordinary ability-athlete or singer, among others). She says the most common method for immigrants to enter the U.S. is having a close family member file for them—submitting an affidavit of support. She says the 2<sup>nd</sup> most common method is through an employment-based visa and the 3<sup>rd</sup> is a Diversity Visa Lottery—this is Congress' attempt to make sure that people coming from countries that had not historically sent large numbers of immigrants to the U.S. would have a fair chance. Ms. Cabral-Johnson says that there are established guidelines to determine whether someone is eligible to work –this will avoid an employer from hiring undocumented immigrants. Ms. Shilcock states that there are 500,000 residents in Pennsylvania that were born in other countries—there is also a significant population of Puerto Ricans in PA (they are U.S. citizens by birth). She explains that when laws are passed, like the one in Arizona, U.S. born citizens, naturalized citizens, and others will be negatively affected—this helps create a climate that will make someone feel unwelcome based on how he/she looks or speaks—we need to respect all ethnicities & cultures.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 9/23/2011 | 1:00 PM  |
| Joy In Our Town # 289 | 30:00 | 15:00 | L | PA | 9/24/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/26/2011 | 11:30 AM |
|                       |       |       |   |    | 9/27/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/29/2011 | 3:30 AM  |

Host Renai Ellison talks with Amanda Bergson-Shilcock, Director of Outreach & Program Evaluation, and Bahiya Cabral-Johnson, Director of Programs--both of the Welcoming Center for New Pennsylvanians, about employment & economic development among local immigrants. Ms. Cabral-Johnson states that many individuals see immigrants as a drain, but they are actually an asset to the community—many local businesses started by immigrants have employed many native-born American people. She says many immigrants have training for English skills & understanding American business culture so they can pay taxes & become part of the economic fiber of the community. She says they are also an asset to the local region in that they bring diversity, new ideas & innovation, which strengthens our culture & neighborhoods. Ms. Bergson-Shilcock states that Pennsylvania has the 3<sup>rd</sup> oldest workforce in the country—of the 12 million Pennsylvanians, they are increasingly retiring & increasingly needing housing & healthcare services—immigrants are important in making sure we continue to have a robust workforce to support the elders who are moving out of the workforce. She then says that Philadelphia is unique in that the immigrants here have higher levels of education—38% of local immigrants have a Bachelors degree or Graduate degree compared to the 31% of native-born Americans—so they bring knowledge & skills from their home countries & from working abroad in other countries—they are an asset in that they cause other companies to locate their businesses here because of that good talent pool. Ms. Cabral-Johnson says that even though learning the English language may be difficult for some older immigrants, there is a real commitment to learning this overall—there are resources & English classes available to them. Ms. Bergson-Shilcock states that learning the English language is more critical than ever—immigrants tend to learn it much faster than in the past—previously, they had their own ethnic communities where they could simply live through their native languages—we are seeing much less of this in current times.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Crime*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 7/22/2011 | 1:00 PM  |
|                       |       |       |   |    | 7/23/2011 | 3:30 AM  |
| Joy In Our Town # 280 | 30:00 | 15:00 | L | PA | 7/25/2011 | 11:30 AM |
|                       |       |       |   |    | 7/26/2011 | 3:30 AM  |
|                       |       |       |   |    | 7/28/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Julie Rausch, Executive Director of the Anti-Violence Partnership of Philadelphia, about ending the cycle of violence among youth. Ms. Rausch states that in an urban area like Philadelphia, there are so many social & economic problems facing families—poverty, inadequate housing, social/economic issues in the schools, etc. She says violence is a normal reaction children learn early, and what makes that problem a larger one is that in Philadelphia, there is easy access to weapons. She points out that bullying has always been prevalent; however, there is a heightened awareness of it & now access to the internet—which can now involve hundreds of people into the bullying instead of just a few. She then says that alternatives to violence can be learned, but not through a single program/activity—kids have to be bombarded with positive messages to offset the negative messages they received. She says many kids get negative messages from home, like domestic violence—or from outside of the home, like community violence. Ms. Rausch then explains that cultural norms of the community can be of concern, (kids think they have to be tough, do not want to be seen as weak, parents want kids to be able to defend themselves)—this behavior can be misunderstood leading into the cycle of violence. She states that it is important to reach out to kids early to teach them conflict resolution, anger management, communication skills & discuss peer pressure, then follow up with reinforcing booster messages. She says bereavement counseling is another tool kids dealing with violence often need—most have lost a loved one to violence & faced repeated trauma—they often do not seek help. Ms. Rausch then points out that due to recent budget cuts, schools do not have the tools or money to deal with this issue. She says that as of now, secondary schools will have 1 counselor for every 400 students. She emphasizes the importance of sending positive messages to youth & teaching them positive skills as a long-term solution to youth violence. She also says we need to encourage kids to utilize services & resources available to them.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 7/29/2011 | 1:00 PM  |
|                       |       |       |   |    | 7/30/2011 | 3:30 AM  |
| Joy In Our Town # 281 | 30:00 | 15:00 | L | PA | 8/01/2011 | 11:30 AM |
|                       |       |       |   |    | 8/02/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/04/2011 | 3:30 AM  |

Host Leola Beatty talks with Abduh Al Maliki, President & C.E.O. of Stop The Madness-Stop The Violence, about the violence & homicide rate in the Philadelphia region. Mr. Maliki states that there have been about 165 homicides in Philadelphia this year so far, there are 3 or 4 times more assaults to each fatality. He points out that many individuals have problems dealing with conflict that is not violent—we need to avoid becoming involved in violent acts when disagreeing with another individual. He then discusses age groups: those from ages 19-24 are among the highest for perpetrators or victims of gun violence—young people are greatly impacted psychologically from violence & many do not deal with their psychological drama. He then points out that anger & violent behavior are symptoms of the true issue at hand—there is a need to investigate why the individual is acting out violently by finding out what those core issues are—abuse, bullying, neglect, molestation, etc. He says behaviors start in the home—if there is fighting, abuse or violence taking place there, the child will most likely follow that behavior. He says there is a major need for teaching positive behavior & role modeling. Mr. Maliki goes on to say that simple assaults & aggravated assaults are the most prevalent crime in Philadelphia; also, violence is prevalent all year, but more so in the summer months because there are more kids on the streets more hours of the day. He also illustrates that violence is often portrayed in the media, and kids may learn & become influenced from these negative messages. He then discusses females—there is a major issue of undiagnosed mental illness among young females—this is often blamed on substance abuse; however, the lack of fathers in the home may be the root cause of this overall. Mr. Maliki stresses the need for kids to get involved in activities & programs that will encourage positive behavior & help teach conflict resolution skills.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 8/19/2011 | 1:00 PM  |
|                       |       |       |   |    | 8/20/2011 | 3:30 AM  |
| Joy In Our Town # 284 | 30:00 | 15:00 | L | PA | 8/22/2011 | 11:30 AM |
|                       |       |       |   |    | 8/23/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/25/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/01/2011 | 4:00 AM  |
|                       |       |       |   |    | 9/08/2011 | 4:30 AM  |

Host Angela Brown talks with Ira Goldstein, Director of Policy Solutions for the Reinvestment Fund, about abusive & unfair lending issues in the housing market. Mr. Goldstein states that some years ago, affordable housing ranges in certain parts of Philadelphia were getting a silent 2<sup>nd</sup> lean subsidy, they expired over time—the purpose was to give financial assistance for a long term solutions to those individuals living there. He says not long after the transactions were made, the individuals were being approached by mortgage brokers & other individuals of the same type & being talked into refinancing their good loans, paying fees & high interest rates just to borrow a small amount of money for a minor purpose, like building a deck. He points out that this caused these individuals to take on thousands of dollars of debt that they never were supposed to deal with. Mr. Goldstein explains that predatory lenders target communities where there is a high measure of desperation & where people do not have options. He also says it is common for predatory lenders to prey on familiarity—someone of a particular ethnic group doing this to others of that same ethnicity. He then discusses some signs of predatory lending tips to avoid them: no one should have to pay for help when facing foreclosure—there are enough high quality free housing counseling services available that are free; if an offer is made that sounds too good to be true, it usually is; those individuals facing housing crisis need to deal with legitimate HUD approved & state approved housing counseling agencies. Mr. Goldstein goes on to say that in the early 2000 decade, foreclosures & housing scams were heavily clustered in the lower price strata & almost exclusively in the African American communities—now the price strata has moved up to the middle-class communities and there is more taking place in mixed race communities. He explains that foreclosed homes can reduce the property value of the surrounding community. He says that work is being done with legislators and housing organizations to further investigate what populations & communities are affected by these lending issues in order to prevent them from continuing.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 9/02/2011 | 1:00 PM  |
|                       |       |       |   |    | 9/03/2011 | 3:30 AM  |
| Joy In Our Town # 286 | 30:00 | 15:00 | L | PA | 9/05/2011 | 11:30 AM |
|                       |       |       |   |    | 9/06/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/08/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/15/2011 | 4:00 AM  |
|                       |       |       |   |    | 9/22/2011 | 4:30 AM  |

Host Sheila Bell-Thomas talks with Jennifer Clarke, Executive Director of the Public Interest Law Center of Philadelphia, about employment discrimination against those with past criminal records. Ms. Clarke states that there is a high number of African Americans & Hispanic individuals who are convicted in this nation—with those numbers high & existing policies in place that prevent people with convictions from being hired—minorities will be greatly impacted with unemployment. She points out that there are a large number of employers that have these policies in place, and the issue is that many individuals with criminal record really want to work & support themselves in order to become a part of society once again. She says because so many individuals that come across this barrier are minorities, the EEOC & PA Human Relations Commission decided to treat this issue as racial discrimination. She then says studies show that those who come out of prison and become employed most likely never commit a crime again, yet difficulty in finding work makes it hard for them to integrate back into society—often leading back to a criminal life. She states that this is particularly an issue for African American men in the Philadelphia region. Ms. Clarke then discusses the factor of fear among employers: many fear any potential applicant with a criminal record; however, they need to consider if the crime was committed a long time ago, if it was a non-violent crime, and if that crime has anything to do with the job they will be doing. She emphasizes the need of companies changing their policies and not be afraid of everyone with a criminal record so individuals who want to become productive citizens are given that opportunity. She then discusses the Ban The Box ordinance—this is a law that states when an individual fills out an employment application, he/she cannot be asked upfront whether he/she has a conviction. She says the purpose of this law is so the employer can decide whether the applicant would be suited for the job, then ask about any criminal history after that fair decision is already made.

*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> |
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 9/09/2011 | 1:00 PM  |
|                       |       |       |   |    | 9/10/2011 | 3:30 AM  |
| Joy In Our Town # 287 | 30:00 | 15:00 | L | PA | 9/12/2011 | 11:30 AM |
|                       |       |       |   |    | 9/13/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/15/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/22/2011 | 4:00 AM  |
|                       |       |       |   |    | 9/29/2011 | 4:30 AM  |

Host Angela Brown talks with Max Nacheman, director of CeaseFirePA, about the truth about gun violence in Pennsylvania. Mr. Nacheman states that gun violence is very prevalent in Pennsylvania—each year, 1,200 people in the state lose their lives to a gun; & since 2000, 25 police officers have been shot & killed in Pennsylvania. He says that ½ of the deaths from handguns in PA are murders, of those murders, virtually every single one of those who committed them is someone who is not legally allowed to carry a gun. He emphasizes the need to make it harder for those individuals to access guns. He discusses the ways guns are accessed by those who are not allowed to carry: by stealing them from someone, forcing or encouraging someone to commit a straw purchase or buying it from a gun trafficker. He defines a straw purchase as someone who is allowed to buy a gun purchasing one for an individual who is not allowed. He says gun violence is most common in urban areas; however, it takes place all over the state—it is a community-wide issue overall. Mr. Nacheman goes on to say that many youth have died from accidental death or suicide from guns that were inside the homes (owned by parents)—this is the parents' responsibility in that they need to take extra steps in preventing those guns from falling into the child's hands. He points out that no community is immune from gun violence—they are travelling across major highways throughout the state by traffickers—often stopping at small towns during the travel; it is only a matter of time before they enter into those small towns unless preventative steps are taken. He then discusses the law: the Supreme Court says citizens have the right to bear arms; however, they also say that there needs to be reasonable limitations—prohibited purchasers will have a background check, they will help to make sure no guns are purchased illegally, it is required to ensure that people take responsible steps so that guns do not fall into the hands of prohibited purchasers. He also emphasizes the need to require reporting a lost/ stolen gun to the authorities—this takes away the excuse that straw purchasers give to police so easily about not knowing what happened to the gun he/she bought-- without putting any limitations on law-abiding responsible gun owners. Mr. Nacheman then discusses solutions: the need for a law that requires reporting lost/stolen guns to the police within a reasonable time; there is a gaping loophole in Pennsylvania—those denied permits to carry concealed firearms here can still do so in other states. He also says a background check is needed for every gun purchased in PA—we also need to ensure that all records are in the system (many are missing from the system). Mr. Nacheman encourages the public to speak up to family, friends, neighbors, police & legislators about the concerns of gun violence taking place.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Education*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 8/05/2011 | 1:00 PM  |
| Joy In Our Town # 282 | 30:00 | 15:00 | L | PA | 8/06/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/08/2011 | 11:30 AM |
|                       |       |       |   |    | 8/09/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/11/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Michael Harris, Director of Field Operations, and Duane Wilkins, Truancy Prevention Supervisor-both of the Philadelphia Anti-Drug/ Anti-Violence Network, about the impact truancy has on our students. Mr. Harris defines truancy as students failing to go to school on a regular basis. He says that in Philadelphia, there is an average of 10,000 young people truant on a daily basis-this causes issues leading into crime & safety among those young individuals. Mr. Wilkins states that most crimes between 8:30am-2:30pm are committed by kids who are truant. He says once a student is considered truant, after the 8<sup>th</sup> day of absence, a countdown to the 21<sup>st</sup> day takes place—after that, the child is petitioned to go to Regional Truancy Court—this takes place within the community where the child lives—the child is then placed with an agency that will investigate what the truancy problem is→ truancy is an underlying issue of a bigger problem taking place in the home (parents working a lot while the child takes care of siblings is a more common issue). Mr. Harris says parents often make excuses for the child on why he/she is not attending school—many parents know what to do, they just are in need of additional support. Mr. Wilkins says it is Pennsylvania state law that every child from kindergarten to age 16 is required to go to school. He advises parents to make surprise visits to the school, have meeting with teachers and know who their child is friends with. He then discusses the educational affects of truancy: the child reading level can drop, they fall behind in their subject material, it can lead to dropout and even incarceration (studies show that most incarcerated individuals were once truant). He also says that this issue impacts the social & economic status within our community—there are not enough educated kids who can be added to their society. Mr. Harris then says that truancy impacts graduated rates dropping as well. He says we need to get back to the times in which teachers, neighbors and other local adults would step in to correct a child who does wrong. He then says parents & teachers need to be visibly involved & encourage their children to do what is right. Mr. Wilkins says resources are available to help truant students get back on the right path.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 8/12/2011 | 1:00 PM  |
|                       |       |       |   |    | 8/13/2011 | 3:30 AM  |
| Joy In Our Town # 283 | 30:00 | 15:00 | L | PA | 8/15/2011 | 11:30 AM |
|                       |       |       |   |    | 8/16/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/18/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/01/2011 | 4:30 AM  |

Host Sheila Bell-Thomas talks with Michael Harris, Director of Field Operations, and Duane Wilkins, Truancy Prevention Supervisor-both of the Philadelphia Anti-Drug/ Anti-Violence Network, about the prevalence of violence in our schools. Mr. Harris states that violence is a learned behavior-it is learned as early as kindergarten (kids are often taught by parents to hit back to defend themselves). He mentions the common forms of violence taking place in schools: physical attacks, harassment, some sexual attacks and a lot of "he said/she said," which leads to elevated anger. He says a great deal of the violence starts in the community and ends up at the schools. He explains that young people need to learn how to communicate properly & respect everyone's opinions & ideas. He then says that some students talk about violence they experienced, but many do not. Mr. Wilkins says many students withdraw & show signs of depression due to violence & bullying in school—many start to become truant, and others simply stay quiet about bullying—this is when many realized programs needed to be developed to help students talk about what was occurring in their lives. Mr. Harris says there are many forms of bullying, such as threats, physical attacking and cyber-bullying—all forms are dangerous and pose a health hazard to students. He emphasizes that students need to rise above the ordinary and not allow peer pressure to rule their lives—peer pressure can lead to homicide in the long run, as well as alcohol, drugs and gangs. He says parents need to be positive role models in their kids' lives and show them that education is important for a positive life ahead.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 8/26/2011 | 1:00 PM  |
|                       |       |       |   |    | 8/27/2011 | 3:30 AM  |
| Joy In Our Town # 285 | 30:00 | 15:00 | L | PA | 8/29/2011 | 11:30 AM |
|                       |       |       |   |    | 8/30/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/01/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/08/2011 | 4:00 AM  |
|                       |       |       |   |    | 9/15/2011 | 4:30 AM  |

Host Angela Brown talks with Renee Morris, Pennsylvania Certified Home-school Evaluator- Morris Educational Services, about the need for alternative education for our youth. Ms. Morris states that home-schooling is when the parent(s) take on the responsibility of educating their children. She says there are several forms of this: the traditional way of teaching the child at home, some are tutored by other individuals, professional athletes, such as skaters, who train during the day, are taught where they train, families who travel have their kids learn online & have their progress evaluated, among others. She says there are currently 52,000 kids being home-schooled in southeastern Pennsylvania. She explains that most parents/guardians choose alternative education, like home-schooling, because of dissatisfaction with education in the public school environment—there is an individualized form of learning that takes place & they believe the child can become further educated in a shorter span of time if home-schooled. She says parents feel children often excel further beyond than what is learned in the classroom. She illustrates that home-schooled kids are provided with community involvement—many go into the field to learn specialized skills at jobs, or even just go to the store to practice math in real-life situations. Ms. Morris discusses some of the reasons why parents look into alternative education: there is sometimes violence in the public school system, peer pressure and other concerns—home-schooling & online charter cyber schools can aid in safety of the student, since the parent will know the child's whereabouts. She then says that parents need to consider some factors before engaging their children in home-schooling: they need to consider whether this method will best suit the child based on his/her habits/way of life, if the economic situation of the home is suited, and if there is enough time to devote to teaching the child. Ms. Morris then discusses the Pennsylvania home-schooling law: parents have the right to educate their children, they have to file an affidavit with the district where the child is being home-schooled. She says the affidavit is a form that states that the parent/guardian will follow laws for the state of Pennsylvania & submit a scope of sequence of what will be taught to the child (certain subjects are required). She says medical records have to be up to date, any criminal records need to be reviewed and the child has to be evaluated once a year by a certified evaluator.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
|                       |       |       |   |    | 9/16/2011 | 1:00 PM |
| Joy In Our Town # 288 | 30:00 | 15:00 | L | PA | 9/17/2011 | 3:30 AM |
|                       |       |       |   |    | 9/20/2011 | 3:30 AM |
|                       |       |       |   |    | 9/22/2011 | 3:30 AM |
|                       |       |       |   |    | 9/29/2011 | 4:00 AM |

Host Sheila Bell-Thomas talks with Jennifer Clarke, Executive Director of the Public Interest Law Center of Philadelphia, about issues surrounding our Special Education system. Ms. Clarke discusses the Special Education Law: this is a Federal law that requires school districts to identify kids with disabilities, then give them services they need & put them in the least restrictive environment. She discusses some of the major problems with this issue—families do not really know what the law is; therefore, the school district does not provide services to those students with special needs. She says parents need to get information about what their rights are & how they can go about making sure the district does what it is supposed to. She explains the steps concerned parents need to follow: make sure the child has been identified by the school, go to the state & tell them that they feel their child has a disability & have him/her evaluated—once the disability has been identified, parents need to participate in meetings & communicate in making sure their child gets all he/she needs. She says if the services are ignored, parents need to find a lawyer that will represent families for free. Ms. Clarke then discusses how racism plays a role: African-Americans have been over identified as having disabilities—we see in the school districts, especially the suburban ones, that large proportions of African-Americans are identified, but not having the disabilities (this is often due to speech differences or racial stereotyping). She states that the Special Education Law recognizes this problem & requires schools to provide information, statistics & data to the state, & when the state sees disproportionate numbers of African-Americans identified, they will come back to the school to ask what they are doing about it. She says if there is not enough action taking place, lawyers are brought into the concern. She explains that in Philadelphia, advocates are communicating to do something about this issue overall. She illustrates the ideal Special Education program—a child with a disability is in a regular classroom with whatever special services he/she needs in order to succeed in that classroom. Ms. Clarke advises parents to go online & seek resources about their rights & put everything in writing when communicating with schools, and to never sign anything given by the schools that are not thoroughly read or understood.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Housing*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 7/15/2011 | 1:00 PM  |
|                       |       |       |   |    | 7/16/2011 | 3:30 AM  |
| Joy In Our Town # 279 | 30:00 | 15:00 | L | PA | 7/18/2011 | 11:30 AM |
|                       |       |       |   |    | 7/19/2011 | 3:30 AM  |
|                       |       |       |   |    | 7/21/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/30/2011 | 1:00 PM  |

Host Angela Brown talks with Liz Hersh, Executive Director of the Housing Alliance of PA, about the issue of property abandonment in our region. Ms. Hersh states that property abandonment & blight are a common denominator in Pennsylvania—we are an old state with old houses, we have lost population, causing blight & abandonment—this impacts property value a lot. She points out that there was a loss of \$3.6 billion in wealth in the Philadelphia region due to blighted & abandoned property—this is a costly problem overall. She explains that this problem has been occurring since the 1950s, when the industrial base left the state, causing jobs to diminish—individuals did not have economic opportunity & could not afford to stay in their homes. She discusses some of the other major factors: the rise in foreclosures, as people age, they cannot afford to maintain their homes & cannot afford to stay in them, & some willfully neglect their properties. Ms. Hersh then discusses new tools developed from legislation, such as the Private Assessment Attachment—this states that if someone has valuable properties (car, home, boat, etc.), but also owns a property that is blighted or abandoned, their assets will be taken & used to fix the neglected property. She also says that legislation is criminalizing code violations—a homeowner/landlord can be fined or even go to jail for blighted or abandoned property. Ms. Hersh describes what blighted property is: it is a nuisance that poses health & safety issues-dangerous structure that may collapse and/or fall through, vermin & pests, no windows or doors, among others. She then discusses the Blight Property Conservatorship: if someone lives next to/near an abandoned/blighted property, he/she can file a petition with the courts & ask them to appoint someone to be a conservator. She says many of these properties have vermin, drug/criminal activity, fire risk—all of which put the surrounding community in danger. She then says work is being done to get land banks—since it is no one's job to deal directly with blight, the land banks will aid in taking an inventory of the abandoned/blighted properties, creating an organized system to the problem. Ms. Hersh says we need to help individuals stay in their homes & fix them up—there are programs available to help individuals get maintenance work done. She says we also need to enforce the Property Maintenance Code—cities need to reengineer the area to see who the violators actually are. She then says if anyone is facing foreclosure/eviction, call a housing counselor/landlords and work out a plan in hopes of preventing loss of the home.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 7/29/2011 | 1:00 PM  |
| Joy In Our Town # 281 | 30:00 | 15:00 | L | PA | 7/30/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/01/2011 | 11:30 AM |
|                       |       |       |   |    | 8/02/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/04/2011 | 3:30 AM  |

Host Sheila Bell-Thomas talks with Jim Berry, Executive Director of the Fair Housing Council of Suburban Philadelphia, about housing discrimination in our local region. Mr. berry states that from 2006-2009, 237 tests were conducted in the region based on race , familial status and disability in regards to those finding housing & levels of discrimination: 54% of African-Americans were treated less favorably, just based on the sound of their voices over the phone—when in person, that number was 29%. He says these tests also showed that 27% of those with disabilities were denied & families with children were discriminated 19% of the time. Mr. Berry discusses the Federal Housing Act, passed in 1988: this Act covers race, sex, religion, national origin, skin color, familial status & disability. He then says that this Act also states that a landlord/housing provider has to provide reasonable accommodations to those with disabilities (such as a guard dog for a blind person, even if there is a no pets policy). He says the Act also states that a disabled individual can modify his/her unit, such as adding ramps, guard rails, etc.-- all will be removed upon moving out of the unit—at the expense of the tenant. Mr. Berry goes on to say that families with children frequently encounter discrimination—many single parents have not been able to rent—many landlords either do not understand their responsibilities or choose not to comply with the law. He points out that there are far too many ads that contain illegal phrases, such as “no children,” “adults only;” or those that say that children cannot be under or over a certain age—these phrases restrict protected classes from being there. Mr. Berry discusses other forms of discrimination: terms & conditions requiring additional security deposits, longer length of leases, outright refusal to rent, discrimination in homeowner’s insurance based on race of the neighborhood or race of the person attempting to pursue the home, steering done by realtors (steering individuals of certain ethnic groups to certain neighborhoods). He then says landlords have the right to rent at any rate they choose, set any standards they wish (credit score, certain income, looking into rental history, etc.) as long as this is done to all individuals that apply. Mr. Berry explains that anyone who feels they have been discriminated against can contact a fair housing council to test or investigate to determine whether discrimination is taking place or whether it is just a misunderstanding. He says the evidence found will be taken and a complaint can be filed with the U.S. Department of Housing & Urban Development or through a Federal lawsuit.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 8/05/2011 | 1:00 PM  |
| Joy In Our Town # 282 | 30:00 | 15:00 | L | PA | 8/06/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/08/2011 | 11:30 AM |
|                       |       |       |   |    | 8/09/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/11/2011 | 3:30 AM  |

Host Leola Beatty talks with Laura Weinbaum, Director of Public Policy for Education & Advocacy for Project H.O.M.E., about the link between the lack of affordable housing & homelessness. Ms. Weinbaum states that affordable housing has become a prevalent issue in recent years due to the gap that formed among housing cost & minimum wage—minimum wage stayed rather steady and the cost of housing has risen, especially as time progressed, making the gap wider over time. She says this gap is by far the most significant cause of homelessness; however, some other factors play a role—substance abuse, deinstitutionalization, etc. She points out that family homelessness is the most rapidly increasing piece of the homeless picture. She then explains that money has been provided through the Federal Stimulus Act—this provides for those facing eviction or foreclosure due to mortgage problems, utility issues, back rent, among others—individuals facing these issues can seek help through the Homeless Prevention & Rapid Rehousing Program. She points out that individuals can call the city's 311 hotline if in crisis—money is funded through the Office of Supportive Housing. Ms. Weinbaum explains the different forms of homelessness: 10% are those who live on the street at any given time, all those who make up the rest may live in cars, in abandoned buildings, go from couch to couch, etc. She emphasizes the need for long-term solutions for those struggling with affordable housing & homelessness—resources are available to help those that can advocate for important components, such as education, employment & medical care.

*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> |
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 8/19/2011 | 1:00 PM  |
|                       |       |       |   |    | 8/20/2011 | 3:30 AM  |
| Joy In Our Town # 284 | 30:00 | 15:00 | L | PA | 8/22/2011 | 11:30 AM |
|                       |       |       |   |    | 8/23/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/25/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/01/2011 | 4:00 AM  |
|                       |       |       |   |    | 9/08/2011 | 4:30 AM  |

Host Sheila Bell-Thomas talks with Assemblyman Herb Conaway of the 7<sup>th</sup> Legislative District, New Jersey General Assembly, about Legislation's impact on property tax relief & housing in New Jersey. Assemblyman Conaway states that property tax in New Jersey has 4 entities that have the ability to levy the property tax: municipalities, counties, school districts & fire districts. He says New Jersey has one of the highest property taxes—seniors struggle with this because they are on a fixed income. He emphasizes the need to make this easier on homeowners---the need is to make it more affordable to those who pay property taxes. He discusses the Homestead Rebate Program: this has been around for a few years—1.5 million homeowners get some sort of rebate under this program, to be eligible, the individual has to be a homeowner that pays taxes, there are income eligibilities as well. He says each year, the homeowner will receive a consolidated statement from their township that lays out what the tax is for the municipality, the school district, the county & the fire district. He explains that formally, a check was given back, but because that has become too costly, credit is given back on the property tax instead. Assemblyman Conaway then discusses the Senior Freeze Program: the homeowner has to be over 65, a New Jersey resident for at least 10 years (in his/her current home for at least 3) and have certain income limits. He says this will set what the property tax will be for the remainder of the time they own the home. He also points out that this is a rebate program that provides a check to the homeowner that will make up the difference if there is a property tax raise. He advises homeowners to contact their legislator for more information about these resources & programs.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Health*

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 7/08/2011 | 1:00 PM  |
| Joy In Our Town # 278 | 30:00 | 15:00 | L | PA | 7/09/2011 | 3:30 AM  |
|                       |       |       |   |    | 7/11/2011 | 11:30 AM |
|                       |       |       |   |    | 7/12/2011 | 3:30 AM  |
|                       |       |       |   |    | 7/14/2011 | 3:30 AM  |

Host Angela Brown talks with Peter Palermo, Chief of Childhood Lead Poisoning Prevention for the Philadelphia Department of Public Health, about the importance of keeping a healthy home. Mr. Palermo states that individuals are more than likely to die from injury before the age of 45 than anything else, and most injuries occur in the home. He says the current & most affective method is to educate people about home health—funding is just starting to build for intervention—grants are provided to the Department of Health to do complete evaluations of homes for safety & health concerns, there will be more needed for full interventions of homes in poor conditions. Mr. Palermo then discusses the 8 tips for keeping a healthy home: Keep it dry—water affects the structural integrity of the home the most; water & moisture cause mold to grow inside the home (the number of children with asthma has increased over the last few years). He then says keep it clean—keeping dirt & dust from outside from entering the home is important, individuals need to develop routine cleaning schedules, this will also keep down mold spores, lead dust & other harmful things from staying inside the house. He says the 3rd major tip is to keep the home ventilated--the air in the home can actually be more polluted than the air outside, homes are designed to breathe; ventilation is also needed to remove water vapors from the shower & cooking to prevent mold from growing; also, since many chemicals are used inside the home, they need to be aired out. He says the next tip is to keep it contaminate—keep them out if they are not necessary, like pesticides. He advises a protocol called Integrative Pest Management—using the least amount of pesticides & toxins as possible to deal with pest—pests need what humans need to live, so keeping food wrapped up in the cabinet/refrigerator, sealing up cracks, & using traps for mice & roaches are steps in avoiding pesticides. He says the 5<sup>th</sup> tip is to keep the home pest-free—so many individuals are allergic to pests, and their droppings, fur and dead roach parts—these can all cause diseases as well. He says pests are common in row homes that are so prevalent in Philadelphia. He says the 6<sup>th</sup> tip is to keep the home safe—look for slip & fall hazards, electrical problems & that there is not a lot of trash around; always keep working smoke alarms & carbon monoxide alarms around. Mr. Palermo then mentions keeping the home maintained—maintenance is very important in preventing hazards from occurring. He states the 8<sup>th</sup> tip, keeping the home accessible—many seniors & those in wheelchairs need easy access to bathrooms, kitchen & storage areas.

*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> |
|-----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|                       |                         |                       |                       |             | 7/15/2011      | 1:00 PM     |
|                       |                         |                       |                       |             | 7/16/2011      | 3:30 AM     |
| Joy In Our Town # 279 | 30:00                   | 15:00                 | L                     | PA          | 7/18/2011      | 11:30 AM    |
|                       |                         |                       |                       |             | 7/19/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 7/21/2011      | 3:30 AM     |
|                       |                         |                       |                       |             | 9/30/2011      | 1:00 PM     |

Host Angela Brown talks with Rachel N'Diaye, Program Manager for the Delaware Valley Chapter of the National Kidney Foundation, about understanding kidney disease. Ms. N'Diaye discusses the function of kidneys—they filter blood, getting rid of toxins from the body, balance the amount of water in the body, produce hormones & help to regulate blood pressure & red blood cell production. She discusses the risk factors of kidney disease: high blood pressure & diabetes, they are the 2 major factors in that they account for about 66% of Chronic Kidney Disease cases—other factors are family history, smoking, and older age. She points out that minorities are at increased risk, doctors are not exactly sure why; however, there is the connection with high blood pressure & diabetes. She then says that kidney disease is staged on a blood test (Glomerular Filtration Rate)—this is a calculation based on creatinine, helps doctors to understand how well the kidneys are functioning & helps them to also know what stage the individual is in. She goes on to say that there are not a lot of symptoms for kidney disease—it is a silent disease; however, as it progresses (stage 3), there can be complications—such as anemia. She points out that symptoms of this disease mimic other disease symptoms—they are nausea, itching, fluid retention in hands & feet, among others. Ms. N'Diaye then says that those with kidney disease are at risk for cardiovascular disease because there is an association between the two. She says protecting both of these systems can be done by controlling cholesterol, eating healthy & exercising. She then says over 300,000 people in the U.S. are on dialysis—this is needed when the kidneys are not doing their job (not filtering blood, not balancing the amount of fluid in the body). She explains that dialysis is a machine that acts as an artificial kidney by doing its functions. Ms. N'Diaye says that many individuals are waiting for kidney transplants—Philadelphia is fortunate in that they have many transplant centers. She says an individual can select a center & be evaluated to see if he/she is a candidate for a transplant.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 7/22/2011 | 1:00 PM  |
|                       |       |       |   |    | 7/23/2011 | 3:30 AM  |
| Joy In Our Town # 280 | 30:00 | 15:00 | L | PA | 7/25/2011 | 11:30 AM |
|                       |       |       |   |    | 7/26/2011 | 3:30 AM  |
|                       |       |       |   |    | 7/28/2011 | 3:30 AM  |

Host Angela Brown talks with Peter Palermo, Chief of Childhood Lead Poisoning Prevention for the Philadelphia Department of Public Health, about the truth about lead poisoning. Mr. Palermo states that last year, 1000 children were diagnosed with lead poisoning in the Philadelphia region. He says there is too much lead in our environment—paints inside & outside of our buildings, auto parts, gasoline & previously in tin & on cans. He says lead is a soft metal- it easily comes off on hands, making it a more dangerous concern. He also says that crystal has lead—many glasses contain it, when an acidic product is used, like orange juice or wine, it can actually dissolve into the drink & be consumed by the individual. He explains that there is long history of using lead in paint, and it was not banned until 1978—any home built before that most likely has lead paint as one of its coats. He points out that lead paint over time turns to dust, so when kids touch the walls, then their mouths, they may be ingesting lead (hands-to-mouth). He also says lead is heavily found in outside soil: it is in the gas of our automobiles, the exhaust settles on lawns & can also come from drip lines from paint on the outside of the home—these both can cause an issue overall when individuals track it into the home on their shoes. Mr. Palermo discusses the effects of lead poisoning: it is permanent, it can cause learning disabilities & hyperactivity, kids cannot learn & get frustrated-causing them to often act out, especially in boys (studies show a correlation between many men in prison & having been lead poisoned as a child). He says lead poisoning also causes high blood pressure. Mr. Palermo goes on to say that there is high concern for children because they are developing—lead poisoning can slow that development process down, or stop it altogether. He says there is major concern when a child's lead poisoning level reaches 10 (measured in micrograms of lead per deciliter of blood). He says the family pediatrician or a city health clinic can provide testing to the child. Mr. Palermo also advises replacing lead painted items in the household, and providing the children with a healthy diet high in iron, vitamin C and calcium, in that they will all keep lead out of their systems.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 9/23/2011 | 1:00 PM  |
| Joy In Our Town # 289 | 30:00 | 15:00 | L | PA | 9/24/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/26/2011 | 11:30 AM |
|                       |       |       |   |    | 9/27/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/29/2011 | 3:30 AM  |

Host Angela Brown talks with Dr. S. Michael Phillips, Professor of Medicine: Allergy & Immunology for the University of Pennsylvania, about understanding allergic disorders. Dr. Phillips states that allergies are the most common chronic disease that individuals have; children have most problems with eczema and food allergies—allergies tend to decrease during puberty---then increase at ages 25-35 & reach their maximum at ages 35-45—then stays consistent until 70. He discusses causes and types of allergies: Inhalant allergies, which are seasonal and caused by pollen, certain molds, ragweed, etc.; and there are Perennial allergies, which involves other molds, pet dander and irritants (these irritants are not considered an allergy). He then discusses food allergies—these are very difficult to diagnose since symptoms are similar to so many other health problems, they are a major problem for children as well. He says 90% of food allergies are caused by tree nuts, peanuts or seafood. Dr. Phillips goes on to say that allergies are on the rise: Inhalant allergies have doubled in the last 15-20 years; asthma & allergies have risen in children from 5% to 11% (even 20% in other areas). He explains the definition of allergies: our immune systems are made up of 2 parts--TH1 (made to protect against infections) & TH2 (made to protect against parasites). He says the TH1 is not as stimulated & is less active due to a cleaner environment, so the TH2 becomes more active—since there are not many parasites locally, this part has to look for something else to protect against—it uses allergens (dander, pollen, etc) & attempts to eliminate them---overall, allergies are an auto-immune response to the wrong thing. Dr. Phillips goes on to say that genetics play a large role in allergic disorders—genetics are now beginning to be analyzed in great detail by Modern Molecular Biological techniques. He says in regard to frequency, if neither parent has allergies, there is fewer than 10% chance the child will; if one parent has allergies, there is a 33% chance a girl will and a 25% chance a boy will; if both parents have them, there is a 90% chance the child will. He discusses the process in identifying allergies in an individual: taking a full history to establish if allergies are present, what the causes are, what types they are & how they manifest themselves; then a physical examination. He says identifying what the allergies are can be done in 2 ways: drawing blood to measure the amount of the IGE antibody or injecting a small amount of the allergen into the skin (reaction will show if it is present). Dr. Phillips says once it is identified, the individual should avoid the allergen and practice physiological things, like washing the nose out with salt.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #307 | 28:30 | 28:30 | REC | PA/O/E | 7/05/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

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

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #308 | 28:30 | 28:30 | REC | PA/O/E | 7/12/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Mike Ronsisvalle** talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. **Jessica Setnick** talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. **Dr. James Mittelberger** talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #309 | 28:30 | 28:30 | REC | PA/O/E | 7/19/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Doreen Lewis** talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. **Dr. George Rhoades** talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. **Dr. Mark Sheehan** talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #310 | 28:30 | 28:30 | REC | PA/O/E | 7/26/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Rita Hancock** talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. **Dr. Randy Brinson** talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. **Dr. Jeffery Crowhurst** talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #311 | 28:30 | 28:30 | REC | PA/O/E | 8/02/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Bill Williams** talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. **Dr. Charles Simmons** talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. **Dr. Jill Westkaemper** talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #314 | 28:30 | 28:30 | REC | PA/O/E | 8/23/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Isabel Lopez** talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. **Dr. James Krystosik** talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. **Dr. Carl Schmidt** talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #315 | 28:30 | 28:30 | REC | PA/O/E | 8/30/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Stephanie Blenner** talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. **Dr. Dale Peterson** talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. **Dr. Bernice Gonzalez** talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #316 | 28:30 | 28:30 | REC | PA/O/E | 9/06/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Valerie Saxon** talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. **Dr. Wayne Gordon** talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. **Dr. Rick Winick** talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.

|                       |       |       |     |        |           |          |
|-----------------------|-------|-------|-----|--------|-----------|----------|
| Doctor to Doctor #317 | 28:30 | 28:30 | REC | PA/O/E | 9/13/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|-----------|----------|

**Dr. Mark Brown** talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. **Kay Spears** talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. **Dr. Brian Nimphius** talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrate move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.

|                       |       |       |   |        |           |          |
|-----------------------|-------|-------|---|--------|-----------|----------|
| Doctor to Doctor #318 | 28:30 | 28:30 | L | PA/O/E | 9/20/2011 | 12:30 PM |
|-----------------------|-------|-------|---|--------|-----------|----------|

**Dr. Barbara Madden** talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. **Dr. Sylvia Johnson** talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. **Dr. Allen Moore** talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Civic Affairs*

|                       |       |       |   |    |           |         |
|-----------------------|-------|-------|---|----|-----------|---------|
| Joy In Our Town # 277 | 30:00 | 15:00 | L | PA | 7/01/2011 | 1:00 PM |
|                       |       |       |   |    | 7/02/2011 | 3:30 AM |
|                       |       |       |   |    | 7/07/2011 | 3:30 AM |

Host Sheila Bell-Thomas talks with Pennsylvania State Representative Greg Vitali of the 166<sup>th</sup> Legislative District, PA House of Representatives, about the proposed funding cuts to environmental programs. Rep. Vitali discusses the role of the department of Environmental Protection: this is made up of about 3,000 people-in the capital & regional offices- who protect the air, water & land & make sure environmental laws that the legislator passes are enforced—they protect our health & safety. He explains that they inspect water treatment plants, power plants, sewage facilities & coal mines. He says the department was hit hard by the budget, in that funding was cut significantly—the general fund allocation has gone down in the budget (from \$225 million 5 years ago to \$136 million just recently). He says if there are not enough environmental “cops” doing what they need to, it will impact our health & safety negatively. He explains that programs have experienced funding cuts, such as the Flood Control Project, West Nile Virus Program, among others. He points out that the disconnect is that even though these funding cuts are occurring, the need for environmental protection is increasing, especially with the Marcellus Shale drilling now taking place—this is causing a lot of pollutants to go into the air & water. He feels that we need to look to the drillers to pay for some of the oversight—this can be done by increasing permitting amounts for air permits. He then mentions House Bill 33, saying that the tax would start out at \$200 million the first year, then increase to \$600 million by the fifth year, giving more money to fund. Rep. Vitali says the public needs to contact their legislator & prioritize environmental issues, as well as have fairer severance taxes with rates high enough to give monies to the right uses, such as the general fund.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 8/12/2011 | 1:00 PM  |
|                       |       |       |   |    | 8/13/2011 | 3:30 AM  |
| Joy In Our Town # 283 | 30:00 | 15:00 | L | PA | 8/15/2011 | 11:30 AM |
|                       |       |       |   |    | 8/16/2011 | 3:30 AM  |
|                       |       |       |   |    | 8/18/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/01/2011 | 4:30 AM  |

Host Sheila Bell-Thomas talks with Assemblyman Herb Conaway of the 7<sup>th</sup> Legislative District, New Jersey General Assembly, about the importance of the Health Insurance Exchange in New Jersey. Assemblyman Conaway states that this legislation is followed on the National Health Group Reform to bring a national health insurance system to the states—individual states are required to develop exchanges that will allow individuals with small businesses to purchase health insurance in a competitive market place. He says many individuals who own small businesses could not afford health insurance because it is often too expensive—this legislation will make it affordable to them. He says affordable health care is a major issue in New Jersey—due to the budget problem, the Family Care Program was cut at the state level—the Federal Government proposed to Washington to move the income eligibility down (this will remove the benefit of this program from 90,000 people). He then says that the health status of individuals depends on having health insurance—access to care: if chronic conditions go untreated, this will cause major problems for the individual on a physical level, then a financial level. He points out that people develop chronic diseases as they age—access to healthcare is critical for seniors—in the past, many could not live their lives the way they ought to due to poor healthcare, this is why the health insurance issue has become so prevalent over time. Assemblyman Conaway goes on to discuss why a health exchange program is so important: we need a mechanism to allow individuals who are self-employed to compare plans & purchase health insurance that is affordable to them based on their income and health needs. He says the exchange also allows for a competitive market place. Assemblyman Conaway says individuals need to be healthy & productive in order to contribute to a healthy economy; the Health Insurance Exchange helps to save the employers money and to use pretax dollars.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 9/02/2011 | 1:00 PM  |
|                       |       |       |   |    | 9/03/2011 | 3:30 AM  |
| Joy In Our Town # 286 | 30:00 | 15:00 | L | PA | 9/05/2011 | 11:30 AM |
|                       |       |       |   |    | 9/06/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/08/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/15/2011 | 4:00 AM  |
|                       |       |       |   |    | 9/22/2011 | 4:30 AM  |

Host Angela Brown talks with New Jersey State Senator Donald Norcross, 7<sup>th</sup> Legislative District, NJ State Senate, about veterans' affairs in New Jersey on a legislative level. Senator Norcross states that there are about 20% veterans in NJ—there are different generations of veterans—some are from the World War II & Vietnam era, and there is also the new generation returning home & trying to re-establish themselves. He says they put their lives on hold to serve in the military—stop employment & life altogether—when they return home from a war zone environment, they face many challenges--the transition back to their normal lives is difficult (there are often employment & health issues). He discusses some recent legislation: Veteran Peer Program, recently signed by the government—after returning home & making that difficult transition, they need support of other veterans who had once made that same transition, they can share their own experiences and provide help to one another. He then discusses the Gold Star Plate Bill—this license plate with the Gold Star will go to the families who have lost loved ones to conflict overseas—this is a way to look at these families & pay respect to their loved one who sacrificed his/her life for our country. He then discusses House Bill 2729: this made it out of Senate but is still in the works to see if it will get signed—this will allow veteran-owned businesses to have opportunities—since they defended our nation & sacrificed themselves—they can be given these opportunities, as first priority. He explains that many returning veterans face many challenges gaining employment—some may not have even had a job before leaving—they need opportunities to become employed again, and even start their own businesses. Senator Norcross says veterans also face many health issues when returning home—a new veterans' clinic has opened in the city of Camden, and they are working to get a new veterans' hospital opened in the southern New Jersey region.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |           |          |
|-----------------------|-------|-------|---|----|-----------|----------|
|                       |       |       |   |    | 9/09/2011 | 1:00 PM  |
|                       |       |       |   |    | 9/10/2011 | 3:30 AM  |
| Joy In Our Town # 287 | 30:00 | 15:00 | L | PA | 9/12/2011 | 11:30 AM |
|                       |       |       |   |    | 9/13/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/15/2011 | 3:30 AM  |
|                       |       |       |   |    | 9/22/2011 | 4:00 AM  |
|                       |       |       |   |    | 9/29/2011 | 4:30 AM  |

Host Angela Brown talks with New Jersey State Senator Donald Norcross, 7<sup>th</sup> Legislative District, NJ State Senate, about legislation's impact on employment in New Jersey. Senator Norcross states that unemployment in New Jersey went up a tenth of a percent recently—those seeking employment are not getting opportunities—there is a need for stability. He says on a positive note that the city of Camden has changed into a service sector from an industrial sector over the last 25 years—hospitals & data centers, among others, are now the driving force. He then says that the economy in southern New Jersey is also driven by Atlantic City—over the last year, a number of things have been done on a legislative level to help enable Atlantic City to take off. He then discusses the Transit Bill: this was just signed by the government—it addresses & encourages those areas around transit hubs to give incentives for businesses to grow & prosper right at transit stations (individuals can use mass transit & live close to their jobs). He also discusses the NJ First Act, saying that public entities in New Jersey, when hiring, must hire New Jersey residents first—this goes into effect September 1 of this year. He explains the Pen Ben Bill (Pension Benefit Bill): this was recently passed—the pension system for employees in New Jersey has suffered (107% overfunding went down to 50% funding within the last decade). He says pension was at risk for many employees—they could have lost it altogether. He says this bill is helping to resolve the issue—employees have to contribute more & the state has been mandated to make a pension payment, along with healthcare committees being placed with labor management to address what benefits they can have & afford. Senator Norcross goes on to say that a new medical school is coming to Camden city, along with the expansion of Rutgers & Rowan universities, and Camden County College. He says that with this growth, new homes are being built & businesses are starting there. He also says that Improvement Authorities are giving encouragement for new businesses to open up in New Jersey rural areas.

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

# **Trinity Broadcasting Network**

## *Quarterly Report*

October, November, December 2011

**WGTW-TV**

**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.*

Economy

Health

Public Safety

Environment

Youth

Civic Affairs

Local Electoral 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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Economy*

|                       |       |       |   |    |            |         |
|-----------------------|-------|-------|---|----|------------|---------|
| Joy In Our Town # 294 | 30:00 | 15:00 | L | PA | 10/28/2011 | 1:00 PM |
|                       |       |       |   |    | 10/29/2011 | 3:30 AM |
|                       |       |       |   |    | 11/17/2011 | 4:30 AM |

Host Renai Ellison talks with Raymond Lamboy, President & CEO for the Latin American Economic Development Association (LAEDA), about the importance of economic development among the Latin American community. Mr. Lamboy defines economic development as the rebuilding or economic base of a city—job creation, small business/commerce & housing. He says when these factors are in balance, there is a rise in economic opportunity in that region. He says there are opportunities available for Latin Americans & other minority individuals to start their own business, as well as opportunities on the Federal level & state level. He discusses the preparation steps for starting a business: developing a savings plan for the finances, start taking an active role in the business of interest in order to gain the needed experience—know all sides of it (sales, management & production). He points out barriers to starting small businesses as not having adequate job experience to be successful, and not having the capitol to get into the business. Mr. Lamboy then discusses the Comprehensive Economic Development Strategy: this is a strategy developed after realizing there is a major need to acquire the real estate & renovate it to open for business—there is an overall need for commercial real estate development. He says this strategy also involves the need for marketplace development—it has been found that many individuals starting a small business had to locate where there were other businesses, illustrating an overall need for commercial district revitalization. He explains that a streamline process of starting small businesses among Latin Americans is important for the city of Camden, New Jersey—there have been recommendations made to Mayor Dana Redd to be implemented, such as the creation of the Business Growth & Economic Development Committee. He says this would bring together all of the economic development professionals in the city or the administration to streamline the process of development in Camden, NJ. Mr. Lamboy then says there are opportunities for minority small-businesses for paid salary from the state: this comes from the Federal, to the state then to the job training program, in which the employee's salary is paid for the first 6-9 months as long as he/she is being taught a new trade or skill set. He says overall, small businesses help the Latin American community as well as the community at large.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 11/18/2011 | 1:00 PM  |
| Joy In Our Town # 297 | 30:00 | 15:00 | L | PA | 11/19/2011 | 3:30 AM  |
|                       |       |       |   |    | 11/21/2011 | 11:30 AM |
|                       |       |       |   |    | 11/22/2011 | 3:30 AM  |
|                       |       |       |   |    | 11/24/2011 | 1:00 PM  |

Host Renai Ellison talks with Raymond Lamboy, President & CEO for the Latin American Economic Development Association (LAEDA), about community development & its economic impact on Camden, New Jersey. Mr. Lamboy states that there is a lot of interest in the city of Camden, NJ, but there are many challenges facing it as well, particularly those that are systematic. He says Camden is nowhere close to being able to support itself—any healthy city needs a strong tax base to fund its school district & municipalities—in Camden, the budget between the school districts & municipalities is about \$475 million, yet the city only raises about \$28 million from its tax base. He says a long-term strategy is needed that will start to rebuild the tax base step-by-step, so within 25-30 years, Camden will become self-sufficient. He says there is a need to provide economic opportunity to low-income & moderate-income individuals to build businesses & fend for themselves, also allowing resources & education for those who do not have an entrepreneurship background. Mr. Lamboy then discusses community revitalization: this is when cities have attained better education opportunities, better job opportunities & interventions that help families stay together and solidify/grow. He mentions another issue—high unemployment causes lack of disposable income to purchase goods & services, which affects small merchants at the city level—community revitalization can help diminish this issue. He then says that larger businesses can often eliminate small businesses, so it is important to find ways to communicate & work with them & understand their niche, so they can do more of the unique work required for the city that the small businesses cannot do, therefore, leaving room for those small businesses to continue to flourish. Mr. Lamboy then explains that times are changing, so technology training is important for small businesses—many small businesses in Camden do not use computers or other forms of technology, so it is important for them to take advantage of resources available to them that will train them to use computers & other technology. Mr. Lamboy then mentions that there are also resources available for education on operating a small business. He then discusses Camden's bad reputation: individuals & business owners need to realize that Camden has a culture rich & overflowing, with a lot of diversity & solid families from generations—it is indeed an excellent place to have a small business, helping its economic opportunity overall.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
| Joy In Our Town # 298 | 30:00 | 15:00 | L | PA | 11/25/2011 | 1:00 PM  |
|                       |       |       |   |    | 11/28/2011 | 11:30 AM |
|                       |       |       |   |    | 11/29/2011 | 3:30 AM  |

Host Angela Brown talks with Stephanie Bittner, Community Outreach Manager for the Consumer Credit Counseling Service of Delaware Valley, about credit cards—what consumers need to know. Ms. Bittner states that credit cards can help the consumer in that paying the bill on time each month helps to build the credit score over time—it can show lenders for larger purchasers that the consumer can handle the payment, & there will be a higher likelihood to get approved for a loan & a better interest rate. She says in times of hardship, credit cards can be used as a buffer—they can be a good short-term option for finances, but consumers need to be careful not to go overboard and accumulate a lot of debt. She explains that many people struggle with managing credit—it can have a snowball affect in that the balance can become high & they cannot make the minimum payments any longer on a monthly basis, then becoming delinquent, which will then show on the credit report. She encourages consumers to use credit cards at a minimum—learning how to reduce expenses based on monthly income is a better solution than making credit card accounts a crutch. Ms. Bittner then discusses college age individuals & the Credit Card Act: previously, college kids were bombarded with credit card applications on campuses; however, legislation has recently passed stating that if an individual is between 18-21 & wants a credit card, he/she has to show proof of employment & that the minimum payments can be made, or he/she has to get a co-signer to sign on the account. She advises consumers in this age bracket to get a pre-loaded card for 1 year (they put their own money on the card & have only that to use), which allows the individual to learn how to manage an account without going into debt—then they can go to the next step & open a regular unsecured credit card account after that year to establish credit. She says having parents teach their kids management & financial skills through this process is important, along with supporting the decision if they are ready to open a credit card or not. She then discusses seniors: many are on a fixed income, and with inflation & rising medical costs, along with other costs—many also tend use credit cards as a crutch. She says overall, consumers need be aware of what is listed in the fine print, especially with variable rates & transfer fees. Ms. Bittner also says that credit card statements now show estimated times on how long it will take to pay the debt off if the minimum amount is paid monthly—or how much if a larger amount is paid monthly, allowing him/her to know how much faster the debt can be paid off & how much smaller the interest rate will be over time. Ms. Bittner then advises those struggling to pay their monthly bill to reach out to their creditors & work out a payment arrangement to help them get through the hardship & get out of that debt.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
| Joy In Our Town # 299 | 30:00 | 15:00 | L | PA | 12/02/2011 | 1:00 PM  |
|                       |       |       |   |    | 12/05/2011 | 11:30 AM |

Host Angela Brown talks with Stephanie Bittner, Community Outreach Manager for the Consumer Credit Counseling Service of Delaware Valley, about financial strategies to survive the holiday season. Ms. Bittner states that many people get caught up in the holiday season with the television & print advertisements—there is a lot of emotion & impulse shopping over this. She says the average credit card balance is over \$8,000 in America—many individuals are still struggling financially due to the economy, particularly with the unemployment rate—this is very prevalent locally. She says if individuals want to buy gifts, it is best to do it with cash rather than credit cards—or perhaps even make a gift instead, since it is less costly (food, crafts, photo albums, etc.). She points out that too many outstanding balances on credit cards usually leads to maxing out the cards or having monthly payments with a minimum that is too high to pay—both lead to a negative impact on the credit score. She says this can snowball in that the credit card companies will then raise the consumer's interest rates. She advises individuals to pay more than the minimum amount due on the credit cards, pay the bills on time (avoids late fees), pay the card with the highest interest rate first, if there are multiple cards—spend the same amount on the one that is paid off on the other cards to allow the process of paying off debt to move much faster. She also recommends consumers to reach out to a credited credit counseling agency for debt management programs—these agencies have agreements with the major credit card companies to potentially lower the interest rates. Ms. Bittner goes on to discuss creating a holiday budget: start writing down who you want to buy for & the maximum you would like to spend on him/her—if there are many friends or a large family, consider a Pollyanna; it is important to stick to that list; be a smart consumer—take advantage of sales, look for the best rates, compare prices & use coupons—this will all maximize the money spent. She then explains how to be creative when entertaining, such as making one main entrée when having a holiday dinner, and allowing everyone else to bring their own side dish along.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
| Joy In Our Town # 299 | 30:00 | 15:00 | L | PA | 12/02/2011 | 1:00 PM  |
|                       |       |       |   |    | 12/05/2011 | 11:30 AM |

Host Angela Brown talks with the Honorable Reverend Dr. W. Wilson Goode, Sr., National Director & Amachi Senior Fellow for Public Private Ventures, about diminishing challenges facing low-income & moderate-income consumers. Dr. Goode states that the poverty rate level is under \$11-\$12,000 income & for moderate-income it is \$25-\$40,000 for a family of 4. He says we need a way to have families & individuals be able to provide for themselves the cost of living in 2011—food, utilities, housing, etc. He says poverty can bring about hunger, homelessness, petty crime to get by & panhandling on the streets. He then says that the struggling economy has impacted all individuals, of all socioeconomic backgrounds—poverty knows no boundaries in these current times. He points out that homelessness can be seen throughout Philadelphia, illustrating the issue of high poverty. Dr. Goode discusses the factors that have lead to the high financial struggle: the economy is not performing as well as in the past—especially with unemployment, the drug culture—many cannot work due to drug addiction, education-many are dropping out of high school before graduation (33% nationally, and 50% among African Americans)—the lack of skills & ability prevent those individuals from attaining employment that is available. He also says that incarceration plays a huge role—there are consequences to leaving prison, such as not being able to find a job, not being able to serve on a jury, not being able to live in public housing, among others. He says all of these issues need to be solved first in order to improve economic problems, since they will exist regardless. Dr. Goode explains that the rise in poverty & struggle among moderate-income families has been progressing over time—we did not address it as quickly as we should have—there should have been more aggressive approaches to the education issue & the drug culture issue in the past. He then points out that there are not enough resources available to respond to the needs of the public currently—we need to mobilize more federal, state & local dollars to begin to generate some type of employment for those individuals living in poverty. He says the long-term issue is to build an education infrastructure to prevent this problem in the future; the short-term solution is to develop public service jobs to become available & create comprehensive training programs, especially in technology.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Health*

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 11/14/2011 | 11:30 AM |
| Joy In Our Town # 296 | 30:00 | 15:00 | L | PA | 11/15/2011 | 3:30 AM  |
|                       |       |       |   |    | 11/17/2011 | 3:30 AM  |
|                       |       |       |   |    | 11/24/2011 | 1:30 PM  |

Host Joy Arab talks with Robin Roberts, ECC Healthcare Account Manager for the American Heart Association, about the importance of understanding heart disease & learning CPR. Ms. Roberts states that heart disease is the number 1 killer of women & men (stroke is number 3)—it is the most prevalent & challenging health problem. She says it will only get worse unless aggressive steps are taken for prevention & better acute care is taken for those who fall victim to cardiovascular disease, stroke or sudden cardiac arrest. She discusses the causes of heart disease: there are 2 major causes overall—Genetics or life choices. She explains that with genetics, many children can be affected with needing surgeries for structural problems of the heart or for cerebral difficulties/malformations. She says that with life choices, contributors throughout life can be factors, such as smoking (# 1 risk factor that is controllable), lack of exercise & poor diet. She goes on to discuss the life threatening results from heart disease: repertory issues, irregular heartbeat (Arrhythmia), lack of the ability to function with daily activities, and even death. She says that 350, 000 individuals die each year from sudden cardiac arrest. Ms. Roberts then discusses the 2 important ways to save an individual's life from sudden cardiac arrest: CPR (Cardiopulmonary Resuscitation) and defibrillation. She explains CPR as a method to replicate for the victim until he/she can resuscitate or revive—the breathing/heartbeat is re-created. She says the rescue breathing helps to get oxygen into the blood so it can circulate, the compressions are meant to replicate the heartbeat, to get it pumping in order to revive & sustain the victim. She explains that the American Heart Association re-creates the CPR guidelines every 5 years. Ms. Roberts then discusses the White Suit campaign: this is named after the character John Travolta played in the film *Staying Alive*—it is meant to generate awareness for hands only CPR—it is the newest & most simplified version of CPR that anyone can do in the event of an emergency. She states the 2 major steps for this form of CPR: call 911, then press hard & fast on the chest to the tempo of the song *Staying Alive*. She then discusses PA Senate Bill 351: this is also known as the Good Samaritan law in PA—the goal is to improve the use of AED from bystanders. Ms. Roberts then demonstrates hands only CPR on a mannequin for the viewers, showing how to do compressions on the chest until the ambulance or AED arrives, or how 2 individuals may need to go back & fourth if the ambulance/AED will not be able to arrive in a quick amount of time.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 11/18/2011 | 1:00 PM  |
| Joy In Our Town # 297 | 30:00 | 15:00 | L | PA | 11/19/2011 | 3:30 AM  |
|                       |       |       |   |    | 11/21/2011 | 11:30 AM |
|                       |       |       |   |    | 11/22/2011 | 3:30 AM  |
|                       |       |       |   |    | 11/24/2011 | 1:00 PM  |

Host Joy Arab talks with Rebecca Stack, registered dietitian for Main Line Health-Bryn Mawr Hospital, about the importance of healthy eating habits, especially during the holiday season. Ms. Stack says 2/3 of the population is overweight—this is a significant issue for the Philadelphia region. She says this is due to an imbalance of energy intake exceeding output, unhealthy food being ubiquitous—high-calorie food with low nutrition value is everywhere, and many individuals do not exercise as much—many sit behind a desk, in a car or at home throughout the day. She then discusses health risks associated with obesity: Type 2 Diabetes, heart disease, high cholesterol, high blood pressure. She goes on to explain that many individuals use the holidays as an excuse to overindulge—there is a need to stick to moderation & have a good mindset overall—not feel guilty about eating a treat, but only enjoy one or two. She says an individual needs to eat 3500 calories over the normal consumption to gain 1 pound, so it is fine to have a dessert occasionally, but not every day. She also says people need to pay mind to their liquid intake during the holidays—they go down easily & are full of calories & provide very little nutritional value—these include eggnog, alcoholic beverages, regular sodas, etc.—it is better to instead use low-fat eggnog, malt ciders, diet sodas, etc. Ms. Stack discusses healthy alternatives for baking holiday deserts: substitute 2 egg whites for 1 egg, use a smashed banana or applesauce instead of vegetable oil, use evaporated skim milk instead of heavy cream. She then states some healthy alternatives for other deserts: eat 1 oz. of dark chocolate vs. chocolate cake, eat baked apples with sorbet vs. apple or sweet potato pie, substitute whole wheat flour & add oatmeal or walnuts instead of traditional chocolate chip cookies. Ms. Stack then provides some healthy eating tips: eat nothing except what can be put on a fork--bite-size appetizers/ finger food can add up with the calories before the main meal has even begun; use a smaller plate—there appears to be more food; eat when hungry, not just because there is food available; and enjoy a high-protein snack before attending a party to offset hunger, which helps avoid overindulging in snacks & other foods. Ms. Stack then mentions kids—parents can help their children avoid or diminish obesity by keeping healthy snacks available, such as a fruit bowl on the table, or ready-to-eat vegetable slices at their eye level in the refrigerator. She says overall, kids can enjoy treats, as long as parents set limits. She also says that New Year's resolutions can become self-defeating goals, so during the holidays, it is better to maintain weight by offsetting hunger & adding in a little more exercise. Ms. Stack then prepares a healthy dip for viewers in the kitchen.

*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> |
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |         |
|-----------------------|-------|-------|---|----|------------|---------|
| Joy In Our Town # 300 | 30:00 | 15:00 | L | PA | 12/09/2011 | 1:00 PM |
|                       |       |       |   |    | 12/30/2011 | 1:00 PM |

Host Joy Arab talks with Dr. Richard Schwab, Professor for the Department of Medicine, Division of Sleep Medicine at the University Of Pennsylvania Medical Center, about the truth about sleep apnea. Dr. Schwab states that sleep apnea is a chronic condition that means that the upper airway is collapsing while the individual is asleep (4% of women have it, and 9% of men have it). He says the first sign of it is snoring—this is not normal for the body. He says the upper airway will start to obstruct (gets narrow) or will completely obstruct. He says it causes the individual to drop their oxygen while sleeping, leading to daytime drowsiness. He then explains that there is a host of cardiovascular problems that occur with sleep apnea, such as hypertension, heart attacks, stroke & a number of cardio arrhythmia. He discusses the factors that cause sleep apnea: genetics, the size of bones such as the mandible, the size of the tongue, the size of the uvula and body weight—80% of those with sleep apnea are obese. He then says that alcohol, sedatives and pain medications will make sleep apnea worse; however, weight loss will help sleep apnea. He further explains signs of sleep apnea: snoring, morning headaches, not feeling refreshed in the morning, chance of falling asleep while driving or doing other daytime activities, irritability, lowered sex drive, as well as the cardiovascular issues. He points out that sleep apnea is on the rise due to the rise of obesity in our society. He explains that sleep apnea may go away or lessen in patients who lose weight or undergo weight-loss surgery. Dr. Schwab discusses treatment options: Continuous Positive Airway Pressure (CPAP)-this is a mask worn on the nose & mouth to open the walls of the airway—this helps sleep apnea to go away & stops the snoring. He then says there are oral appliances used to aid in sleep apnea—they are placed on the upper & lower teeth to pull the jaw forward, which pulls the tongue forward & opens up the space (this works about 2/3 of the time); there is upper airway surgery & weight-loss surgery; and U Triple P (Uvulopalatopharyngoplasty) which involves taking tonsil tissue out that is on the uvula (this works about 50% of the time). He points out that there are new surgical techniques & devices on the horizon that will be coming out in the next few years. Dr. Schwab says prevention of sleep apnea is best done by consuming no alcohol, sleeping off of the back, and through weight loss. He also says individuals can have a sleep study done in a sleep lab, which can help that individual act sooner on the condition if it is diagnosed.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |         |
|-----------------------|-------|-------|---|----|------------|---------|
| Joy In Our Town # 301 | 30:00 | 15:00 | L | PA | 12/16/2011 | 1:00 PM |
|-----------------------|-------|-------|---|----|------------|---------|

Host Joy Arab talks with Dr. Richard Schwab, Professor for the Department of Medicine, Division of Sleep Medicine at the University Of Pennsylvania Medical Center, about sleep disorders & how they impact us even while we are awake. Dr. Schwab states that the most common sleep problem is sleep deprivation—many of us are deprived of some sleep & we often compensate that with morning coffee. He says this problem can lead to drowsiness during the day, falling asleep at work, while driving or during any other day time activity. He says individuals in general need about 7-8 ½ hours of sleep per night (although everyone is different), so if an individual is not getting the right amount of sleep that his/her body needs, there will be sleep deprivation. He then discusses insomnia: this is mostly a chronic condition & is more of a symptom than a disorder—it is caused by stress (thinking of a current negative situation can prevent the individual from falling asleep). He says some of the other major causes of insomnia are certain medications, stimulants, smoking, problems with other physical disorders (heart issues, chronic pain, etc.) & other sleep disorders (such as sleep apnea). He then discusses who are most at risk for sleep disorders—it depends on what sleep disorder/problem is occurring. He says for sleep apnea it those who are overweight & for insomnia it is those who are psychiatric patients, post-menopausal women & the elderly. He says narcolepsy & restless leg syndrome are less common than insomnia & sleep apnea. Dr. Schwab goes on to say that sleep disorders affect individuals during the day—those who are sleep deprived have day time sleepiness & are not as affective at work, they may sleep while driving & have difficulty in concentration; sleep apnea can lead to a host of cardiovascular factors & the inability to stay awake during the day & irritability. He then says the best way to prevent sleep disorders is to get the right amount of sleep that the body requires, go to bed & wake up the same time each day—the body will work much better this way, and to not do anything before bed that will ruin sleep, such as exercising, watching a scary or violent movie, drinking alcohol, etc. Dr. Schwab then discusses treatment options: for insomnia, there are a lot of over-the-counter medications available, but they are not good in that they have antihistamines (dry out secretions); there are sleeping pills available, however they may be addictive & have negative affects during the day. He says for insomnia, Cognitive Behavioral Therapy is best—this involves different counseling techniques that teach people how to sleep ( sleep hygiene improvement, how to handle not sleeping well, sleep restriction, among others). He says there are affective medical therapies for narcolepsy & restless leg syndrome; and for sleep apnea, there are surgical options, oral appliances & CPAP masks. Dr. Schwab advises individuals to talk to their family doctor about potential sleep problems & ask family members about any sleep disorder symptoms that may be occurring.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |         |
|-----------------------|-------|-------|---|----|------------|---------|
| Joy In Our Town # 301 | 30:00 | 15:00 | L | PA | 12/16/2011 | 1:00 PM |
|-----------------------|-------|-------|---|----|------------|---------|

Host Angela Brown talks with Peter Palermo, Chief of Childhood Lead Poisoning Prevention for the Philadelphia Department of Public Health, about the importance of keeping a healthy home. Mr. Palermo states that individuals are more than likely to die from injury before the age of 45 than anything else, and most injuries occur in the home. He says the current & most affective method is to educate people about home health—funding is just starting to build for intervention—grants are provided to the Department of Health to do complete evaluations of homes for safety & health concerns, there will be more needed for full interventions of homes in poor conditions. Mr. Palermo then discusses the 8 tips for keeping a healthy home: Keep it dry—water affects the structural integrity of the home the most; water & moisture cause mold to grow inside the home (the number of children with asthma has increased over the last few years). He then says keep it clean—keeping dirt & dust from outside from entering the home is important, individuals need to develop routine cleaning schedules, this will also keep down mold spores, lead dust & other harmful things from staying inside the house. He says the 3rd major tip is to keep the home ventilated--the air in the home can actually be more polluted that the air outside, homes are designed to breathe; ventilation is also needed to remove water vapors from the shower & cooking to prevent mold from growing; also, since many chemicals are used inside the home, they need to be aired out. He says the next tip is to keep it contaminate—keep them out if they are not necessary, like pesticides. He advises a protocol called Integrative Pest Management—using the least amount of pesticides & toxins as possible to deal with pest—pests need what humans need to live, so keeping food wrapped up in the cabinet/refrigerator, sealing up cracks, & using traps for mice & roaches are steps in avoiding pesticides. He says the 5<sup>th</sup> tip is to keep the home pest-free—so many individuals are allergic to pests, and their droppings, fur and dead roach parts—these can all cause diseases as well. He says pests are common in row homes that are so prevalent in Philadelphia. He says the 6<sup>th</sup> tip is to keep the home safe—look for slip & fall hazards, electrical problems & that there is not a lot of trash around; always keep working smoke alarms & carbon monoxide alarms around. Mr. Palermo then mentions keeping the home maintained—maintenance is very important in preventing hazards from occurring. He states the 8<sup>th</sup> tip, keeping the home accessible—many seniors & those in wheelchairs need easy access to bathrooms, kitchen & storage areas.

|                       |       |       |   |        |            |          |
|-----------------------|-------|-------|---|--------|------------|----------|
| Doctor to Doctor #320 | 28:30 | 28:30 | L | PA/O/E | 10/04/2011 | 12:30 PM |
|-----------------------|-------|-------|---|--------|------------|----------|

**Doreen Lewis** talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It's important to look at the chemicals being used, cut sugar and exercise. **Dr. Elizabeth Matthews** talked post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It's important to get help and the treatment based up the severity of the depression. **Dr. Samuel Verghe** talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |            |          |
|-----------------------|-------|-------|-----|--------|------------|----------|
| Doctor to Doctor #321 | 28:30 | 28:30 | REC | PA/O/E | 10/11/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|------------|----------|

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

|                       |       |       |     |        |            |          |
|-----------------------|-------|-------|-----|--------|------------|----------|
| Doctor to Doctor #322 | 28:30 | 28:30 | REC | PA/O/E | 10/18/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|------------|----------|

**Dr. Jill Westkaemper** talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. **Dr. Leonard Scott** talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. **Dr. Janet Poole** talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

|                       |       |       |     |        |            |          |
|-----------------------|-------|-------|-----|--------|------------|----------|
| Doctor to Doctor #323 | 28:30 | 28:30 | REC | PA/O/E | 10/25/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|------------|----------|

**Dr. April Speed** talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. **Dr. Wayne Gordon** talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. **Dr. Thomas Di Stefano** talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.

|                       |       |       |     |        |            |          |
|-----------------------|-------|-------|-----|--------|------------|----------|
| Doctor to Doctor #324 | 28:30 | 28:30 | REC | PA/O/E | 11/15/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|------------|----------|

**Dr. Bryan Wasson** talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. **Dr. Mason Savage** talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once day. You should visit your dentist regularly. **Dr. Stephanie Blenner** talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |     |        |            |          |
|-----------------------|-------|-------|-----|--------|------------|----------|
| Doctor to Doctor #326 | 28:30 | 28:30 | REC | PA/O/E | 11/22/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|------------|----------|

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

|                       |       |       |     |        |            |          |
|-----------------------|-------|-------|-----|--------|------------|----------|
| Doctor to Doctor #327 | 28:30 | 28:30 | REC | PA/O/E | 11/29/2011 | 12:30 PM |
|-----------------------|-------|-------|-----|--------|------------|----------|

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

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Public Safety*

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 10/07/2011 | 1:00 PM  |
|                       |       |       |   |    | 10/08/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/10/2011 | 11:30 AM |
| Joy In Our Town # 291 | 30:00 | 15:00 | L | PA | 10/11/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/13/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/20/2011 | 4:00 AM  |

Host Renai Ellison talks with Joan Przybylowicz, Deputy Director for External Affairs, and Samantha Phillips, Assistant Managing Director—both of the Philadelphia Office of Emergency Management, about the importance of preparing for emergency disasters. Ms. Przybylowicz states that there are 2 categories of disasters—Human-caused (fires, hazardous chemical emergencies, terrorist attacks, etc.) and Natural (hurricanes, tornados, blizzards, heat waves, earthquakes, etc.). She says the Philadelphia area has recently experienced 2 tornados, a hurricane and earthquake this year—it is important for all individuals to always be prepared. She says having a first aid kit and a way to stay informed, such as a radio, is strongly advised. She recommends each household to have an emergency plan: develop a communication plan if there is separation, having a list of important medications a family member takes, and have an out-of-state contact in the event that phone lines are overloaded (it is easier to call long-distance in this situation). Ms. Phillips emphasizes the importance of having multiple ways to communicate with loved ones—text messaging is another effective way to contact family/friends if phones are not an option. Ms. Przybylowicz says there will be information provided to local news stations; however, there may be no electricity—so having a back-up plan is key. She says a good back-up is a radio with an extra set of batteries or windup radio. She says using Ready Notify PA is a major help—this provides text or e-mail alerts to those in all 5 counties in Southeastern Pennsylvania. Ms. Phillips explains that Philadelphia does have a comprehensive evacuation plan—there are a variety of different routes that have been identified in the region. She says some of these routes are for mass transit, pedestrians, private vehicles & some are withheld from the public because they are for first responders who will need to get to the emergency as soon as possible. Ms. Przybylowicz then discusses Go-Bags: these are basically a backpack with emergency supplies, such as bottled water, a portable radio with extra batteries, a flashlight with extra batteries, non-perishable food (granola bars, energy bars, etc.), medications and copies of important documents (Deed to house, Title of car, Identification of family members, medical records, among others). She says these go-bags should be packed & kept near an exit in the home in the event an evacuation emergency occurs. Ms. Phillips explains Shelter-In-Place: this occurs when an emergency requires individuals to stay in the home, such as something in the air outside that may be dangerous—individuals would close all windows & go to a room with as few windows as possible & stay there until the “all clear” sign is given.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |         |
|-----------------------|-------|-------|---|----|------------|---------|
| Joy In Our Town # 294 | 30:00 | 15:00 | L | PA | 10/28/2011 | 1:00 PM |
|                       |       |       |   |    | 10/29/2011 | 3:30 AM |
|                       |       |       |   |    | 11/17/2011 | 4:30 AM |

Host Renai Ellison talks with Joan Przybylowicz, Deputy Director for External Affairs, and Samantha Phillips, Assistant Managing Director—both of the Philadelphia Office of Emergency Management, about what businesses need to know for preparing for emergencies. Ms. Phillips states that there are a variety of hazards that can occur that would impact businesses in Philadelphia—they range from historical (snow storms, hurricanes, earthquakes, etc.), geographical (where the business is located & critical infrastructure—transportation routes, chemical plants nearby, etc.), human (whether employees are trained appropriately, mistakes made), and structural (the age of the building & if its well-maintained). Ms. Przybylowicz says business should include all employees in discussion of safety plans & develop a planning team. She emphasizes the importance of identifying what critical operations will remain running during an evacuation from the facility, and to identify who will be in charge when a disaster occurs (to give directions, notifying people of the emergency, and deciding where to operate from if employees need to leave the facility). She explains that this is important in that businesses need to not close down after an emergency, they are vital to our local economy & individuals need to be gainfully employed—businesses need to be prepared. She then encourages businesses to practice fire drills, shelter-in-place drills & to even have “toss around” scenarios—what would we do if a bomb threat occurred, if a hurricane occurred, etc. She says the Federal government has information for drills & exercises available. Ms. Phillips discusses Ready Notify PA: this is a public texting & e-mail based notification system available in the 5 counties in Southeastern Pennsylvania—this allows individuals to receive emergency alerts from the Office of Emergency Management in the event of a disaster. Ms. Przybylowicz then explains the purpose of a “go-bag:” they are backpacks that contain emergency supplies such as non-perishable food, bottled water, a radio with extra batteries, a flashlight, and important documents. She says businesses should encourage their employees to each have one & keep it in their desk area or locker. Ms. Phillips discusses the center city high-rise evacuation plan—this is developed for high-rise buildings over 6 stories, through studies, every high-rise in center city Philadelphia has a rallying point, which allows employees to gather in one place & to communicate with the supervisor. Ms. Przybylowicz then advises businesses & individuals to be prepared, develop an emergency plan & be ready to take appropriate action if an emergency occurs.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
| Joy In Our Town # 280 | 30:00 | 15:00 | L | PA | 12/23/2011 | 1:00 PM  |
|                       |       |       |   |    | 12/26/2011 | 11:30 AM |

Host Sheila Bell-Thomas talks with Julie Rausch, Executive Director of the Anti-Violence Partnership of Philadelphia, about ending the cycle of violence among youth. Ms. Rausch states that in an urban area like Philadelphia, there are so many social & economic problems facing families—poverty, inadequate housing, social/economic issues in the schools, etc. She says violence is a normal reaction children learn early, and what makes that problem a larger one is that in Philadelphia, there is easy access to weapons. She points out that bullying has always been prevalent; however, there is a heightened awareness of it & now access to the internet—which can now involve hundreds of people into the bullying instead of just a few. She then says that alternatives to violence can be learned, but not through a single program/activity—kids have to be bombarded with positive messages to offset the negative messages they received. She says many kids get negative messages from home, like domestic violence—or from outside of the home, like community violence. Ms. Rausch then explains that cultural norms of the community can be of concern, (kids think they have to be tough, do not want to be seen as weak, parents want kids to be able to defend themselves)—this behavior can be misunderstood leading into the cycle of violence. She states that it is important to reach out to kids early to teach them conflict resolution, anger management, communication skills & discuss peer pressure, then follow up with reinforcing booster messages. She says bereavement counseling is another tool kids dealing with violence often need—most have lost a loved one to violence & faced repeated trauma—they often do not seek help. Ms. Rausch then points out that due to recent budget cuts, schools do not have the tools or money to deal with this issue. She says that as of now, secondary schools will have 1 counselor for every 400 students. She emphasizes the importance of sending positive messages to youth & teaching them positive skills as a long-term solution to youth violence. She also says we need to encourage kids to utilize services & resources available to them.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
| Joy In Our Town # 280 | 30:00 | 15:00 | L | PA | 12/23/2011 | 1:00 PM  |
|                       |       |       |   |    | 12/26/2011 | 11:30 AM |

Host Angela Brown talks with Peter Palermo, Chief of Childhood Lead Poisoning Prevention for the Philadelphia Department of Public Health, about the truth about lead poisoning. Mr. Palermo states that last year, 1000 children were diagnosed with lead poisoning in the Philadelphia region. He says there is too much lead in our environment—paints inside & outside of our buildings, auto parts, gasoline & previously in tin & on cans. He says lead is a soft metal- it easily comes off on hands, making it a more dangerous concern. He also says that crystal has lead—many glasses contain it, when an acidic product is used, like orange juice or wine, it can actually dissolve into the drink & be consumed by the individual. He explains that there is long history of using lead in paint, and it was not banned until 1978—any home built before that most likely has lead paint as one of its coats. He points out that lead paint over time turns to dust, so when kids touch the walls, then their mouths, they may be ingesting lead (hands-to-mouth). He also says lead is heavily found in outside soil: it is in the gas of our automobiles, the exhaust settles on lawns & can also come from drip lines from paint on the outside of the home—these both can cause an issue overall when individuals track it into the home on their shoes. Mr. Palermo discusses the effects of lead poisoning: it is permanent, it can cause learning disabilities & hyperactivity, kids cannot learn & get frustrated-causing them to often act out, especially in boys (studies show a correlation between many men in prison & having been lead poisoned as a child). He says lead poisoning also causes high blood pressure. Mr. Palermo goes on to say that there is high concern for children because they are developing—lead poisoning can slow that development process down, or stop it altogether. He says there is major concern when a child’s lead poisoning level reaches 10 (measured in micrograms of lead per deciliter of blood). He says the family pediatrician or a city health clinic can provide testing to the child. Mr. Palermo also advises replacing lead painted items in the household, and providing the children with a healthy diet high in iron, vitamin C and calcium, in that they will all keep lead out of their systems.

*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> |
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|

*Environment*

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 10/07/2011 | 1:00 PM  |
|                       |       |       |   |    | 10/08/2011 | 3:30 AM  |
| Joy In Our Town # 291 | 30:00 | 15:00 | L | PA | 10/10/2011 | 11:30 AM |
|                       |       |       |   |    | 10/11/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/13/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/20/2011 | 4:00 AM  |

Host Joy Arab talks with Virginia Ranly, Director of Education for the Schuylkill Center for Environmental Education, about the importance of wildlife in Philadelphia & surrounding areas. Ms. Ranly states that there is a lot of wildlife in and around Philadelphia—fish & aquatic organisms, otters & snakes that live in the Delaware & Schuylkill rivers & in ponds, as well as raccoons, opossums, squirrels, a large variety of birds, among others. She says there is a lot of green space locally; therefore, there are many roles played by all animals in our ecosystem (from insects in the soil all the way up the food chain to large animals)—this is important for the ecosystem since it keeps nature going. She explains that there are not many dangerous animals in our neighborhoods that require attention-- as long as we respect the wildlife & give them the space they need, it will not cause a problem (important to keep trash locked up so they do not invade, do not pick the animals up, and some other tips will help as well). She goes on to say that there are not many endangered species in the Philadelphia area since they have already been impacted, so sensitive organisms do not live in urban environments. She does point out some endangered species that do live in our area—the Peregrine falcon & Red-Bellied turtles. She says that endangered species can become extinct due to human activity, which is why it is important to protect them. She then explains that the wildlife benefit our region through the ecosystem—many individuals thrive being outdoors & feel rejuvenated—this is a very spiritual aspect & we need wildlife to help continue our nature's ecosystem. Ms. Ranly then discusses animals she brought with her—the Screech Owl: they are fierce hunters, feeding on crickets, grasshoppers, mice & other small rodents; they make a screech sound & a purring sound also. She also brought in an opossum: these are prehistoric animals that are marsupials—they are related to kangaroos & koalas, usually living in trees. She also says they have a great sense of smell & do well in urban environments because they are generalists & omnivores—which eat almost anything.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 10/14/2011 | 1:00 PM  |
|                       |       |       |   |    | 10/15/2011 | 3:30 AM  |
| Joy In Our Town # 292 | 30:00 | 15:00 | L | PA | 10/17/2011 | 11:30 AM |
|                       |       |       |   |    | 10/18/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/20/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/25/2011 | 4:00 AM  |

Host Sheila Bell-Thomas talks with Jennifer Clarke, Executive Director of the Public Interest Law Center of Philadelphia, about the importance of environmental justice. Ms. Clarke states that environmental justice deals with factories & other places that create pollution in & near low-income minority communities—environmental justice addresses this issue & says that it should not be taking place. She explains that factories are built in low-income communities because there is lack of political power—wealthy neighborhoods can easily prevent this issue from occurring in that they can afford lawyers, lobbyist, etc. to stop a factory from being built. She points out that many individuals living in low-income communities suffer from asthma, often correlated with them so close to air pollution from the factories. She explains that factories need a permit from the state that allows them to be built & states how much material may be emitted from the smoke stack—this is determined over debate & discussion. She says the individuals & families in these communities need to be informed about these factories & their permits—and the overall dangers they are at risk of. She then says communities need to get organized—communicating with politicians & organizations to get studies done on the air & water quality within that community is important. She then emphasizes the need for low-income communities to also have parks & sidewalks—many do not have this & they are deserving of them so those local individuals may enjoy the outdoors as many other communities do. Ms. Clarke then discusses the importance of building relationships with community members & technical individuals, such as scientists, in order to address the issue at hand: many people living in these low-income communities may be busy, working 2 jobs & do not have the technical expertise, so connecting them with someone who does will enable them to prove what they believe about the air & water to be true—giving them a legal case. She says there are state laws in place, like the Clean Air Act, which serve as excellent tools for these individuals---this Act requires the factories to attain a permit stating the amounts of chemicals that can be emitted—if there is violation of the permit, lawsuits can be brought up from the community. Ms. Clarke also says zoning is an affective tool: this allows individuals to speak on weather a factory can be built in their neighborhoods in the first place.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 10/21/2011 | 1:00 PM  |
| Joy In Our Town # 293 | 30:00 | 15:00 | L | PA | 10/22/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/24/2011 | 11:30 AM |
|                       |       |       |   |    | 10/25/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/27/2011 | 3:30 AM  |

Host Angela Brown talks with Kate Woods, Public Health Expert, about prescription & over-the-counter drugs & the impact they have on the environment. Ms. Woods states that in 2010, President Obama signed into law the Safe & Secure Drug Disposal Act—this mandates that the Controlled Substance Act be updated so that end-user consumers have appropriate disposal mechanisms available to them. She says this is needed in that we can properly destroy unused & wasted medications that we do not want to leave in the home so they are not accessible for inappropriate uses, and so we do not have to flush them down the drain or throw them in the trash. She says this Act may eventually allow for venues to take medications back to pharmacies or reverse distributors—reverse distributors are licensed DEA Registrants who collect unused medications from hospitals, nursing homes, pharmacies, etc.—then take them to incinerators. Ms. Woods then explains studies with our water system: the studies conducted show trace amounts of pharmaceuticals in the water supply—there is no conclusive evidence that it has any long-term determinate impact to humans; however, studies have already revealed modified sex characteristics in fish & other wildlife, and it is certainly polluting the water overall. She says although some trace amounts do come from body excretions, disposing of the medications does still harm the environment. She says source reduction is an excellent way for individuals to help with this issue—asking doctors to only prescribe the amount of medication we really need, a lesser amount—this eliminates the dispensing of medication into the environment. Ms. Woods goes on to say that pharmacists cannot take back controlled substances currently, so the DEA has begun to hold national drug take-back days twice a year, until regulations are re-written to allow us to return them to pharmacists or another DEA registrants. She says besides the 2 take-back days currently, individuals can properly dispose their unused/unwanted medications by removing the label from the bottle, mixing the pills with water & used coffee grinds or kitty litter, seal it in a container that no one can see inside of, then throwing it in the trash—this is the safest way to make medication unusable from those trying to attain them.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 11/14/2011 | 11:30 AM |
| Joy In Our Town # 296 | 30:00 | 15:00 | L | PA | 11/15/2011 | 3:30 AM  |
|                       |       |       |   |    | 11/17/2011 | 3:30 AM  |
|                       |       |       |   |    | 11/24/2011 | 1:30 PM  |

Host Joy Arab talks with Camila Rivera-Tinsley, Environmental Educator for the Schuylkill Center for Environmental Education, about the importance of living “green” to us & our environment. Ms. Rivera-Tinsley states that “green” has to do with mind set, thinking holistically about everything we do, how we are living & each choice we make as consumers & citizens & how it impacts the world around us. She says we need to think of ourselves as part of the ecosystem—we need to be aware of how much we consume & where the products we use end up. She then discusses energy as one of the major “green” issues: where we get energy from, energy consumption & energy sources—there is a correlation between this & global climate change. Ms. Rivera-Tinsley then discusses the benefits of organic products: organic is something that was once living or was derived from a once living thing—this does not put a lot of synthetic or man-made chemicals into the ground or into our products. She says organic foods & products are a great benefit to us & our global environment. She goes on to explain the meaning of “green” energy—this is energy used in the most efficient manner, it involves getting the most energy out of the source while putting the least amount of waste back into the environment, as well as taking into consideration the fact that resources currently being used are not renewable & will not be available forever. She mentions some challenges with going “green”: education—the public needs to be more aware of the issues that are taking place & realize they have the power as citizens & consumers to make choices that will affect change in the community & even at the global level. She says that economics is also a challenge—money & investment in the changing infrastructure to support businesses, large companies & other ways to get electrical & energy needs met is a concern for living “green”. Ms. Rivera-Tinsley advises individuals to become more informed & learn more about the environmental issues taking place. She says individuals need to keep things in perspective, do not get overwhelmed –at first, start with small tasks that you can control in everyday life (food, water, shelter & space). She says using less waste is important—consider how to do this when purchasing & eating food, using water, choosing a home & where to live. She then mentions what the public can do in the home in their everyday lives to help with the environment—make sure the home is not wasting any energy. She says this can be done by using energy-efficient windows, keeping heat inside the home during winter months, switching to energy-efficient light bulbs, etc. She says, overall, the public should practice the 3 Rs—reducing, reusing & recycling.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Youth*

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 10/01/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/03/2011 | 11:30 AM |
| Joy In Our Town # 290 | 30:00 | 15:00 | L | PA | 10/04/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/06/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/13/2011 | 4:00 AM  |
|                       |       |       |   |    | 10/20/2011 | 4:30 AM  |

Host Joy Arab talks with Virginia Ranly, Director of Education for the Schuylkill Center for Environmental Education, about nature deficit disorder in children. Ms. Ranly states that nature deficit disorder refers to the idea that children are no longer spending time outdoors in nature—they are plugged in to their computers, video games, television, etc.—electronics have taken over the lives of children, particularly in their development. She says that there are physical, emotional & mental affects from children not spending time out in nature. She explains the physical affects as decreased activity & exercise—this can lead to the childhood diabetes & obesity epidemic, as well as affects from poor indoor air quality. She says the emotional affects are that play is less creative—video games have a prescription on how to win & television is simply watched, so not much creativity or imagination is required. She then explains the social affects—when kids play in nature, there are games without rules, allowing them to develop their own rules—this enables creativity & problem-solving skills. She emphasizes the need to replicate ways in schools & pre-schools to use imagination, creativity, problem-solving techniques & to develop leadership skills, in that this will have a positive impact on kids mentally. She says getting children comfortable with the outdoors & having them observe things in their own neighborhoods is key—studying birds, insects, animal prints in the dirt, etc. can all stimulate their minds & allow for creativity. She explains that natural curiosity about the outdoors can help them to learn more about the environment through the eyes of any kind of animal. Ms. Ranly says that providing habitat is one way we can allow children to observe nature—setting up bird feeders near the home & having children observe what type of birds come along, what they look like & how they behave. She says inviting wildlife into the neighborhood, such as leaving water outside and keeping the grounds safe by ensuring no chemicals are around is another good method. Ms. Ranly says nature deficit disorder can be prevented by trusting kids to explore on their own—to let them find answers on their own & providing them with nature opportunities, such as going to the zoo or the local park--not telling them how to play, but rather let them do it freely on their own.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 10/21/2011 | 1:00 PM  |
| Joy In Our Town # 293 | 30:00 | 15:00 | L | PA | 10/22/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/24/2011 | 11:30 AM |
|                       |       |       |   |    | 10/25/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/27/2011 | 3:30 AM  |

Host Angela Brown talks with Kate Woods, Public Health Expert, about prescription & over-the-counter drugs & the impact they have on youth. Ms. Woods states that marijuana was previously the gateway drug of choice for teens, even as young as 11, but that has changed. She says there is an immense amount of access to prescription drugs & unfortunately, many young adults & kids feel it is safe to take prescription drugs because it is “prescribed” or “legal” (2 out of 5 teens believe this to be true). She then says 50% think it is fine to use cough medicine to get high. She points out that because there are so many channels in existence today, there is a lot more advertisements—this can play a role in how adolescents learn about prescription drugs or OTC medications. She explains that there is also a street advertisement for these medications, for example, OxyContin is advertised on the street as “hillbilly heroin”—this drug is intended for those who need it only, usually those suffering from cancer. She says most kids & adolescents seek medications from within their own home—a relative may have been sick or injured & had a pain killer prescribed to him/her—often not all 30 pills are used; therefore, extras remain-making it easy access for the teen. Ms. Woods goes on to say that prescription drugs can be as potent and dangerous as street drugs, even though teens often do not believe that to be true. She says many adolescents take these drugs by crushing them & snorting them up their noses, ingesting too many pills, or by “pharming”—this is a newer trend of drug abuse among teens. She says “pharming” is kids taking various pills from their homes, bringing them to the party & dropping them into a giant bowl—the kids then scoop them out & consume them as if it were candy. Ms. Woods then discusses signs that kids are addicted to prescription drugs: many signs are not visible & difficult for the parent to detect—it is different from alcohol & marijuana in that there is often no glassy eyes, odors, etc.—unless an extreme amount has been taken. She says a lot of the moody behavior can blend in with the way teens act normally—parents really need to pay close attention. She says there are some very negative outcomes to drug addiction at an early age: the young individual is less likely to recover in a healthy way—the best-case scenario is that he/she will be addicted for life, not fully functioning as an adult, not being able to achieve success in the professional world as much as they could have & not being able to engage in relationships at a real level. She also says that this may cause teens to drop out of school, to steal, have no real relationship with anyone, etc—it can also cause death. She says parents need to be mindful of what their kids are doing & how easy prescription & OTC drugs are to access in the home. She says there are resources available to help teens struggling with addiction.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
| Joy In Our Town # 298 | 30:00 | 15:00 | L | PA | 11/25/2011 | 1:00 PM  |
|                       |       |       |   |    | 11/28/2011 | 11:30 AM |
|                       |       |       |   |    | 11/29/2011 | 3:30 AM  |

Host Angela Brown talks with the Honorable Reverend Dr. W. Wilson Goode, Sr., National Director & Amachi Senior Fellow for Public Private Ventures, about helping youth of incarcerated parents. Dr. Goode states that America incarcerates more people than any other country in the world (even more than all 36 countries in Europe combined)—there is no emphasis on prevention. He says on any given day, 10.7 million children in America have a parent either in prison, local jail or some type of Federal or State supervision---if nothing is done to help or prevent this, 70% of those children will end up in prison themselves. He points out that in the metropolitan area of Philadelphia, we have about 60,000 children with one or both parents in prison—this is devastating to the child to have a parent taken away & put in prison—the children are the victims in that there is no one to take care of them & respond to their needs. He then says that in many cases, children of incarcerated parents will have a decreased classroom performance, their academics will go down, the once well-behaved kids will now behave negatively, absenteeism rises as does truancy (this is often due to shame). Dr. Goode then discusses the issue of location of prisons: in Pennsylvania, and many other states, prisons are often 100-300 miles away from where the children are living, and there is often not ample transportation allowing the children to visit their parent(s). He says we need to develop an improved transportation system to give more freedom to those children—visiting their parent(s) is extremely important. He goes on to say that 10% of children with incarcerated parents end up in foster care, and often, if the father is the parent who goes to prison—the child lives with the mother; if it is the mother who leaves, the child often lives with the grandmother. He then says that there is actually an increase in the amount of women becoming incarcerated, most of which is due to drug addiction---raising the amount of mothers taken away---this is particularly hard for the children in that they are made fun of a lot more in school when the mother is in prison. Dr. Goode explains that a one-to-one relationship with a trusted, loving adult will help these children greatly—it can bring positive results to their lives.

*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> |
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|----------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |         |
|-----------------------|-------|-------|---|----|------------|---------|
| Joy In Our Town # 300 | 30:00 | 15:00 | L | PA | 12/09/2011 | 1:00 PM |
|                       |       |       |   |    | 12/30/2011 | 1:00 PM |

Host Joy Arab talks with Pennsylvania State Representative Tim Briggs of the 149<sup>th</sup> Legislative District, PA House of Representatives, about the Safety in Youth Sports Act. Rep. Briggs states that there are significant consequences to getting a head injury & not having it managed appropriately while young. He says there are long-term consequences, it affects school work in that it impacts class participation, focus & the ability to be a successful student, it can lead to a life-long disability, and perhaps even death. He explains the premise of this Bill: it is to best protect youth student athletes when it comes to concussions—there is a need to raise awareness by letting parents of student athletes know consequences of head injuries; raising the level of acuteness to coaches (they will take a 30 minute class each year on looking out for symptoms of a concussion); and if a player gets a concussion, he/she is removed from participation until rid & clearance is given to him/her to return to the game. He states that this Bill was recently signed into law & will be enacted in the summer of 2012. Rep. Briggs then says that concussions occur over 1.6 million times per year in middle schools & high schools among athletes nationally—this occurs 300,000 times per year in Pennsylvania. He also mentions that concussions occurring repetitively have been linked to brain injuries & suicides have been connected to college athletes. He explains that under the Safety in Youth Sports Act, those who are qualified to give care to a student athlete are physicians trained in management of concussions, someone the physician designates if they are certified or licensed Health Care professionals (athletic trainers, school nurses, physical therapists, etc.) & neuropsychologist. Rep. Briggs then discusses the Bill further: it states that before a player starts a sport (before the first practice), the parents will have to read a 1 page sheet about everything they need to know about concussions & sign it. He explains that the Act will raise awareness to all 3 parties (the student athletes, their parents & the coaches)—once awareness is raised, their conduct about urging a player to get back in the game changes. He says a player cannot return to the game unless a note is submitted to do so from the physician. He then mentions that this will have no or very limited financial impact on the school system. Rep. Briggs then explains the penalties for not complying with this Act: the penalties are placed on the coaches since they are responsible for putting the player back in the game. He says if a player is placed back in the game after a head injury with no rid & clearance from a professional—the first time is a suspension on that coach for a game, the second time is suspension for a year, and the third time is having the coach banned from coaching in scholastic schools.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Civic Affairs*

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 10/14/2011 | 1:00 PM  |
|                       |       |       |   |    | 10/15/2011 | 3:30 AM  |
| Joy In Our Town # 292 | 30:00 | 15:00 | L | PA | 10/17/2011 | 11:30 AM |
|                       |       |       |   |    | 10/18/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/20/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/25/2011 | 4:00 AM  |

Host Renai Ellison talks with Pennsylvania State Representative Vanessa Lowery Brown, 190<sup>th</sup> Legislative District, PA House of Representatives, about House Bill 1408-the need for warning labels on cell phones. Rep. Brown states that legislation was drafted to clearly define the health risks of cell phones. She says there is currently a warning in the instruction manual of cell phones, in very fine print; however, they need to be printed large on the outside of the cell phone box—the warning reads “This device emits electromagnetic radiation, exposure to which may cause brain cancer especially in children & pregnant women, they should keep this device away from the head & the body.” She says brain cancer has not officially been proven to date but there are litigations currently in court over this & tests are being done. She also says some women are experiencing tumors in other places where they keep the cell phones, especially the chest—and men who keep it in their pockets have a lower sperm count. She then says they have been linked to affect the heart—many individuals have experienced racing of the heart, & they will offset pacemakers. She then explains that the cell phone industry is unregulated—there has not been many tests done when they entered the market, and even now lab animals are used for the tests; overall, showing that humans are the guinea pigs in the experiment. Rep. Brown goes on to say that cell phones should be about an inch away from the body—either on speaker/with headphones—there is also a “retro phone” that she feels is essential—this involves a traditional phone’s headset being plugged into the cell phone, helping to avoid the radiation. Rep. Brown then discusses the public policy hearing that recently took place—the cell phone industry had a lot of push-back, saying that this information was unfounded. She explains that until further research is done, education is important for making people aware the potential harm. She says this bill is currently in the Commerce Committee, then once it is voted out of the House, it goes to the Senate, then to the Governor for signing.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
| Joy In Our Town # 295 | 30:00 | 15:00 | L | PA | 11/07/2011 | 11:30 AM |
|                       |       |       |   |    | 11/17/2011 | 4:00 AM  |

Host Renai Ellison talks with Pennsylvania State Representative Vanessa Lowery Brown, 190<sup>th</sup> Legislative District, PA House of Representatives, about legislation & the impact in flash mobs & curfew. Rep. Brown states that flash mobs are only a crime when negative activity occurs—they can often be a positive gathering. She points out that there has been negative flash mob activity in Philadelphia recently—they are often isolated incidents, & unfortunately youth get a bad reputation because of them—despite the fact that many young people do positive things. She says this type of activity often occurs in spring & summer months, then decreases in the winter time. She explains that technology often plays a role in the gathering process through texting & online social websites. She explains that law enforcement is not usually equipped to handle large gatherings of youth, especially if it goes into a negative spin. She says there are usually not enough police in the affected area, so they have to call other station houses—by the time the other police officers arrive, too much damage has already been done. Rep. Brown says that a curfew has been put into place in Philadelphia—this has shown to be successful in that it has lessened negative activity among youth at night. She states what this curfew entails: if a child is 13 or younger, he/she may not be outside after 9:00 PM Monday-Thursday during the school year & not after 9:30 PM during the summer & not after 10:00 PM on weekends; children 13-17 must be indoors by 10:30 PM all days of the week unless accompanied by an adult or if they can prove they are coming home from a work site. She says action is taking place at the state level to print out curfew cards & having them passed out to children at youth centers & sports games. She explains that parents can be fined if their children break this curfew—businesses can also be fined if children are found there after curfew. Rep. Brown then explains that stimulus money was released into the cities in 2010 at the Federal level to help young individuals become employed—this happened greatly for those 18-24, as well as those 15-18 years old. She points out that the barriers between children & adults is wider than it has ever been—adults need to talk & engage with youth—there is a major need to draw them away from technology & back to human touch.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
| Joy In Our Town # 295 | 30:00 | 15:00 | L | PA | 11/07/2011 | 11:30 AM |
|                       |       |       |   |    | 11/17/2011 | 4:00 AM  |

Host Angela Brown talks with New Jersey State Senator Donald Norcross, 7<sup>th</sup> Legislative District, NJ State Senate, about veterans' affairs in New Jersey on a legislative level. Senator Norcross states that there are about 20% veterans in NJ—there are different generations of veterans—some are from the World War II & Vietnam era, and there is also the new generation returning home & trying to re-establish themselves. He says they put their lives on hold to serve in the military—stop employment & life altogether—when they return home from a war zone environment, they face many challenges--the transition back to their normal lives is difficult (there are often employment & health issues). He discusses some recent legislation: Veteran Peer Program, recently signed by the government—after returning home & making that difficult transition, they need support of other veterans who had once made that same transition, they can share their own experiences and provide help to one another. He then discusses the Gold Star Plate Bill—this license plate with the Gold Star will go to the families who have lost loved ones to conflict overseas—this is a way to look at these families & pay respect to their loved one who sacrificed his/her life for our country. He then discusses House Bill 2729: this made it out of Senate but is still in the works to see if it will get signed—this will allow veteran-owned businesses to have opportunities—since they defended our nation & sacrificed themselves—they can be given these opportunities, as first priority. He explains that many returning veterans face many challenges gaining employment—some may not have even had a job before leaving—they need opportunities to become employed again, and even start their own businesses. Senator Norcross says veterans also face many health issues when returning home—a new veterans' clinic has opened in the city of Camden, and they are working to get a new veterans' hospital opened in the southern New Jersey region.

*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> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|

*Local Electoral Affairs*

|                       |       |       |   |    |            |          |
|-----------------------|-------|-------|---|----|------------|----------|
|                       |       |       |   |    | 10/01/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/03/2011 | 11:30 AM |
| Joy In Our Town # 290 | 30:00 | 15:00 | L | PA | 10/04/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/06/2011 | 3:30 AM  |
|                       |       |       |   |    | 10/13/2011 | 4:00 AM  |
|                       |       |       |   |    | 10/20/2011 | 4:30 AM  |

Host Joy Arab talks with Luke McKinstry, Policy Assistant for the Committee of Seventy, about the voting process & upcoming General Election. Mr. McKinstry states that the upcoming General Election is important in that it is a local election, an off-year election & a lot of local races are taking place in Philadelphia & the surrounding suburbs, which affects the residents in those local communities & school districts. He says in Philadelphia, the Mayor & City Council are on the ballot, and in the suburbs, particularly in Delaware County, the County Commissioners & District Attorneys are on the ballot. He says the best place to get information about the candidates running for office are the local newspapers or online voting resources. Mr. McKinstry then discusses who is able to vote: anyone at least 18 years of age, a citizen of the United States & anyone who has lived in Pennsylvania for at least 30 days by the time of election is eligible to vote. He then says that the polls are open all day November 8, 2011 & the registration deadline is October 11, 2011—individuals can register in person at locations such as the Department of Motor Vehicles, the County Board of Elections or by mailing in the Voter Registration form. He explains that any person has the right to assistance at the polling place in order to help them cast the ballot, particularly those with disabilities. He says any issues that occur at the polling place should be reported, such as polls poorly set up, electioneering, etc. Mr. McKinstry goes on to discuss a proposal in the state legislature—this is similar to those passed in other states: this would require all voters, not just first-timers, to show a photo ID at the polling place. He says this proposal passed the first level, but still needs to pass the 2<sup>nd</sup> level of the state legislature & be signed by the governor. He then says if someone is elderly or disabled & cannot get to the polls on their own, he/she can call for a ride by contacting a candidate or the political party he/she is a member of. Mr. McKinstry then discusses ballots available to those having difficulty in going to the polling places: Absentee Ballots & Alternative Ballots. He says Absentee Ballots are for those who will not be in their home town during the election—they can fill out an application & send it in by November 1, 2011—their ballot will be mailed to them. He then says that the Alternative Ballot is for handicapped voters assigned to a polling place that is not handicap accessible—this also has a November 1, 2011 deadline to apply.

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