

**Trinity Broadcasting Network**

**Quarterly Report**

**January, February, March 2011**

**WPGD-TV  
Hendersonville, Tennessee**

**Leading Community Issues**

*Results of ascertainties from civic leaders, responses by telephone from TBN viewers, from the printed media, comprising Newspapers, Magazines, Publications and from television and radio, whenever possible.*

**Civic Affairs**

**Public Safety**

**Education**

**Economy**

**Seniors**

**Youth**

**Health**

## **Civic Affairs**

**Program Title: Joy In Our Town # 20101216A**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/14/11 Fri.	Noon		
1/15/11 Sat.	3:30 AM		
1/17/11 Mon	10:30 AM		
1/18/11 Tuesday	4:00 AM		

Host Nichole Murphy talks with Sumner County Executive Anthony Holt about some events going on in Sumner County. They are on target with the county budget, not going over. Unemployment in the county is at 8.2%, one of the lower rates for the state & lower than the national average. Holt talked about the special election of the vacated state senate seat & that the primary will be Jan. 20, 2011. He mentioned that the county government building and county courthouse will be renovated. In closing he talked about the new animal control building being built, and that it is currently at 90% completion & should be open soon.

**Program Title: Joy In Our Town # 20101216A**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/14/10 Fri.	Noon		
1/15/10 Sat.	3:30 AM		
1/17/10 Mon	10:30 AM		
1/18/10 Tues.	4:00 AM		

Host Nichole Murphy talks with Sumner County Executive Anthony Holt about some things that Sumner County can look forward to in the near future. The Douglas Clark home, one of the 1<sup>st</sup> houses used in TN as a county courthouse, will be restored and renovated. It will act as an educational center for the area and also be part of the greenway project, which is a biking/walking/nature trail for the area. Also mentioned is the long range 2035 plan, which by 2035, will connect Metro Nashville to Sumner County via either bus lines or lite rail system.

**Program Title: Joy In Our Town # 20101216B**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/21/11 Fri.	Noon		
1/22/11 Sat.	3:30 AM		
1/24/11 Mon	10:30 AM		
1/25/11 Tues.	4:00 AM		

Host Nichole Murphy talks with School Board Member Beth Cox about some of the latest developments with the school board. She mentioned the board is looking for a new director with the current director retiring in June of 2011. She talks about the Race to the Top Program, which is a federal grant that gives TN \$500 million for educational purposes over the next 4 years (based on performance standards). She talks about the dress code for the county, where the board is thinking about a more formal standardized dress to keep students on an even dress level. Overall, she mentions the current dress code is ok, just needs tightening up.

**Program Title: Joy In Our Town # 20101216E**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
2/11/11 Fri.	Noon		
2/12/11 Sat.	3:30 AM		
2/14/11 Mon	10:30 AM		
2/15/11 Tues	3:30 AM		

Host Nichole Murphy talks with Sumner County Sheriff Sonny Weatherford about some of the responsibilities of the sheriff's office. The Mandates from the State of TN says the sheriff takes part in the civil process of serving warrants, running the county jail (which holds a maximum of 662 inmates with 150 people employed in corrections), and in the process of law enforcement. He differentiates the sheriff from the police by the fact that the sheriff is elected, while a police chief is appointed, & the police serves within the city limits while the sheriff serves the entire county. The Sumner County Sheriff Office is also over animal control (including horses & livestock) for Sumner County, & Weatherford went on to say that the county is building a new animal control building, with spaying & neutering facilities, to help take care of the pet population.

**Program Title: Joy In Our Town # 20101216E**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
2/11/11 Fri.	Noon		
2/12/11 Sat.	3:30 AM		
2/14/11 Mon	10:30 AM		
2/15/11 Tues	3:30 AM		

Host Nichole Murphy talks with Sumner County Sheriff Sonny Weatherford about some of the programs offered by the sheriff's office. He talks about the homeward bound program, which helps inmates learn how to be good citizens. (Out of 110 inmates that have gone through the program, only 2 have been arrested again.) He also talks about DEA drug drop, in which local businesses would allow people to drop off unused prescription drugs, no questions asked, in containers outside their buildings. He said the sheriff's office gathered over 86 pounds of unused drugs during the program's run. He also talked about the neighborhood watch programs, telling citizens to be alert, know neighbors on both sides of them, and be familiar with the neighborhood itself in order to stay safe.

**Public Safety**

**Program Title: Joy In Our Town # 20101216D**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/28/11 Fri.	10:30 AM		
1/29/11 Sat.	3:30 AM		
1/30/11 Mon	10:30 AM		
2/1/11 Tuesday	3:30 AM		

Host Nichole Murphy talks with Jeremy Heidt from the TN Emergency management about earthquake awareness in TN. There are 2 fault lines in TN, with the biggest being the New Madrid fault which affects 8 states including the western area of TN. Heidt says TN is due for a major earthquake in the next 50 years. The last major quake hit Tennessee 200 years ago, it was so powerful it made the Mississippi River run backwards and created Reelfoot Lake in TN. Heidt says TN experiences several earthquakes, but most of them are not strong enough to feel. On the earthquake magnitude scale, a quake has to be over 3 in order to feel it, over 6 there will be damages, & over 9 there will be catastrophic damages with buildings & bridges possibly being destroyed. He says the key is to have a plan to stay safe.

**Program Title: Joy In Our Town # 20101216D**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/28/11 Fri.	10:30 AM		
1/29/11 Sat.	3:30 AM		
1/30/11 Mon	10:30 AM		
2/1/11 Tuesday	3:30 AM		

Host Nichole Murphy talks with Jeremy Heidt from TEMA about earthquake safety. If you are in the home, key is to drop, cover, & hold. He says to drop to the floor away from the walls (where bookcases & things could fall on you), take cover under a sturdy table, protecting your neck and head, and hold on to the table you are under until the earthquake is over. If you are outside, go into a clearing if possible, away for things that could fall on you. Some things to have in that type of emergency is food, medicine, and any important documents you might need. To compare, if there was a catastrophic earthquake, there would need to be 1500 truckloads of essential items trucked in daily. During the May flooding of 2010, in which there was also considerable damage, the area got 100 truckloads of supplies per week. Heidt says the issue is you can't accurately predict an earthquake, so its best to be prepared as possible.

**Program Title: Joy In Our Town # 20101216C**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
2/4/11 Fri.	10:30 AM		
2/5/11 Sat.	3:30 AM		
2/7/11 Mon	10:30 AM		
2/8/11 Tuesday	4:00 AM		

Host Nichole Murphy talks with Lt. Paul Harpsmeir from the Hendersonville Police Department about so new ways the PD is helps its citizens stay safe. They are establishing community groups (like neighborhood watches) to help citizen stay safer in their neighborhoods. They also have 2 new websites they are enlisting. Crimestoppers.com maps crime in the area, telling what crimes are committed where. It shows where the latest crimes have happened within a certain period so citizens can be informed on that situation. He also talked about nixle.com, which is a website that you fill out information about yourself (name, email, phone#) and the website will send texts or email updates of alerts or crimes that happen in the specific area you want to know more about.

**Program Title: Joy In Our Town # 20101216C**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
2/4/11 Fri.	10:30 AM		
2/5/11 Sat.	3:30 AM		
2/7/11 Mon	10:30 AM		
2/8/11 Tuesday	4:00 AM		

Host Nichole Murphy talks with new police Chief Mickey Miller about new technology in police cars. Chief Miller talks about initially 50 police cars having computers installed in them, then eventually the entire force. Having computers in cars allows the police to write reports in the field, supervisors to read & respond quickly to the report, and essentially speed up part of the process. In the long term, it will allow the police to see the history of an offender, and if needed a victim would be able to view a lineup in the field. Miller also talks about the bike police & horse mounted police being able to respond to crime quickly in the business areas of Hendersonville.

**Program Title: Joy In Our Town # 20110127A**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
2/25/11 Fri.	Noon		
2/26/11 Sat.	3:30 AM		
2/28/11 Mon.	10:30AM DNA		
3/1/11 Tues.	3:30 AM DNA		

Host Nichole Holmes talks with Fire Chief Jamie H. Steele about safety in the home. He talks about the importance & differences of smoke, heat, CO, detectors in the home. Heat detectors sense intense heat, & CO detectors alert the homeowner about the dangerous levels of carbon monoxide in the home. He goes over the differences in smoke detectors, one being an ionization detector, which senses the smoke itself or the photoelectric, which “sees” the smoke. There is also a kitchen smoke detector, which you can silence for 5 minutes (due to burning food). He stresses the importance of making sure batteries are checked & the unit is working properly to keep the home safe.

## **Education**

**Program Title: Joy In Our Town # 20100204C**

**Issue/Problem: Education**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/1/11 Sat.	3:30AM DNA		
1/3/11 Mon.	10:30 AM		
1/4/11 Tues.	4:00 AM		

Host Nichole Murphy talks with Kathleen Calligan from the Better Business Bureau about how the BBB help the local business community. Ms. Calligan goes over how businesses become a part of the BBB, what standards they have to meet (up to 13 business standards) such as advertising standards, customer complaints, and being able to pre-commit to issues legally (through the courts) when the customer and business can't resolve there problems themselves. They go over how to find BBB businesses and what it means to the business itself.

**Program Title: Joy In Our Town # 20100204C**

**Issue/Problem: Education**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/1/11 Sat.	3:30AM DNA		
1/3/11 Mon.	10:30 AM		
1/4/11 Tues.	4:00 AM		

Host Nichole Murphy talks with Kathleen Calligan from the Better Business Bureau about fraudulent businesses. Ms. Calligan tells us not to let fraudulent businesses get away with fraudulent business practices. The sign of a fraudulent business is generally a newsworthy issue. For example, the economy is bad and people are looking for jobs, so a fraudulent company might list fraudulent job postings (for a fee). They talk about the how businesses use the BBB illegally (saying the company is a member of the BBB) and how to keep that from happening.

**Program Title: Joy In Our Town # 20101216B**

**Issue/Problem: Education**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/21/11 Fri.	Noon		
1/22/11 Sat.	3:30 AM		
1/24/11 Mon	10:30 AM		
1/25/11 Tues.	4:00 AM		

Host Nichole Murphy talks with School Board Member Beth Cox about the possible use of cell phones as a learning tool in Sumner County schools. Cox noted they needed to be used properly in certain lessons. Possible problems foreseen are every student would need a cell, do all phones need to be the same, and possible problems with cheating among students. Another issue is the modified school calendar. Cox states that they want to preserve June & July as vacation months & that 2-week fall or spring breaks are difficult to achieve for middle & high school students because of extracurricular activities. So out of the 4 week break period within the school year, they decided on a week for fall break, two weeks for Christmas holiday, & one week for spring break.

**Program Title: Joy In Our Town # 20110127A**

**Issue/Problem: Education**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
2/25/11 Fri.	Noon		
2/26/11 Sat.	3:30 AM		
2/28/11 Mon.	10:30AM DNA		
3/1/11 Tues.	3:30 AM DNA		

Host Nichole Holmes talks with Fire Chief Jamie H. Steele about some of the things fire departments do. Most fire departments respond to any non-law enforcement emergency (fires, medical attention, help out of a damaged vehicle, etc.) but there are differences with the departments themselves. There is a volunteer fire department made up of trained volunteers, a combination fire dept., with volunteers & professional firefighters on staff, and career firefighters, which are all professional staff. There are also differences in the equipment. A fire engine transports water only. A fire truck is equipped with ladders.

## **Economy**

**Program Title: Joy In Our Town # 20101216F**

**Issue/Problem: Economy**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
2/18/11 Fri.	Noon		
2/19/11 Sat.	3:30 AM		
2/21/11 Mon.	10:30AM		
2/22/11 Tues.	3:30 AM		

Host Nichole Murphy talks with Kevin MacWilliams about financial planning for your life. A financial plan is the foundation of a families or persons goals & aspirations. A financial plan allows you to see the “what if’s” of life, meaning it prepares you for things down the line you want to be prepared for financially. He says it’s never too early or too late to start a plan, but a person needs the proper discipline and mentality to start a plan. A budget is simply a savings tool, and it helps get you get started in the proper thought process for financial planning. A risk profile is a person’s tolerance of risk & shows there level of risk taking meaning how much they can safely “risk” to put away for the future and what types of investments you should be in. Overall, he says a financial plan changes as your life changes & it is best to change your plan with it.

**Program Title: Joy In Our Town # 20101216F**

**Issue/Problem: Economy**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
2/18/11 Fri.	Noon		
2/19/11 Sat.	3:30 AM		
2/21/11 Mon.	10:30AM		
2/22/11 Tues.	3:30 AM		

Host Nichole Murphy talks with Kevin MacWilliams about other types of financial plans. He says most financial plans need you to eventually put 10% of your income towards whatever type of financial plan you are dealing with. There are many different types of plans, such as college savings plans, planning for emergencies, and life plans. He advises to start putting away money towards your plan as soon as you are able. If you have kids you can always plan for college, & many colleges can project how much costs can be in the future, so you can start planning around that. If you child gets scholarships or a ‘free ride’ there are some plans that could possibly allow you to withdraw or change you financial plan.

**Program Title: Joy In Our Town # 20100916C**

**Issue/Problem: Economy**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
3/4/11 Fri.	Noon DNA		
3/5/11 Sat.	3:30 AM DNA		
3/7/11 Mon.	10:30AM		
3/8/11 Tues.	3:30 AM		

Host Nichole Murphy talks with Melinda Williams from the TN Dept. of Labor & Workforce Development. TN is currently the same as the national average at 9.6% unemployment and according to Williams over 200,000 joys have been lost since 2007 but on the flip side we have landed 3 major companies in TN along with another major manufacturer possibly rehiring employees. Unemployment in TN are affecting all classes from people without GED/high school diplomas all the way to people with higher education degrees. Williams says that one of the best things to do is to get an education. Williams says over 90% of employers look for people with at least a GED / high school education. She talks about how unemployment benefits are paid by employers & if you get unemployment in TN, you can only \$275 a week, one of the lowest payments in the U.S. There are unemployment extensions if necessary, up to 99 weeks total.

**Program Title: Joy In Our Town # 20100916C**

**Issue/Problem: Economy**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
3/4/11 Fri.	Noon DNA		
3/5/11 Sat.	3:30 AM DNA		
3/7/11 Mon.	10:30AM		
3/8/11 Tues.	3:30 AM		

Host Nichole Murphy talks with Melinda Williams about some programs that are offered to help the unemployed. An unemployed person would go into a TN Career Center, fill out a form on job employment, their interests and so forth, & try to match up their skills with an employer. There are programs for veterans, and they offer many job fairs for the unemployed community as well. She went on to say that last year 700,000 people came into career centers looking for work. She says that if you don't have a GED, they offer programs to help (some of the 1.7 million people without GED's) people obtain that degree. The career centers also have computer and fax services to allow people to contact employers along with career centers just to take work claims to file for their unemployment benefits. Overall, the TN Dept of Labor is in place to help Tennesseans get jobs and survive when they are unemployed.

## Seniors

**Program Title: Joy In Our Town # 20110127C**

**Issue/Problem: Seniors**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
3/11/11 Fri.	Noon		
3/12/11 Sat.	3:30 AM DNA		
3/14/11 Mon.	10:30AM		
3/15/11 Tues.	3:30 AM DNA		

Host Nichole Holmes talks with Elder Law Attorney Tim Takacs about some of the documents seniors need to take care of their present and future. He talks about how property can be passed. For example if a couple owns a home & one of the couple dies, then the property goes to the living spouse. Takacs says it can also pass by a document in which you name your beneficiary, or in a will, which is a written instruction. He says it is also important to have a document to tell people how to take care of you while you are alive. You have a power of attorney, which tells someone how to take care of you, a durable power of attorney that does the same thing but it is when you become disabled & cannot make your own decisions. There are also health care power of attorney where someone makes decisions about your health care and that other decisions are up to someone else. Takacs says the main thing to do is to have a plan in place so you are cared for.

**Program Title: Joy In Our Town # 20110127C**

**Issue/Problem: Seniors**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
3/11/11 Fri.	Noon		
3/12/11 Sat.	3:30 AM DNA		
3/14/11 Mon.	10:30AM		
3/15/11 Tues.	3:30 AM DNA		

Host Nichole Holmes talks with Elder Law Attorney Tim Takacs about some of the changes in Medicare. Takacs says they have more Preventive Service Benefits available (Tests for Colon cancer, mammograms, prostate exams). He says there is an annual wellness visit, which is essentially a yearly exam, which under Medicare is free to the patient. For those that become available to the Medicare program for the 1<sup>st</sup> time, there is a Initial Preventative Physical Exam, or as Takacs says a “welcome to Medicare exam” that is free to the person taking the exam. It is to try to keep people healthier & out of hospital care. Finally he says that Medicare will now pay up to about 50% of prescription drug bills and he says by around 2020 Medicare will pay all of someone’s prescription drug bills.

**Program Title: Joy In Our Town # 20110217B**

**Issue/Problem: Seniors**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
3/25/11 Fri.	Noon		
3/26/11 Sat.	3:30 AM		
3/28/11 Mon.	10:30AM		
3/29/11 Tues.	4:00 AM		

Host Nichole Holmes talks with Tiffany Mann about Alzheimer's disease. AD is a debilitating disease that affects the brain. AD affects all parts of the brain; memory, bodily functions, and so forth. It comes in 3 stages. The 1<sup>st</sup> has outsets, middle starts to affect your life, and 3 and final stage affects the body itself and your brain can't control certain bodily functions such as swallowing. There is no cure for the disease and it affects different people in different ways. While it is different with everyone, once diagnosed the typical lifespan of someone affected with the disease is around 4-8 years. With AD plaques build up in the brain causing the brain cells to die and the brain literally shrinks. As soon as any symptoms occur, such as memory loss that affect daily life, changes in problem solving skills, difficulty in completing daily tasks, etc. consult your doctor immediately.

**Program Title: Joy In Our Town # 20110217B**

**Issue/Problem: Seniors**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
3/25/11 Fri.	Noon		
3/26/11 Sat.	3:30 AM		
3/28/11 Mon.	10:30AM		
3/29/11 Tues.	4:00 AM		

Host Nichole Holmes talks with Tiffany Mann about seniors living with Alzheimer's disease and those who care for them. Support groups are available to caregivers to help people cope with people living with the disease, you can also ask for referrals to local caregivers if someone does not have anyone to care for them. There are also help lines available for crisis or education information, giving people a place to call. There are also some drugs available that can slow down the process, but the side affects can be undesirable so sufferers tend not to take them. Mann recommends if you notice someone in the early stages, it is imperative to get them help quickly so not only they can deal with the disease but prepare the family for their role in the disease as well.

## Youth

**Program Title: Joy In Our Town # 20101103A**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/7/11 Fri.	Noon		
1/8/11 Sat.	3:30 AM		
1/10/11 Mon	10:30 AM		
1/11/11 Tuesday	3:30 AM		

Host Nichole Murphy talks with Carole Ritter about the CASA (Court Appointed Special Advocate) program in Sumner County. A child (from infant to 18) benefits from the program because the CASA volunteer is the eyes & ears for the Judge outside of the courtroom and is concerned about the well being of the child during the case. They check on the educational & medical needs of the child, making sure the child is properly cared for during the investigation. Some of the reasons the court might appoint a CASA volunteer would be concerns for the other party (change custody) or if the child is experiencing some type of abuse or neglect. In that case, the Dept. of Human Services & Police become involved before it proceeds to the judicial level.

**Program Title: Joy In Our Town # 20101103A**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
1/7/11 Fri.	Noon		
1/8/11 Sat.	3:30 AM		
1/10/11 Mon	10:30 AM		
1/11/11 Tuesday	3:30 AM		

Host Nichole Murphy talks with Carole Ritter about some of the responsibilities of a CASA (Court Appointed Special Advocate) volunteer. The volunteer has to see the child a minimum of 2 hours per month and 10 hours for the family itself. They have to report what is going on with the child in school or with the family (depending on the situation). The volunteers are taught how to talk with the families, be non-judgmental and observe only. Ultimately, and by law in fact, the CASA volunteer reports to the court what the child wants, so they in all cases are looking out for the best interest of the child.

**Program Title: Joy In Our Town # 20100813B**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
3/18/11 Fri.	Noon		
3/19/11 Sat.	3:30 AM DNA		
3/21/11 Mon	10:30 AM		
3/22/11 Tuesday	3:30 AM		

Host Nichole Murphy talks with Grace Oliver about homeless students in Sumner County. In the 2009- 2010 school year there were around 258 homeless students in the county. They are projecting around 300 for this year. The May 2010 flood had a negative influence on the situation. The county finds out about homeless students from the student residency form that all students fill out and from the teacher/schools themselves as well. Homeless students can also be identified by being unkempt, hungry, tired and so forth. The county also helps the homeless student by sending food home with the student on Fridays so they will not go hungry over the weekend. Once the community hears of the problem, they are often willing to help.

**Program Title: Joy In Our Town # 20100813B**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
3/18/11 Fri.	Noon		
3/19/11 Sat.	3:30 AM		
3/21/11 Mon	10:30 AM		
3/22/11 Tuesday	3:30 AM		

Host Nichole Murphy talks with Grace Oliver about certain programs that help students. Unity.com is a middle school program that brings them to a location tutors & feeds the student and then busses them home. For elementary students there is Title One, which offers Reading and Math tutoring for younger homeless students. For High school age students there is Credit Recovery that allows the student to gain credits to help them graduate. Homeless students qualify for aid just as long as it is needed (meaning if they are no longer homeless no more aid is required).

*Health/Mental Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #010611	1:00:00	6:00	REC	PA/O/E	01/06/2011	2:00 PM

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

700 Club NewsWatch #020811	1:00:00	5:00	REC	PA/O/E	02/08/2011	2:00 PM
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Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern 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!

<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 NewsWatch #032211	CBN 1:00:00	5:00	REC	PA/O/E	03/22/2011	2:00 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	11:30 AM
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**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	REC	PA/O/E	1/11/2011	11:30 AM
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**Dr. Dan Collins** talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. **Dr. Clark Gerhart** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, There can be additional years of specialized study. It can take quite a few years to become a doctor.

<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	11:30 AM

**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	11:30 AM
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**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	11:30 AM
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**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	11:30 AM
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**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	11:30 AM
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**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.

<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	11:30 AM

**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	11:30 AM
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**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	11:30 AM
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**Dr. Don Colbert** talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. **Dr. Malcolm Hill** talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. **Dr. Kelafo Collie** talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

Doctor to Doctor #293	28:30	28:30	REC	PA/O/E	3/22/2011	11:30 AM
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**Dr. Tonya Lyons** talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. **Dr. Gerard Guillory** talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. **Dr. Chris Lewis** talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.

**Trinity Broadcasting Network**

**Quarterly Report**

**April, May, June, 2011**

**WPGD-TV  
Hendersonville, Tennessee**

**Leading Community Issues**

*Results of ascertainties from civic leaders, responses by telephone from TBN viewers, from the printed media, comprising Newspapers, Magazines, Publications and from television and radio, whenever possible.*

**Public Safety**

**Civic Affairs**

**Youth**

**Crime**

**Drugs / Alcohol**

**Health / Mental Health**

## **Public Safety**

**Program Title: Joy In Our Town # 20110317B**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/22/11 Fri.	Noon		
4/23/11 Sat.	3:30 AM DNA		
4/25/11 Mon	10:30 AM		
4/26/11 Tuesday	3:30 AM		

Host Nichole Holmes talks with Hunter Henson about how people are not always ready for emergencies in the home but with just using “common sense” can help prevent accidents in the home. He says a basic 1<sup>st</sup> aid kit of bandages and gauzes can be enough. If someone needs a cold pack in an accident, frozen food or even a bag of ice will do. If you need a heat pack you can even just heat a towel in the oven. If someone burns themselves in the home the quickest thing to do is to run the burn under cold water for 20 minutes. If the burn causes blisters it would be a good idea to get professional medical help. He also says if there is a burn on the face, if you breathe in, you could possibly suffer from internal burns. In that case it is again a good idea to seek medical help. If you get a cut, Henson says just as long as you have something to stop the bleeding, even just a towel, then you should be ok in the home.

**Program Title: Joy In Our Town # 20110317B**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/22/11 Fri.	Noon		
4/23/11 Sat.	3:30 AM DNA		
4/25/11 Mon	10:30 AM		
4/26/11 Tuesday	3:30 AM		

Host Nichole Holmes talks with John Michael Poss about Cardiac Emergencies. Sometimes EMS services do not have the best equipment needed to prevent people from dying from cardiac emergencies. Some of the solutions are to have better equipment. One piece of equipment is the lifeband. If someone is having a heart attack, CPR is performed to keep blood and oxygen circulating throughout the body. In some cases, people either do not put the right amount of pressure or they put too much pressure on the chest and the result could be loss of life. With the lifeband, you strap the person into the device; it pulls around a person, essentially weighs them, and starts giving the proper amount of pressure on the chest, technically performing CPR for the patient. This has resulted in a better chance of the patient being able to have their heart “kick back” in and start circulating on its own. Another piece of equipment is the Chill Core. After someone has a cardiac arrest and the pulse has been regained, if you cool the body they have a better chance of healing themselves, so if they are able they pump cool saline (just above freezing) it cools the body to 89-93 degrees. It helps prevent brain damage (due to fever) and helps slow the metabolism, which can bring cardiac patients closer to normal.

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

**Program Title: Joy In Our Town # 20110317C**  
**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/29/11 Fri.	Noon		
4/30/11 Sat.	3:30 AM		
5/2/11 Mon	10:30 AM		
5/3/11 Tues.	4:00 AM		

Host Nichole Holmes talks with Matt Brian about some of the reasons why people are not staying safe on the lakes and rivers. People can sometimes cause wakes on the water, which can create waves near moorings and close to the shore, which can disrupt the other boats, cause damage, or disrupt swimmers in the water. This can be solved by going slow in no wake zones and keeping higher speeds away from the docks and people and out in the deeper parts of the lakes & rivers. Some other reasons people are not staying safe on their boats is because they are not checking their safety equipment. They do not always have enough lifejackets for all passengers & their fire extinguishers have not been checked. They can keep people safe by making sure they have enough jackets for everyone, that they fit the person wearing them, & that the jackets have been coast guard approved. They also can make sure the extinguishers have been checked & pressure tested.

**Program Title: Joy In Our Town # 20110217C1**  
**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
5/6/11 Fri.	Noon		
5/7/11 Sat.	3:30 AM		
5/9/11 Mon	10:30 AM		
5/10/11 Tues	4:00 AM		

Host Nichole Holmes talks with Kathy Glapa from the TN Department of Environment & Conservation about radon. Radon is an odorless, tasteless gas, which comes from the decay of radium in the soil and can spread into homes. Radon is a known carcinogenic and can in some instances cause lung cancer over time. Glapa says radon gas is the 2<sup>nd</sup> leading cause of lung cancer in smokers & the number one cause in non smokers. No level of radon in the home is safe but if 4 picoliters per liter of air is detected in the home then it is advised to take action. She emphasizes radon testing in the home, around once a year, by using a EPA recommended kit and if dangerous levels are in the home, a mitagator can remove the gas by sealing the affected area & pumping it out through a vent with a built in fan.

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

**Program Title: Joy In Our Town # 20101021D**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
5/27/11 Fri.	Noon		
5/28/11 Sat.	3:30 AM		
5/30/11 Mon	10:30 AM DNA		
5/31/11 Tues	3:30 AM DNA		

Host Nichole Murphy talks with Bob Sneed about how the U.S. Army Corps of Engineers helped manage the heavy flooding for May of 2010. The corps's main role during times of flooding is to operate the water reservoirs and help coordinate weather warnings with the National Weather Service. Sneed said that in certain areas along the river they could hold back the water. However, much of the rainfall happened in the river area itself where there are no reservoirs, thus the flooding. Without the reservoirs they had in place, the flooding could have been much worse. The corps learned what limits they have with their reservoir systems and know to have backup operating systems in case of flooding. (Lost power in part of their own building, did not have access to latest computer information.) Just to say how close it came to being worse, it was only 2-6 inches away from water in reservoirs flowing over the lock gates.

**Civic Affairs**

**Program Title: Joy In Our Town # 20101216A**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/1/11 Fri.	Noon		
4/2/11 Sat.	3:30 AM		
4/4/11 Mon	10:30 AM		
4/5/11 Tues	3:30 AM		

Host Nichole Murphy talks with Sumner County Executive Anthony Holt about some events going on in Sumner County. They are on target with the county budget, not going over. Unemployment in the county is at 8.2%, one of the lower rates for the state & lower than the national average. Holt also talked about the special election of the vacated state senate seat that will be filled in 2011. He mentioned that the county government building and county courthouse will be renovated. In closing he talked about the new animal control building being built, and that it is currently at 90% completion & should be open soon.

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

**Program Title: Joy In Our Town # 20101216A**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/1/11 Fri.	Noon		
4/2/11 Sat.	3:30 AM		
4/4/11 Mon	10:30 AM		
4/5/11 Tues	3:30 AM		

Host Nichole Murphy talks with Sumner County Executive Anthony Holt about some things that Sumner County can look forward to in the near future. The Douglas Clark home, one of the 1<sup>st</sup> houses used in TN as a county courthouse, will be restored and renovated. It will act as an educational center for the area and also be part of the greenway project, which is a biking/walking/nature trail for the area. Also mentioned is the long range 2035 plan, which by 2035, will connect Metro Nashville to Sumner County via either bus lines or lite rail system.

**Program Title: Joy In Our Town # 20110317A**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/15/11 Fri.	Noon		
4/16/11 Sat.	3:30 AM		
4/18/11 Mon	10:30 AM DNA		
4/19/11 Tues	3:30 AM DNA		

Host Nichole Holmes talks with Walter Durham about the responsibilities of the state historian. Durham says that the state historian is appointed by the Governor and is usually appointed due to writing books on the subject of Tennessee along with being an advocate for Tennessee History. He talks about some of the more important factors of early Tennessee history. He says that many Tennesseans came to the area due to the land available. Tennessee is divided up by 3 main regions of West, Middle, and East Tennessee. West and Middle Tennessee have rich farmland, while East Tennessee is a mountainous region. He talks about how important the river system was in relations to early Tennessee commerce and transportation.

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

**Program Title: Joy In Our Town # 20110317A**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/15/11 Fri.	Noon		
4/16/11 Sat.	3:30 AM		
4/18/11 Mon	10:30 AM DNA		
4/19/11 Tues	3:30 AM DNA		

Host Nichole Holmes talks with State Historian Walter Durham. Durham talks about how Tennessee grew as a state during the eras of the three presidents that came out of the state, the era of Andrew Jackson, James K. Polk, and Andrew Johnson. Tennessee became a major "Western" state during the 1800's. He talks about how Tennesseans tended to leave the state for the first time during some of the battles during those eras. He talks about how Davidson & Sumner County came out of part of North Carolina in the 1780's and how Sumner County was once thought to be the more progressive county but Davidson county had Nashville which eventually became the state capitol. He talks about how Tennessee History is taught in schools in the state and that people can keep their rich history alive by visiting some of the historic buildings within their area.

**Program Title: Joy In Our Town # 20101021D**

**Issue/Problem: Civic Affairs**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
5/27/11 Fri.	Noon		
5/28/11 Sat.	3:30 AM		
5/30/11 Mon	10:30 AM DNA		
5/31/11 Tues	3:30 AM DNA		

Host Nichole Murphy talks with Mike Zoccola from the U.S. Army Corps of Engineers about Dam Safety in the Middle Tennessee area. During the flooding most dams were not at risk. The high risk dams in the area, Center Hill & Wolf Creek, did not have any damage. These dams hold back massive amounts of water and they are in the process of having major repairs done to help insure the safety of residents in the area (Wolf Creek, a new barrier wall, Center Hill a new cut off wall). While these 2 high risk dams are being worked on, they have lowered the amount of water being kept behind the dam walls. Zoccola reiterates that there are no problems from a dam safety point and the citizens do not need to be any more concerned than usual.

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

## Youth

**Program Title: Joy In Our Town # 20110421A**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
5/13/11 Fri.	Noon		
5/14/11 Sat.	3:30 AM		
5/16/11 Mon	10:30 AM		
5/17/11 Tues	4:00 AM		

Host Nichole Holmes talks with Cortney O'Neal about anorexia which is a psychological and physical illness characterized by extreme weight loss through self starvation. It mostly affects young people, primarily girls, who have a low self image of themselves, low self esteem, and they want to change that with the only option the control, how much they eat. Some warning signs of the condition are refusal to maintain body weight, along with a psychological fear of gaining weight. Some physical warning signs are they appear "skeletal like" in there upper chest & shoulders and a thin layer of hair growth on arms & face, which is done because the body has lost so much weight it is doing what it can to stay warm. If parents suspect trouble, then they should talk about the problem, as many young people are looking for acceptance from their parents. Treatment options include antidepressant and anti-anxiety medications and counseling sessions with therapists. Therapy for these young children could take anywhere between 28 days to 6 months.

**Program Title: Joy In Our Town # 20110421A**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
5/13/11 Fri.	Noon		
5/14/11 Sat.	3:30 AM		
5/16/11 Mon	10:30 AM		
5/17/11 Tues	4:00 AM		

Host Nichole Holmes talks with Cortney O'Neal about bulimia, which is a eating disorder primarily in young people characterized by secretive bingeing on a lot of food & then purging, either by vomiting or through the use of laxatives. This condition can sometimes be hard to spot since the subject often has a normal body weight. Some physical warning signs are swollen glands in the neck from the purging, stains on the teeth from stomach acids eating at the enamel, and scratches on the knuckles from sticking their hands down their throats. The bulimic person is often a college age child, as many are trying to fit in with new social sects. Treatment is usually counseling with the subject, and in some instances "physical" therapy as they have to retrain their bodies how to eat. In extreme cases, many bulimic people purge automatically & so they have to retrain their bodies with a proper diet and keeping food down.

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

**Program Title: Joy In Our Town # 20110518A**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
6/17/11 Fri.	Noon		
6/18/11 Sat.	3:30 AM		
6/20/11 Mon	10:30 AM		
6/21/11 Tues	4:00 AM		

Host Nichole Holmes talks with Joi Wasill from Decisions, Choices, & Options about teen pregnancy. Wasill says that statistically 58% of pregnant teens choose to be a parent, 27% choose abortion, about 14% have a miscarriage (by no fault of their own) & less than 1% use adoption. TN is in the top 10 in teen pregnancy and in the top 10 in infant mortality rates in the United States. If a teen becomes pregnant before 18, less than 40% of teenage girls will graduate from high school. If they already have a baby, there is a 25% chance they will have another one before the age of 18 and less than 2% of teens go on to college. In TN, 181 million dollars goes to teen pregnancy & teen pregnancy issues. Wasill states that education programs which give all the facts and figures about teen pregnancy, primarily taught in wellness programs in schools, is one of the main ways to fight teen pregnancy. Teachers' feel parents do not take the issue seriously & parents need educating as well. Education, along with abstinence, are ways to keep young teens from becoming pregnant.

**Program Title: Joy In Our Town # 20110518A**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
6/17/11 Fri.	Noon		
6/18/11 Sat.	3:30 AM		
6/20/11 Mon	10:30 AM		
6/21/11 Tues	4:00 AM		

Host Nichole Holmes talks with Jane Randall from the Vanderbilt Institute for Obesity & Metabolism about childhood obesity. Children in TN rank about 5<sup>th</sup> or 6<sup>th</sup> in childhood obesity in the U.S. and ranks first in being the most inactive state. Today's society, of "fast foods," pre-prepared meals with fixed portion sizes, along with the sedentary lifestyle that comes with today's technology, are factors that are contributing to childhood obesity. In childhood growth charts, if a child is over the 95<sup>th</sup> percentile for their age/height, they are considered obese, in the 85<sup>th</sup> percentile, they are considered overweight. There is a blend of parental responsibility along with the fact that food is readily available. Many Tennesseans do not have access to good healthy foods or safe parks to play in. Have a child checked by a doctor & if they tend to lead towards being overweight try to stop the problem by making homemade meals to control portions and making sure the child remains active. Some solutions to some teens include surgery, and drugs, but Randall feels the "best medicine" is prevention (not getting in that state to begin with). It is recommended that children spend around an hour a day in physical activity to help combat childhood obesity.

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

**Program Title: Joy In Our Town # 20110217A**

**Issue/Problem: Youth**

Program Duration	Topic Duration	Segment Source	Type
28:45	28:45	L	PA/O
Air Date	Time		
6/24/11 Fri.	Noon		
6/25/11 Sat.	3:30 AM		
6/27/11 Mon	10:30 AM		
6/28/11 Tues	3:30 AM		

Host Nichole Holmes talks with the Executive Director of Ashley's Place (Sumner Child Advocacy Center) Amy Burke-Salyers about child sexual abuse. It is defined as any sexual act (inappropriate contact) with a minor. One in 4 girls and one in 6 girls will be abused before the age of 16. Ninety percent of offenders are usually known by the child, and the majority of abusers tend to be male, although female offenders can happen. Offenders try to gain the child's trust before the abuse occurs and tend to look for children who wouldn't "speak up" about offenders. Children many times will not speak up due to physical threats, guilt, shame or even bribery. Change in mood, attitude, school work, are some signs to look for in abuse cases. Salyers then talks about ways to prevent child abuse. Education is the key to prevention and Ashley's Place goes out into the community talking schools, civic groups, churches and so forth about ways to prevent child abuse. Therapy is also a way to prevent the cycle of the abuse, it teaches personal boundaries and personal safety. If an abuser wants help to stop abusing, Salyers says there is counseling out there for them but in many cases they have to be arrested first. If a child becomes an abuser to another child, it is imperative that the parents seek help for the child as soon as possible to keep the child from growing up an abuser and stopping the circle of abuse.

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

## Crime

**Program Title: Joy In Our Town # 20100204E**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/8/11 Fri.	Noon		
4/9/11 Sat.	3:30 AM		
4/11/11 Mon	10:30 AM		
4/12/11 Tues	3:30 AM		

Host Nichole Murphy talks with the District Attorney General of Sumner County Ray Whitley about identity theft. He goes over what identity theft is and what a victim should do first when their identity is stolen. He goes over how long it can take to recover from identity theft, what a victim of identity theft should do first, how someone can keep their identity from being stolen, what people can do to help prevent identity theft and then some of the penalties of identity theft.

**Program Title: Joy In Our Town # 20100204E**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/8/11 Fri.	Noon		
4/9/11 Sat.	3:30 AM		
4/11/11 Mon	10:30 AM		
4/12/11 Tues	3:30 AM		

Host Nichole Murphy talks with District Attorney General of Sumner County Ray Whitley about prescription drug abuse. He talks about how it is illegal to give away or sell prescription drugs, and how someone could even steal someone's prescription in order to obtain their drugs illegally. He talks about some of the most lucrative prescription drugs (oxycotton and hydrocodone), and how the public is affected by the prescription drug abuse. He talks about some legal ramifications of the abuse and even says that some doctors and pain clinics have been investigated for prescribing too many drugs.

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

**Program Title: Joy In Our Town # 20110317C**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
4/29/11 Fri.	Noon		
4/30/11 Sat.	3:30 AM		
5/2/11 Mon	10:30 AM		
5/3/11 Tues	4:00 AM		

Host Nichole Holmes talks with Todd Allen about boating under the influence. Allen says in 2010 there were 17 accidents, 3 boating fatalities, and 155 BUI arrests. Some of these issues are due to too many people drinking while out on the waters. The officers tend to test for BUIs by doing many of the same tests done on land, such as the alphabet recite, palm pat, and once they get back to land they do the one legged stand, and walk a straight line. Allen says the solution to the problem of BUIs is an easy one, have a designated driver just as you would in a car. If that does not work they can issue harsher punishment such as a \$250 fine, court costs, loss of boating privileges and in some cases 48 hours in jail.

**Program Title: Joy In Our Town # 20110217C1**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
5/6/11 Fri.	Noon		
5/7/11 Sat.	3:30 AM		
5/9/11 Mon	10:30 AM		
5/10/11 Tues	4:00 AM		

Host Nichole Holmes talks with Lt. Scott Ryan from the Hendersonville Police Department about car burglaries. Ryan says criminals are always after something they can get & sell quickly, and automobiles with items in them are a prime target. Ryan has noted that anything of value in the car can be stolen, car stereos are still stolen, but GPS systems are a prime target since they are easily removed. Drivers licenses & Social Security Cards are also stolen for identity theft reasons. He says that most car burglaries are from unlocked cars but if a criminal wants an item bad enough they will break in if they can. Prime target areas are driveways & large retail shopping areas. To help prevent car burglaries, he says to lock your vehicle, park in well lit areas, keep items that could be a temptation out of sight & to report the theft to the police. He says that many go unreported, in those instances the police aren't aware of the crime, and they cannot see if there are any trends. So if a vehicle has been violated it report it to the police, no matter how small.

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

## **Drugs / Alcohol**

**Program Title: Joy In Our Town # 20100916B**

**Issue/Problem: Drugs / Alcohol**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
6/3/11 Fri.	Noon		
6/4/11 Sat.	3:30 AM		
6/6/11 Mon	10:30 AM		
6/7/11 Tues	4:00 AM		

Host Nichole Murphy talks with Megan Buell about teen alcohol abuse in Sumner County. Buell says teens get the alcohol from markets etc. (mainly because certain places don't check identification, as by law they should). She says some teens get alcohol from parents, meaning that they can drink where they are supervised, but this is still illegal. The Coalition gets some of their information from statistics from surveys of teens in schools. Lifetime usage dropped 5% in all grades tested except in 12<sup>th</sup> graders it rose 8%. Some things that parents can do is to network with other parents and talk about some of the issues teens are dealing with and communicate with other parents on ways to stop substance abuse in their children.

**Program Title: Joy In Our Town # 20100916B**

**Issue/Problem: Drugs / Alcohol**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
6/3/11 Fri.	Noon		
6/4/11 Sat.	3:30 AM		
6/6/11 Mon	10:30 AM		
6/7/11 Tues	4:00 AM		

Host Nichole Murphy talks with Megan Buell about drug abuse in teens in Sumner County. She says teens are getting into their parents' medicine cabinets and are taking/abusing drugs not meant for them. They may be taking the drug and mixing it with some over the counter medications to increase their "drug high." One way to combat this was "Drug Take Back Day" where people bring in their unused prescription drugs to proper locations where the Coalition worked with local law enforcement to dispose of the materials properly. (Shouldn't flush unused drugs down the toilet, it could possibly contaminate the water supply.) She goes on to say that teens don't realize the harms and risks that come from this abuse & the Coalition's goal is to educate and stop the abuse in the area.

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

**Program Title: Joy In Our Town # 20091008A**

**Issue/Problem: Drugs / Alcohol**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
6/10/11 Fri.	Noon		
6/11/11 Sat.	3:30 AM		
6/13/11 Mon	10:30 AM		
6/14/11 Tues	3:30 AM		

Host Nichole Murphy talks with Staff Sgt. Kyle Grisham from the National Guard Counter Drug Task Force about methamphetamine addiction and some of the health issues that come from it. Meth is made from ephedrine or pseudoephedrine along with household items such as lithium from batteries, lighter fluid, red phosphorus, lye, and other flammable liquids. Grisham says some of the problems of meth are that it is highly addictive, gives the user an erratic sleeping schedule, dramatically changes behavior, and causes bouts of depression. The “selling point” of meth is that it releases dopamine, which activates the pleasure center of the brain. Downside is that overstimulation causes the dopamine to die, and you need more meth to feel pleasure, thus its addictive nature.

**Program Title: Joy In Our Town # 20091008A**

**Issue/Problem: Drugs / Alcohol**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
6/10/11 Fri.	Noon		
6/11/11 Sat.	3:30 AM		
6/13/11 Mon	10:30 AM		
6/14/11 Tues	3:30 AM		

Host Nichole Murphy talks with the District Attorney General of Sumner County TN Ray Whitley about some of the legal ramifications of meth use. Before 2005, over the counter drugs that contain ephedrine were easily available (and shoplifted) but after a law was passed in 2005, drugs with ephedrine were behind the counter and you have to leave a signature with the pharmacist. According to Whitley, making meth, selling or attempting to sell meth is a Class B felony that can get an offender 8-12 years in the TN state penitentiary. Doing the same illegal things near a school bumps it up to a Class A felony, punishable by 15 to 25 years in prison. Even if you have some of the items/tools that are used in the process to make meth, and you intend to make meth, it is punishable up to 11 months and 29 days in jail.

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## **Health / Mental Health**

**Program Title: Joy In Our Town # 20110421B**

**Issue/Problem: Health / Mental Health**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
5/20/11 Fri.	Noon		
5/21/11 Sat.	3:30 AM		
5/23/11 Mon	10:30 AM		
5/24/11 Tues	3:30 AM		

Host Nichole Holmes talks with Dr. Drew Claudel about skin cancer, primarily melanoma, the most dangerous form of skin cancer. Some things to look for in melanoma is if you have a mole or skin condition that changes color, starts to crust up, or begins bleeding. With most skin damage there is lag time, the damage is done early & the cancer does not occur until years later.

Ultraviolet light (sun, tanning booths) is a known carcinogen and people need to take proper steps to stay safe. Dr. Claudel recommends that people use a spf of at least 15-30, if possible stay out of the midday sun for long periods of time, keep in the shade & wear a broad brimmed hat. If you suspect you have skin cancer, a biopsy is taken of the suspected area. If cancerous, they will try to surgically remove the affected area but if the cancer is too deep other treatment options need to be taken. If detected early, skin cancer has a high survival rate, but it goes down the longer it goes untreated.

**Program Title: Joy In Our Town # 20110421B**

**Issue/Problem: Health / Mental Health**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
5/20/11 Fri.	Noon		
5/21/11 Sat.	3:30 AM		
5/23/11 Mon	10:30 AM		
5/24/11 Tues	3:30 AM		

Host Nichole Holmes talks with Dr. Nicholas Lippolis about Heart Disease. Heart disease is the number one killer in America and the number one killer in Tennessee. Dr. Lippolis stresses the best way to prevent heart disease is early detection and a CAT scan is the best way to detect problems early. If heart disease runs in the family, then a CAT scan is even more highly recommended due to the chances of it occurring. He says that with scans you can catch it before it becomes a problem and treatment is much easier. Heart disease comes from the buildup of plaque and calcium in the arteries. It builds up too much, forms a blockage, and causes heart attacks. Warning signs of a hear attack is pain or discomfort in the chest along with tingling or numbness in the left arm. Lippolis says with a CAT scan you can see the arteries in a computerized image and stop the problem before blockage occurs. Heart disease can be prevented by having a healthy diet and exercise, keeping your "bad" cholesterol levels low. If you suffer from heart disease, aspirin and other blood thinning medications are often given to keep it in check. Surgery is an option when blockage has occurred, but with CAT scans, it can be detected before it starts.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club News Watch #061611	1:00:00	6:00	REC	PA/O/ E	06/16/20 11	2:00 PM

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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #295	28:30	28:30	REC	PA/O /E	4/05/201 1	11:30 AM

**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	4/12/201 1	11:30 AM
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**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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #297	28:30	28:30	REC	PA/O /E	4/26/201 1	11:30 AM
<p><b>Dr. Mike Ronsisvalle</b> 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. <b>Dr. James Mittelberger</b> 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. <b>Dr. Glen Steele</b> talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.</p>						
Doctor to Doctor #298	28:30	28:30	REC	PA/O /E	5/03/201 1	11:30 AM
<p><b>Lisa Buldo</b> 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. <b>Dr. Bronlynn Eberhardt</b> 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. <b>Dr. Brian Nimphius</b> 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.</p>						
Doctor to Doctor #299	28:30	28:30	REC	PA/O /E	5/10/201 1	11:30 AM
<p><b>Dr. Christopher Chen</b> 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. <b>Dr. Bob DeMaria</b> 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. <b>Dr. Carl Schmidt</b> 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.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #300	28:30	28:30	REC	PA/O /E	5/17/201 1	11:30 AM

**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.

Doctor to Doctor #301	28:30	28:30	REC	PA/O /E	5/24/201 1	11:30 AM
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**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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #302	28:30	28:30	REC	PA/O /E	5/31/2011	11:30 AM

**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	11:30 AM
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**Dr. Tonya Lyons Anderson** talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. **Dr. Randy Burden** talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. **Dr. Bernice Gonzalez** talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #304	28:30	28:30	REC	PA/O /E	6/14/2011	11:30 AM

**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.

Doctor to Doctor #305	28:30	28:30	REC	PA/O /E	6/21/2011	11:30 AM
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**Dr. Valerie Saxon** talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. **Dr. Bill Williams** talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. **Dr. Dale Peterson** talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.

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**Trinity Broadcasting Network**

**Quarterly Report**

**July, August, September 2011**

**WPGD-TV  
Hendersonville, Tennessee**

**Leading Community Issues**

*Results of ascertainties from civic leaders, responses by telephone from TBN viewers, from the printed media, comprising Newspapers, Magazines, Publications and from television and radio, whenever possible.*

**Environment**

**Crime**

**Public Safety**

**Substance Abuse**

**Education**

**Health**

## **Environment**

**Program Title: Joy In Our Town # 20110518B**

**Issue/Problem: Environment**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/8/11 Fri.	Noon		
7/9/11 Sat.	3:30 AM		
7/11/11 Mon	10:30 AM		
7/12/11 Tuesday	4:00 AM		

Host Nichole Holmes talks with Doug Hausken from the Cumberland River Compact about water pollution in the Cumberland River, the primary source for drinking water in middle Tennessee. The primary pollution in the Cumberland is dirt, mainly from builders not planting vegetation on dug up soil. General trash (litter) is another pollutant that needs to be dealt with. Storm waters tend to wash pollutants into the river as well. Parts of the river can be cleaner/dirtier than other parts of the river due to local accidents/pollutants. The Clean Water Act helped stopped factories from polluting as much into the rivers. One way to tell how polluted a river is based on local marine life. If marine life is doing well in a river then the river is healthy for drinking water. Not polluting, conserving water, planting trees, growing vegetation, and trying not to over fertilize are regular ways to help keep the water supply clean.

**Program Title: Joy In Our Town # 20110518B**

**Issue/Problem: Environment**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/8/11 Fri.	Noon		
7/9/11 Sat.	3:30 AM		
7/11/11 Mon	10:30 AM		
7/12/11 Tuesday	4:00 AM		

Host Nichole Holmes talks with Jennifer Simpkins from the American Lung Association about the air pollution in Tennessee. There tends to be 2 types of air pollution that are the biggest factors in TN air pollution and they are air pollutant particles that come from the burning of materials such as wood, & coal, which releases soot and small particles into the air. Another pollutant is an unhealthy amount of ozone (smog), which comes from automobile exhaust and it becomes a pollutant when it reacts with sunlight. The Clean Air Act allows the Environmental Protection Agency to set standards to improve the air quality of their cities and counties. Encouraging & educating people to stay indoors during bad ozone days helps keep people safe. Another way is to use a natural gas furnace over a wood furnace. A gas furnace burns cleaner & does not have as many pollutant particles as a wood-burning furnace. Carpooling means less vehicles and less ozone being released into the air, which adds up to cleaner air as well.

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

**Program Title: Joy In Our Town # 20110623A**

**Issue/Problem: Environment**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/19/11 Fri.	Noon		
8/20/11 Sat.	3:30 AM		
8/22/11 Mon	10:30 AM		
8/23/11 Tues.	3:30 AM		

Host Nichole Holmes talks with Jeffrey Ezell about the problem of littering in Middle Tennessee. Ezell talks about intentional vs. unintentional littering. Unintentional littering can come from unsecured garbage cans or blow out of vehicles versus someone who drops trash on purpose. It comes down to the states and cities responsibility to pick up litter and littering can become an important problem by losing possible tourist dollars for communities. He talks about many common forms of litter such as cigarette butts, paper, wrappers and things that can be found along the highways and can take a long time to break down naturally, anywhere between a year to ten years. Tennessee litter laws are trying to help combat litter based on a graded system, the more you litter, the bigger the fine. People who get assigned community service work & volunteers also help clean up litter and try to fight the problem of litter.

**Program Title: Joy In Our Town # 20110623A**

**Issue/Problem: Environment**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/19/11 Fri.	Noon		
8/20/11 Sat.	3:30 AM		
8/22/11 Mon	10:30 AM		
8/23/11 Tues.	3:30 AM		

Host Nichole Holmes talks with Karen Smith from the City of Millersville about the pollution in Slater's and Mansker creeks in Sumner County. Some of the major pollution is from siltation and e-coli. Household trash, types of metals, pieces of automobiles have also been found in these creeks. They take samples of the water to see how polluted the creeks are and what action needs to be taken. Some ways they are fighting the pollution are by the city employees checking the water pollution and an organization called Stream Watch made up of volunteers that go in at least once a quarter to help clean out the creeks. If there is illegal dumping, and the person is identified, there are fines that can go up to \$5,000 a day.

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**Trinity Broadcasting Network**

**Quarterly Report**

**July, August, September 2011**

**WPGD-TV  
Hendersonville, Tennessee**

**Leading Community Issues**

*Results of ascertainties from civic leaders, responses by telephone from TBN viewers, from the printed media, comprising Newspapers, Magazines, Publications and from television and radio, whenever possible.*

**Environment**

**Crime**

**Public Safety**

**Substance Abuse**

**Education**

**Health**

## **Environment**

**Program Title: Joy In Our Town # 20110518B**

**Issue/Problem: Environment**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/8/11 Fri.	Noon		
7/9/11 Sat.	3:30 AM		
7/11/11 Mon	10:30 AM		
7/12/11 Tuesday	4:00 AM		

Host Nichole Holmes talks with Doug Hausken from the Cumberland River Compact about water pollution in the Cumberland River, the primary source for drinking water in middle Tennessee. The primary pollution in the Cumberland is dirt, mainly from builders not planting vegetation on dug up soil. General trash (litter) is another pollutant that needs to be dealt with. Storm waters tend to wash pollutants into the river as well. Parts of the river can be cleaner/dirtier than other parts of the river due to local accidents/pollutants. The Clean Water Act helped stopped factories from polluting as much into the rivers. One way to tell how polluted a river is based on local marine life. If marine life is doing well in a river then the river is healthy for drinking water. Not polluting, conserving water, planting trees, growing vegetation, and trying not to over fertilize are regular ways to help keep the water supply clean.

**Program Title: Joy In Our Town # 20110518B**

**Issue/Problem: Environment**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/8/11 Fri.	Noon		
7/9/11 Sat.	3:30 AM		
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**Issue/Problem: Environment**

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28:45	14:22	L	PA/O
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**Issue/Problem: Environment**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/19/11 Fri.	Noon		
8/20/11 Sat.	3:30 AM		
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8/23/11 Tues.	3:30 AM		

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## Crime

**Program Title: Joy In Our Town # 20110623B**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/15/11 Fri.	Noon		
7/16/11 Sat.	3:30 AM		
7/18/11 Mon	10:30 AM		
7/19/11 Tues	3:30 AM		

Host Nichole Holmes talks with Detective Sergeant J.D. Coarsey from the Hendersonville Police Department about credit card fraud. Sgt. Coarsey says that credit card fraud is to obtain goods or funds illegally from a credit card. Criminals can take the numbers directly off the card itself (for example a waiter from a restaurant takes the number from your card while you pay your bill) or they steal the card itself, or gain numbers from the internet. Most banks ( or credit card companies) need a criminal report in order to get your money back. Coarsey says that some ways to prevent credit card fraud are to shred credit card statements, sign your card, have your card in different parts of your purse or wallet so it is harder to find, keep a record of your accounts, make sure you shred credit card applications from the mail, and never loan your card to someone. Typically in TN \$50 is your maximum liability against credit card fraud.

**Program Title: Joy In Our Town # 20110623B**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/15/11 Fri.	Noon		
7/16/11 Sat.	3:30 AM		
7/18/11 Mon	10:30 AM		
7/19/11 Tues	3:30 AM		

Host Nichole Holmes talks with Officer Jeremy Fentress from the Hendersonville PD about vandalism. Vandalism is the intentional destruction of someone else's property or vehicle without the permission of the owner. Personal vendettas and road rage are common reasons for home and vehicular vandalism respectively. "Toilet Papering" a yard or throwing eggs at a home are also misdemeanor forms of vandalism. In Hendersonville, most forms of vandalism are graffiti & broken windows in homes or vehicles. Many vandals are teens who are just "bored" and looking for something to do. If your property has been vandalized, and if the criminal is arrested, the courts generally make the criminal make restitution. In order to keep from being vandalized, be aware of your surroundings, if possible have motion sensor lights and keep things of value out of sight. If there is a problem in the area, the police try to patrol the area. If you see someone vandalizing property, call the police as soon as possible.

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**Program Title: Joy In Our Town # 20110721A**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/26/11 Fri.	Noon		
8/27/11 Sat.	3:30 AM		
8/29/11 Mon	10:30 AM		
8/30/11 Tues	4:00 AM		

Host Nichole Holmes talks with MPO Reginald Marshall about the crime of assault. Assault occurs when a person is intentionally and knowingly or recklessly trying to cause harm to another. The threat of causing bodily harm could also be considered assault. If you witness an assault try to take mental notes so you can describe in detail the situation to the authorities. If you see it and can call 911 immediately. If a weapon is involved, it is aggravated assault and simple assault involves no weapons just physical harm. Assault is a problem for all communities and the most common form is domestic assault. If you are the victim of assault call police immediately, you might need medical attention. Simple assault can be a fine and aggravated assault can mean prison time. Sometimes just a police presence can deter assault. One way to not be a victim of assault is to just try to ignore the person, get away from them as quickly as possible find a safe place and if you still do not feel safe call the police and they can try to diffuse the situation. Be aware of your surroundings, park close to businesses, keep your property close to you.

**Program Title: Joy In Our Town # 20110721A**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/26/11 Fri.	Noon		
8/27/11 Sat.	3:30 AM		
8/29/11 Mon	10:30 AM		
8/30/11 Tues	4:00 AM		

Host Nichole Holmes talks with Detective David Harrell about the problem of gang activity in Hendersonville. A group that engages in criminal activity (often for profit, selling drugs or weapons) can be considered a gang. There are 28,000 identified gangs in the United States and growing. In Hendersonville, the gang activity is not as large as in large cities but it is here. Gang members in Hendersonville tend to sell drugs and break into homes, selling stolen items. Graffiti does not always mean a gang but is sometimes a sign that a gang is around. The local communities try to aggressively prosecute known gang members & try to stop young impressionable children from becoming members of a gang. The police like to provide the citizens information about gangs to keep them safe and if you are the victim of a gang, call the police immediately.

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**Program Title: Joy In Our Town # 20110217C1**

**Issue/Problem: Crime**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
9/2/11 Fri.	Noon		
9/3/11 Sat.	3:30 AM		
9/5/11 Mon	10:30 AM		
9/6/11 Tues	4:00 AM		

Host Nichole Holmes talks with Lt. Scott Ryan from the Hendersonville Police Department about car burglaries. Ryan says criminals are always after something they can get & sell quickly, and automobiles with items in them are a prime target. Ryan has noted that anything of value in the car can be stolen, car stereos are still stolen, but GPS systems are a prime target since they are easily removed. Drivers licenses & Social Security Cards are also stolen for identity theft reasons. He says that most car burglaries are from unlocked cars but if a criminal wants an item bad enough they will break in if they can. Prime target areas are driveways & large retail shopping areas. To help prevent car burglaries, he says to lock your vehicle, park in well lit areas, keep items that could be a temptation out of sight & to report the theft to the police. He says that many go unreported and in those instances the police aren't aware of the crime and they cannot see if there are any trends. So if a vehicle has been violated it report it to the police, no matter how small.

**Public Safety**

**Program Title: Joy In Our Town # 20110623D**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/29/11 Fri.	Noon		
7/30/11 Sat.	3:30 AM		
8/1/11 Mon	10:30 AM		
8/2/11 Tues	3:30 AM		

Host Nichole Holmes talks with Josephine Darwin from the Tennessee Poison Center about poisonous items in the home. Darwin says most calls to the poison center happen around the holidays, when children go to older relatives homes and swallow something they should not. Around 58% of accidental poisonings are by children, when the home is not "poison proofed." Some items that get ingested accidentally are household cleaners, decorative lamp oils, and personal care products. They do this because it looks like something that they would eat or drink, for example a sports drink is the same color as dishwashing cleaner and a child accidentally drinks the cleaner. There are many medicines that look like candy and it is important to keep these items locked up in a high cabinet away from children. The center advises against having plants in the home when young children are about, since many plants are poisonous. If you suspect someone in the home has taken poison, you call a poison center as soon as possible, because they give first aid information or treatment over the phone. Elderly people are sometimes accidentally poisoned as well, but it is mainly by taking the wrong medicines. You can help poison proof the home by using child proof caps on items, never call medicine candy, and always read the directions, knowing what will happen if you take it.

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**Program Title: Joy In Our Town # 20110623D**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/29/11 Fri.	Noon		
7/30/11 Sat.	3:30 AM		
8/1/11 Mon	10:30 AM		
8/2/11 Tues	3:30 AM		

Host Nichole Holmes talks with Extension Agent David Cook from University of Tennessee about poisonous spiders in Tennessee. Tennessee is home to 2 poisonous spiders, the brown recluse and the black widow spider. Cook tells how to identify the brown recluse spider, by the “fiddle” shape marking on its back and the second set of legs are longer than the front set of legs. The black widow spider is a shiny black spider with a red hourglass mark on the underside of the abdomen (only the female bites & the male has no hourglass mark). The spiders are found in the cracks or crevices of homes. Most spiders come across people by accident, sometime spiders are in clothes or in towels and tend to bite as a defense mechanism. A spider bite tends to look like a bulls eye and if bitten do not do anything to it, meaning do not put ice on the wound, or cut the wound to draw out the poison. If you have an issue seek out your primary care physician.

**Program Title: Joy In Our Town # 20110127B**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/12/11 Fri.	Noon		
8/13/11 Sat.	3:30 AM		
8/15/11 Mon	10:30 AM		
8/16/11 Tues	4:00 AM		

Host Nichole Holmes talks with Traffic Safety Resource Prosecutor for TN Tom Kimball about Impaired Drivers in TN. Out of 1,000 driving deaths in TN, 350 are due to alcoholic drivers. Kimball says that most of these deaths are preventable if people just obeyed the laws. He says the more citizens and law enforcement know of the problems the better the average citizen can stay safe. Kimball talks about new laws in which repeat DUI offender in TN have to use devices to keep themselves & people safe. For example, they must have an interlock device placed on their car, in which they have to blow into (with no alcohol on their breath) in order to start the car. Some offenders have to wear ankle bracelets which monitor thorough their sweat glands how much alcohol is in their system. If they drink too much they will be re-arrested.

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**Program Title: Joy In Our Town # 20110127B**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/12/11 Fri.	Noon		
8/13/11 Sat.	3:30 AM		
8/15/11 Mon	10:30 AM		
8/16/11 Tues	4:00 AM		

Host Nichole Holmes talks with Traffic Safety Resource Prosecutor for TN Tom Kimball about Treatment courts, which is an alternative to just locking up the impaired drivers. In treatment court, it is designed to help the offender stop abusing alcohol through random testing, monitoring (such as an ankle bracelet) and treatment sessions. For example, without treatment court an offender could serve their time & get 1 year probation. In treatment court, you could possibly serve less time, get help with your problem & longer monitoring such as a 2 year probation. Kimball also talks about how drivers can be stopped. Some could be stopped “accidentally” by having a brake light out for example. Others are stopped for erratic driving. Once pulled over they initiate personal contact, seeing if the driver “looks” impaired & then gives a field sobriety test. After that they are given a breathalyzer test. The person can refuse but in TN you can be penalized for not taking the test.

**Program Title: Joy In Our Town # 20110217C1**

**Issue/Problem: Public Safety**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
9/2/11 Fri.	Noon		
9/3/11 Sat.	3:30 AM		
9/5/11 Mon	10:30 AM		
9/6/11 Tues	4:00 AM		

Host Nichole Holmes talks with Kathy Glapa from the TN Department of Environment & Conservation about radon. Radon is an odorless, tasteless gas, which comes from the decay of radium in the soil and can spread into homes. Radon is a known carcinogenic and can in some instances cause lung cancer over time. Glapa says radon gas is the 2<sup>nd</sup> leading cause of lung cancer in smokers & the number one cause in non smokers. No level of radon in the home is safe but if 4 picoliters per liter of air is detected in the home then it is advised to take action. She emphasizes radon testing in the home, around once a year, by using a EPA recommended kit and if dangerous levels are in the home, a mitagator can remove the gas by sealing the affected area & pumping it out through a vent with a built in fan.

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## **Substance Abuse**

**Program Title: Joy In Our Town # 20110623E**

**Issue/Problem: Substance Abuse**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/5/11 Fri.	Noon		
8/6/11 Sat.	3:30 AM		
8/8/11 Mon	10:30 AM		
8/9/11 Tues	3:30 AM		

Host Nichole Holmes talks with Sergeant Major Jim Derry from the TN National Guard Task Force about Meth Abuse in Tennessee. Derry says that meth is a powerful stimulant drug that attacks the central nervous system and essentially “burns out” the brain by making the synapses fire continuously. Derry says it is hard for a meth addict to escape the abuse mainly because the materials are relatively easy to obtain and meth itself is not difficult to make. Derry says some gateway drugs to meth are tobacco, alcohol, marijuana, and inhalant abuse. Since it is highly addictive it is a hard habit to break. TN leads the nation in meth lab seizures, which means there are more meth labs in TN than in any other state. The task force is taking out the labs and that is a major way of fighting meth abuse, no meth lab, no meth. If you suspect a meth lab Derry recommends to call your local law enforcement or the TN Meth Task Force.

**Program Title: Joy In Our Town # 20110623E**

**Issue/Problem: Substance Abuse**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
8/5/11 Fri.	Noon		
8/6/11 Sat.	3:30 AM		
8/8/11 Mon	10:30 AM		
8/9/11 Tues	3:30 AM		

Host Nichole Holmes talks with the District Attorney General of Sumner County Ray Whitley about the meth problem. He talks about how meth punishes the body, and affects their lives. The TN legislature passed some new meth laws in which pharmacies will have to report ephedrine or pseudoephedrine sales, keep a record of who has purchased it and law enforcement can get info from pharmacies if certain people have bought these items in the past 3 days. People who buy ephedrine or pseudoephedrine are called “smurfers” and they deliver the product to people who make the meth. With the new law they will be identified and flagged, keeping them from purchasing the product and hopefully stopping the manufacture of meth. You can only buy only 3.6 grams of ephedrine or pseudoephedrine in a day, or more than 9 grams in 30 days, if someone purchases more than that, they can be barred for 7 years of buying ephedrine or pseudoephedrine. If you need more than that you need a prescription from a doctor. Whitley then talks about some of the penalties of having meth. If a person is caught with even ½ gram of meth, they can be sentenced to 8-12 years in the state penitentiary. If someone makes meth in front of a child, it’s child endangerment punished from 15-25 years in prison. Whitley tells people to be vigilant, if something noticeably raises flags such as weird smells or if a child is at risk, let someone know as soon as possible.

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**Program Title: Joy In Our Town # 20110825E**

**Issue/Problem: Substance Abuse**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
9/16/11 Fri.	Noon		
9/17/11 Sat.	3:30 AM		
9/19/11 Mon	10:30 AM		
9/20/11 Tues	4:00 AM		

Host Nichole Holmes talks with Brent Young from the Centerstone treatment center about alcohol abuse. Alcoholism was once considered a behavioral issue but now it has become classified as a brain disease, meaning the brain is physically addicted to alcohol. Alcoholism is perpetuated by social learning and is not an inherited disease. The signs of alcoholism are progressive as it goes from abuse to dependence on alcohol. Acting irresponsibly, the ability to function properly deteriorates, and possible legal problems due to irresponsibility are some common signs and physically alcohol abuse can damage the liver, heart, and brain. Some of the ways to treat the disease is through an intervention with family and friends, along with individual and group therapies. It's important to slowly come off alcohol addiction because a complete stop is a shock to the system and can sometimes be deadly.

**Program Title: Joy In Our Town # 20110825E**

**Issue/Problem: Substance Abuse**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
9/16/11 Fri.	Noon		
9/17/11 Sat.	3:30 AM		
9/19/11 Mon	10:30 AM		
9/20/11 Tues	4:00 AM		

Host Nichole Holmes talks with Brent Young from the Centerstone treatment center about cocaine abuse. Young says about 4-7% of adults have used cocaine. The chemical makeup of cocaine itself makes it addictive. People who have an addiction to cocaine have a psychological dependence, meaning if they stop they will get a craving for the drug. Of the cocaine taken, 20% is in powdered form, 80% of cocaine is "crack" cocaine. Some signs of cocaine abuse are a state of euphoria along with hyperactivity, sometimes staying awake for days. Long-term physical issues affect the heart, high blood pressure, runny noses, dental problems, and burned fingers (from using a crack pipe). When coming off the drug, it can cause seizures; depression goes up, along with suicidal thoughts. Young stresses to those who are dealing with someone with cocaine abuse issues is to be patient, offer resources, treatment help, and motivation for them to get better.

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## Education

**Program Title: Joy In Our Town # 20110825D**

**Issue/Problem: Education**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
9/9/11 Fri.	Noon		
9/10/11 Sat.	3:30 AM		
9/12/11 Mon	10:30 AM		
9/13/11 Tues	4:00 AM		

Host Nichole Holmes talks with the Attendance Supervisor for Sumner County Grace Oliver about the homeless student issue in Sumner County. Last year there were 278 homeless students in Sumner County and in the new school year there are 67 so far but that will go up as the year goes along. The county classifies a homeless student as one who does not have a permanent nighttime residence. Some of the students have no power, or running water, some live in hotels or abandoned homes. Some live with neighbors or relatives but since it is not a permanent address they are still considered homeless. The reason so many are homeless are do to the negative economy and parents loosing their jobs. Some of the things that Sumner County Schools do to help is first to identify the homeless student, then they try to help turn on power and water. They also give out weekend and school holiday food packs. Homeless students qualify for a free breakfast and lunch so that is offered to them as well, along with backpacks with school supplies. It is some help to the problem but not the final solution.

**Program Title: Joy In Our Town # 20110825D**

**Issue/Problem: Education**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
9/9/11 Fri.	Noon		
9/10/11 Sat.	3:30 AM		
9/12/11 Mon	10:30 AM		
9/13/11 Tues	4:00 AM		

Host Nichole Holmes talks with the Attendance Supervisor for Sumner County Grace Oliver about truant students in Sumner County. Most of the elementary students the problem is not the student, it the parent. The parent would “miss” the student and do not want them to go to school. In older students the child simply does not want to be in school, and that is also the problem of the parent, by not putting enough emphasis on education. Some students do not want to go to school due to peer pressure, maybe there clothes are not nice enough and they feel out of place. Sumner County gives 5 parent notes per semester for absences. After that they become unexcused absences and if the problem is not resolved Sumner County Schools can take the parents to court. In court they can be fined or get jail time for their child not being in school so keeping the child in school helps solve the problem.

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**Program Title: Joy In Our Town # 20110825C**  
**Issue/Problem: Education**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
9/23/11 Fri.	Noon		
9/24/11 Sat.	3:30 AM		
9/26/11 Mon	10:30 AM		
9/27/11 Tues	4:00 AM		
9/30/11 Fri.	Noon		

Host Nichole Holmes talks with the Director of Sumner County Schools Dr. Del Phillips about some of the needs of the schools within the county. Phillips says it is impossible to know the needs of the schools without visiting the schools. Phillips feels the schools need to keep up with the current level of technology. He says larger schools tend to have more than the smaller schools and that it needs to be even across the board. He feels that schools need to know the difference between achievement and learning, you achieve on tests and things you learn you take with you. The testing of students and teachers need to be looked at, meaning the teacher needs to connect properly (and know how to do so) with the student and they can learn. Since students use technology more & more Phillips believes teachers need to keep pace. Phillips feels all of these needs can be met by knowing of the issues by visiting the schools and using funds properly to make sure all needs can be met.

**Program Title: Joy In Our Town # 20110825C**  
**Issue/Problem: Education**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
9/23/11 Fri.	Noon		
9/24/11 Sat.	3:30 AM		
9/26/11 Mon	10:30 AM		
9/27/11 Tues	4:00 AM		
9/30/11 Fri.	Noon		

Host Nichole Holmes talks with Director of Sumner County Schools Dr. Del Phillips about Communication issues and the educational process. Phillips feels the county needs more communication with the public and that the communication he does get is not consistent across the county. He feels that once he gets to know people internally by both meeting and talking with teachers & principals, and having public meetings with parents and the community he can get the feedback he needs and gets changes made. Phillips says that communication with parents is essential in a good school system and that Sumner County does not have enough community involvement. Phillips plans to work on this problem by having a "Learn & Listen" tour across the county in which he can meet with the community and both give and get constructive feedback. Once he knows the issues from the community, he can work together with them and get changes made.

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

## Health

**Program Title: Joy In Our Town # 20110421B**

**Issue/Problem: Health**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/1/11 Fri.	Noon		
7/2/11 Sat.	3:30 AM		
7/4/11 Mon	10:30 AM DNA		
7/5/11 Tues	3:30 AM DNA		

Host Nichole Holmes talks with Dr. Drew Claudel about skin cancer, primarily melanoma, the most dangerous form of skin cancer. Some things to look for in melanoma is if you have a mole or skin condition that changes color, starts to crust up, or begins bleeding. With most skin damage there is lag time, the damage is done early & the cancer does not occur until years later.

Ultraviolet light (sun, tanning booths) is a known carcinogen and people need to take proper steps to stay safe. Dr. Claudel recommends that people use a spf of at least 15-30, if possible stay out of the midday sun for long periods of time, keep in the shade & wear a broad brimmed hat. If you suspect you have skin cancer, a biopsy is taken of the suspected area. If cancerous, they will try to surgically remove the affected area but if the cancer is too deep other treatment options need to be taken. If detected early, skin cancer has a high survival rate, but it goes down the longer it goes untreated.

**Program Title: Joy In Our Town # 20110421B**

**Issue/Problem: Health**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/1/11 Fri.	Noon		
7/2/11 Sat.	3:30 AM		
7/4/11 Mon	10:30 AM DNA		
7/5/11 Tues	3:30 AM DNA		

Host Nichole Holmes talks with Dr. Nicholas Lippolis about Heart Disease. Heart disease is the number one killer in America and the number one killer in Tennessee. Dr. Lippolis stresses the best way to prevent heart disease is early detection and a CAT scan is the best way to detect problems early. If heart disease runs in the family, then a CAT scan is even more highly recommended due to the chances of it occurring. He says that with scans you can catch it before it becomes a problem and treatment is much easier. Heart disease comes from the buildup of plaque and calcium in the arteries. It builds up too much, forms a blockage, and causes heart attacks. Warning signs of a hear attack is pain or discomfort in the chest along with tingling or numbness in the left arm. Lippolis says with a CAT scan you can see the arteries in a computerized image and stop the problem before blockage occurs. Heart disease can be prevented by having a healthy diet and exercise, keeping your "bad" cholesterol levels low. If you suffer from heart disease, aspirin and other blood thinning medications are often given to keep it in check. Surgery is an option when blockage has occurred, but with CAT scans, it can be detected before it starts.

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

**Program Title: Joy In Our Town # 20110623C**

**Issue/Problem: Health**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/22/11 Fri.	Noon		
7/23/11 Sat.	3:30 AM		
7/25/11 Mon	10:30 AM		
7/26/11 Tuesday	4:00 AM		

Host Nichole Holmes talks with Dr. Andrea Hayes about diabetes. Diabetes is a condition where the body has too much blood sugar. There are two main types of diabetes, Type 1 and Type 2. Type 1 is an autoimmune disease in which the body attacks the cells of the pancreas and 95% of sufferers have type 2 that occurs with aging & increasing weight. Some symptoms are frequent thirst, frequent urination, wounds that slowly heal and weight gain, blurred vision, & excess fatigue. Diabetes is on the rise because of the sedentary lifestyle and a bad high fat, high sugar diet. Complications can lead to cardiovascular disease and possible blindness. Ways to fight type 2 diabetes are eating right, exercising, and losing excess body weight. Type 1 diabetics have to take insulin to fight the disease, and there are medications for type 2 diabetics to help maintain their regular blood sugar and even help with weight loss.

**Program Title: Joy In Our Town # 20110623C**

**Issue/Problem: Health**

Program Duration	Topic Duration	Segment Source	Type
28:45	14:22	L	PA/O
Air Date	Time		
7/22/11 Fri.	Noon		
7/23/11 Sat.	3:30 AM		
7/25/11 Mon	10:30 AM		
7/26/11 Tuesday	4:00 AM		

Host Nichole Holmes talks with Dr. Andrea Hayes about thyroid cancer. The thyroid itself is a gland in front of the throat that helps control the body's metabolism. Thyroid cancer is when there is a malignant thyroid nodule within the thyroid. You can check for nodules in the neck by looking and feeling the neck (checking for symmetry in the neck). If the thyroid is cancerous, the thyroid is usually removed and the thyroid hormone is given back in the form of a pill. Thyroid cancer is highly survivable if found early, often curable & if they take their their thyroid pill it can help prevent other cancers in the future.

The figure designated as TOPIC DURATION is based on 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 #307	28:30	28:30	REC	PA/O/ E	7/05/2011	11:30 AM

**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.

Doctor to Doctor #308	28:30	28:30	REC	PA/O/ E	7/12/2011	11:30 AM
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**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	11:30 AM
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**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	11:30 AM
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**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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Doctor to Doctor #311	28:30	28:30	REC	PA/O/E	8/02/2011	11:30 AM
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**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	11:30 AM
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**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.

Doctor to Doctor #315	28:30	28:30	REC	PA/O/E	8/30/2011	11:30 AM
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**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	11:30 AM
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**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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #317	28:30	28:30	REC	PA/O/E	9/13/2011	11:30 AM

**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	REC	PA/O/E	9/20/2011	11:30 AM
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**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.

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# **Trinity Broadcasting Network**

## **Quarterly Report**

**October, November, December 2011**

**WPGD-TV  
Hendersonville, Tennessee**

### **Leading Community Issues**

*Results of ascertainments from civic leaders, responses by telephone from TBN viewers, from the printed media, comprising Newspapers, Magazines, Publications and from television and radio, whenever possible.*

**Education**

**Public Safety**

**Family**

**Civic Affairs**

**Homelessness**

**Health**

## Education

<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>
<b>Joy In Our Town 20110825B</b>	28:45	14:22	L	PA/O	10/1/11	3:30 AM
					10/3/11	10:30 AM
					10/4/11	4:00 AM

Host Nichole Holmes talks with Sumner County School Board Member Beth Cox about the No Child Left Behind Program. The NCLB was enacted in order for school and students to be 100% proficient in reading, language arts, and math by 2014. It also is used to measure graduation rates and attendance. Some of the problems are that the government expects the same rate of progress among subgroups. For example, NCLB compares how quickly a child (who does not speak English as their primary language) learns English to a student where English is their primary language or how a special needs student learns math as compared to a regular student. Cox says you can help combat this problem by upgrading education standards to put students more on the same level. In Tennessee for example the Tennessee Comprehensive Assessment Program has become more challenging to students because the subject areas are a little harder than normal. If students get low math scores on TCAP tests then the schools know that teachers need to learn better ways to teach math to students, make retention better. Added knowledge across the board can raise proficiency levels in the NCLB program.

<b>Joy In Our Town 20110825B</b>	28:45	14:22	L	PA/O	10/1/11	3:30 AM
					10/3/11	10:30 AM
					10/4/11	4:00 AM

Host Nichole Holmes talks with Sumner County School Board Member Beth Cox about home school students who want to play sports. The problem is since the student is home schooled the student does not have the ability to play on a school sports team. The student's parents are paying taxes into the system and not seeing any benefit. Cox saw this issue and contacted the Tennessee Secondary School Athletic Association (TSSAA) to let them know of the problem. So in Sumner County a home school student can participate in public school team sports if they meet the requirements such as register for the program on time, live in the same district the school is in, meet the code of conduct requirements, be taking 5 academic subjects, and meet the coaches requirements. Currently this program is available in Sumner County but Cox hopes the state legislature will make it statewide to offer more students the opportunity to participate.

<b>Joy In Our Town 20110825C</b>	28:45	14:22	L	PA/O	11/7/11	10:30 AM
					11/14/11	10:30 AM
					11/15/11	4:00 AM
					11/17/11	10:30 AM

Host Nichole Holmes talks with the Director of Sumner County Schools Dr. Del Phillips about some of the problems of the schools within the county. Phillips says it is impossible to know the needs of the schools without visiting the schools. Phillips feels the schools need to keep up with the current level of technology. He says larger schools tend to have more than the smaller schools and that it needs to be even across the board. He feels that schools need to know the difference between achievement and learning, you achieve on tests and things you learn you take with you. The testing of students and teachers need to be looked at, meaning the teacher needs to connect properly (and know how to do so) with the student and they can learn. Since students use technology more & more Phillips believes teachers need to keep pace. Phillips feels all of these needs can be met by knowing of the issues by visiting the schools and using funds properly to make sure all needs can be met.

<b>Joy In Our Town 20110825C</b>	28:45	14:22	L	PA/O	11/7/11	10:30 AM
					11/14/11	10:30 AM
					11/15/11	4:00 AM
					11/17/11	10:30 AM

Host Nichole Holmes talks with Director of Sumner County Schools Dr. Del Phillips about Communication issues and the educational process. Phillips feels the county needs more communication with the public and that the communication he does get is not consistent across the county. He feels that once he gets to know people internally by both meeting and talking with teachers & principals, and having public meetings with parents and the community he can get the feedback he needs and gets changes made. Phillips says that communication with parents is essential in a good school system and that Sumner County does not have enough community involvement. Phillips plans to work on this problem by having a "Learn & Listen" tour across the county in which he can meet with the community and both give and get constructive feedback. Once he knows the issues he can work together with the community and get changes made.

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## Public Safety

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy In Our Town 20110825A</b>	28:45	14:22	L	PA/O	10/7/11	10:30 AM
					10/8/11	10:30 AM
					10/10/11	4:00 AM
					10/11/11	10:30 AM
					11/24/11	11:30 AM

Host Nichole Holmes talks with Kendell Poole from the Governor's Highway Safety Office about drinking & driving. Poole says the number of drinking and driving injuries/fatalities has been going down over the past few years but it is still a problem. When someone drinks alcohol and then drives a vehicle, it becomes a problem because the alcohol slows down the brain, slows reaction time and can sometimes show had judgment. The Safety office tries to combat drinking and driving in 3 major ways, through education, enforcement and the media. They educate by going into schools and talking about the affects of drinking and driving, along with using highly effective public service announcements to get the message out. They give grants to law enforcement to enforce the d&d laws and keep impaired drivers off the roads. Finally, they use engineering, providing rumble strips and cable guard rails to help the roadways safer itself. These solutions help slow down the drinking & driving problem.

<b>Joy In Our Town 20110825A</b>	28:45	14:22	L	PA/O	10/7/11	10:30 AM
					10/8/11	10:30 AM
					10/10/11	4:00 AM
					10/11/11	10:30 AM
					11/24/11	11:30 AM

Host Nichole Holmes talks with Kendell Poole from the Governor's Highway Safety Office about distracted driving. Anything that takes a driver's attention away from the road is distracted driving. In Tennessee, for example it is against the law to text on a cellular phone. A driver can be fined \$50 if caught texting while driving. Poole says studies show that texting while driving is the equivalent on someone with a .16 blood alcohol level. It takes the drivers attention away from the road, which can lead to accidents and turns a vehicle into a weapon. One of the ways to fight the problem is to stop it before it starts by going into the schools & talking with middle and high school students about distracted driving. The Governor's Highway Safety Office sponsors several programs to educate students such as the "Think Fast" game show, programs with the Tennessee Secondary School Athletic Association (TSSAA), and Ford Driving Skills for Life Programs. Over 500,000 Tennessee students have been contacted with the safe driving message. Poole goes on to say that education and enforcement of laws are ways to fight the problem.

<b>Joy In Our Town 20110927A</b>	28:45	14:22	L	PA/O	10/20/11	10:30 AM
					10/21/11	12:00 PM
					10/22/11	3:30 AM
					10/24/11	10:30 AM
					12/1/11	11:30 AM

Host Nichole Holmes talks with Lt. Ted Douglas from the TN Highway Patrol about children and the proper use of car seats. Douglas says the number one killer of children between the ages of 4-14 is children who do not use car seats / booster seats that are in a bad traffic accident. He goes on to say that children are not properly secured are 4 times more likely to be killed in an accident. In fact if you are using a car seat & it is not secured properly within the vehicle, it can still cause serious injury, the most common injury among children is often a head injury. . Even on short trips the child must be secured. Douglas says by law children from birth to 4 years are required to ride in a car seat and from 4-9 years of age they must use a booster seat if they are under 4'9". From the ages of 9-17 standard car seatbelts are used. Some of the ways to keep children safe in cars is to wear the proper child seat / booster, and read the instructions making sure the seat is used properly. If you are in an accident, make sure the child seat / booster is still in proper working order. If you have questions about if you are using the child seat properly, there are certified child restraint technicians who can make sure the seat / booster is properly being used.

<b>Joy In Our Town 20110927A</b>	28:45	14:22	L	PA/O	10/20/11	10:30 AM
					10/21/11	12:00 PM
					10/22/11	3:30 AM
					10/24/11	10:30 AM
					12/1/11	11:30 AM

Host Nichole Holmes talks with Lt. Ted Douglas from the TN Highway Patrol about handgun safety. Douglas says most firearm accidents happen to children between the ages of 10 and 14. He says that if gun owners leave their weapons lying about, it can arouse curiosity and lead to accidents. Just putting the weapon and ammunition in separate places is not enough, because if they know where the handgun is, they probably know where the ammunition is as well. If a child comes upon the handgun they advise you do 4 things: 1. Stop, 2. Don't touch. 3. Leave the area. 4. Tell an adult. Douglas says educating the family (or people within the home) on what the weapon is and what it can do can help people stay safe, and also he says if there is a weapon within the home to lock it up in a gun safe or put a gun lock on the weapon itself. If you need training with the weapon there are multiple safety courses you can take to learn more about the firearm.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy In Our Town 20110217C1</b>	28:45	14:22	L	PA/O	12/29/11 12/30/11	11:30 AM 12:30 PM

Host Nichole Holmes talks with Kathy Glapa from the TN Department of Environment & Conservation about radon. Radon is an odorless, tasteless gas, which comes from the decay of radium in the soil and can spread into homes. Radon is a known carcinogenic and can in some instances cause lung cancer over time. Glapa says radon gas is the 2<sup>nd</sup> leading cause of lung cancer in smokers & the number one cause in non smokers. No level of radon in the home is safe but if 4 picoliters per liter of air is detected in the home then it is advised to take action. She emphasizes radon testing in the home, around once a year, by using a EPA recommended kit and if dangerous levels are in the home, a mitagator can remove the gas by sealing the affected area & pumping it out through a vent with a built in fan.

## Family

<b>Joy In Our Town 20110927B</b>	28:45	14:22	L	PA/O	10/25/11 10/27/11 10/28/11 10/29/11 11/17/11	3:30 AM 10:30 AM 12:00 PM 3:30 AM 11:30 AM
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Host Nichole Holmes talks with Michelle Covington from Centerstone treatment center about domestic abuse and how it affects the family. Covington says 1 in 4 women will encounter domestic abuse in their lifetime and 85% of these women are often abused more than once. In domestic abuse the abuser cuts the victim off from friends and family and people with differing opinions. These women can also suffer emotional abuse that can come from public insulting and denouncing, and the final stages can be physical abuse. Women are often reluctant to see the signs and think their abuser will change but that is not always the case. Domestic abuse affects all social types and can leave emotional scars on the family. Being abused can lead to depression and not being able to carry out their daily routine. One way to help the abused is to let them know you are available, you can keep their important documents for them (some think if they can't take their important documents like their child's birth certificate they cant leave), or that they can leave their children with you. It is important to watch for warning signs of abuse so people are better able to help or get them help.

<b>Joy In Our Town 20110927B</b>	28:45	14:22	L	PA/O	10/25/11 10/27/11 10/28/11 10/29/11 11/17/11	3:30 AM 10:30 AM 12:00 PM 3:30 AM 11:30 AM
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Host Nichole Holmes talks with Michelle Covington from Centerstone treatment center about child abuse and how it affects the family. Covington says there are many forms of child abuse, from emotional abuse to physical or sexual abuse and the most common form of child abuse is neglect, simply not taking care of the child. Parents can experience frustrations and take those frustrations out on the child. Some common signs of child abuse are if the child is unkempt, their personal care is not what it should be, they stop hanging around with friends, or even become bullies themselves to other children. They can also physically hurt themselves like cutting or can lead to other disorders such as eating disorders. It can be a cycle that can affect other generations, they could grow up to be an abuser themselves. Some ways to stop child abuse is to change the ways people talk to children, let them know to respect adults but if another adult is doing something that makes them feel uncomfortable, tell their parents immediately. In TN people can call the Tennessee Dept. of Human Services if they suspect a child is being abused and the Dept. will investigate and see what action needs to be done to help protect the child.

<b>Joy In Our Town 20111027A</b>	28:45	14:22	L	PA/O	11/18/11 11/19/11 11/21/11 11/22/11 11/24/11	12:00 PM 3:30 AM 10:30 AM 3:30 AM 10:30 AM
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Host Nichole Holmes talks with Maribeth Farringer from the Council on Aging of Greater Nashville about elder abuse and how it affects the family. Elder abuse comes in various forms from self neglect where the person cannot take care of themselves and no one is helping them to neglect from a caregiver and both physical and mental abuse. Abusers are often family members and the number one types of abusers are "trusted professionals," attorneys, financial advisors, doctors and so forth. Elderly people tend to be abused because they are vulnerable, both physically and mentally. Some signs of abuse may include when the person becomes more reserved, their financial situation gets worse, bruises may appear, and they may close up around other family members, especially when a member of the family is doing the abusing. Many cases of abuse go unreported because of the family aspect. If you suspect elder abuse, you can call the Department of Adult Protective Services, which has an office in each county, and report the abuse, the more detail you can give the better, and they will investigate and try to prevent the abuse from happening.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy In Our Town 20111027A</b>	28:45	14:22	L	PA/O	11/18/11	12:00 PM
					11/19/11	3:30 AM
					11/21/11	10:30 AM
					11/22/11	3:30 AM
					11/24/11	10:30 AM

Host Nichole Holmes talks with Maribeth Farringer from the Council on Aging of Greater Nashville about financial scams against the elderly and how it affects the family. Elderly people are often victims of financial abuse or scams due to sometimes being lonely and having a trusting or needy nature. In many cases elderly people wind up buying something they do not need and are too embarrassed to report that they were scammed or tricked. Elderly people are often tricked via telemarketing, email, internet, or even door to door sales. The "scammer" or abuser can often spot an elderly person's home by the style of home, type of car, and how the home is decorated. A scammer can even be a member of the family itself. Some ways that an elderly person can prevent from being scammed is not to rush into anything, ask advice about the service or product. If it is a door to door person, do not give up personal information, do not leave them alone in the home, and do not bring out money to the person. Another solution is for the adult children to talk with the elder and caregivers who have access to the elder, advise the elder to be more cautious about things they are not sure of. If the offer is "too good to be true" it probably is not a real offer.

## Civic Affairs

<b>Joy In Our Town 20111027C</b>	28:45	14:22	L	PA/O	12/2/11	12:00 PM
					12/5/11	10:30 AM
					12/8/11	10:30 AM
					12/15/11	10:30 AM

Host Nichole Holmes talks with Chief of Hendersonville Police Mickey Miller about crime in the Hendersonville area. Crime has dropped 23% since Miller became chief in 2010 but there are still problems that can be improved. Burglary, auto burglary, and armed robbery were on the rise for the previous 5 years before Miller became Chief, and he felt the number one way to help crime go down was to get the community involved. He formed community groups and trained people how to be more aware in the community, essentially giving the police department several more thousand sets of eyes to keep an eye on things. Miller says criminals do not try to do something illegal once, they try many times, and if the community spots the crime it can get the crime off the streets quicker. Miller says the hardest crime to deal with is domestic abuse because they aren't on the scene when the crime happens and many cases of abuse are not even reported. One program he is implementing soon is a "flex team," where officers do not have a fixed shift or location. The officer would have a flexible shift, adding manpower in areas of the city where it is needed most, and with the extra manpower the crime rate goes down in that area.

<b>Joy In Our Town 20111027C</b>	28:45	14:22	L	PA/O	12/2/11	12:00 PM
					12/5/11	10:30 AM
					12/8/11	10:30 AM
					12/15/11	10:30 AM

Host Nichole Holmes talks with Chief Mickey Miller & Lt. Paul Harbsmeier about communication with the public. The more information the public has in its hands the better the department works. They talk about 2 online programs, crimereports.com and nixle.com. With crimereports.com the police share with the community where crimes have taken place, when arrests were made and what for. It is also a way for the police to judge if they need more of a presence in that area. Therefore, the community can judge where and when they can be safest during certain times of the day and if they are moving they can find safer parts of the community. Nixle.com is an alert system that sends actual messages out to the public in 3 ways: text, email, or the nixle website. You do have to register for this service and the police send out 3 levels of news: alerts, such as a missing child amber alert, advisories, such as crime news, and community which is general news, such as if traffic is diverted due to a parade. The odds of crimes being solved go up drastically the more people know about the issues.

<b>Joy In Our Town 20111117B</b>	28:45	14:22	L	PA/O	12/23/11	12:00 PM
					12/26/11	10:30 AM
					12/29/11	10:30 AM

Host Nichole Holmes talks with Tennessee Secretary of State Tre Hargett about voter fraud in Tennessee. Voter fraud is an attempt by anyone to manipulate the outcome of an election illegally. Some forms of voter fraud include voting in more than one state, using the name of a dead person to cast a vote, vote in the name of another person, or paying someone to vote a certain way. Voter fraud in Tennessee can be punishable with 2-12 years in prison & a \$5,000 fine. If you suspect voter fraud, contact your local attorney general and they will take action. One of the ways Tennessee is trying to stop voter fraud is with the new voter ID law. As of January 1<sup>st</sup> 2012, in order to vote in a Tennessee election, a voter must have a valid form of photo identification. Some acceptable forms of photo ID are a Tennessee Driver's License (even if expired), a US passport, gun permits, US military IDs, or state and federal government IDs. Some voters can be exempt however, such as voters who vote absentee by mail, voters who live/vote in a nursing or assisted living home, a hospitalized voter, or voters who are indigent and unable to obtain a photo ID without paying a fee. If you need an ID you can get one for free from the Department of Safety & Homeland Security at any participating driver service center across the state.

The figure designated as TOPIC DURATION is based on 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>
<b>Joy In Our Town 2011117B</b>	28:45	14:22	L	PA/O	12/23/11	12:00 PM
					12/26/11	10:30 AM
					12/29/11	10:30 AM

Host Nichole Holmes talks with Tennessee Secretary of State Tre Hargett about charity fraud in Tennessee. Hargett defines charity fraud as someone who tries to make you give money to a charity that does not exist, or tries to tell you the money that is going to something that is not. Some common frauds are if someone comes to your door asking for money, ask where the money is going, ask for a phone number or website to give the money to, ask what the money will be used for. If they only take cash, that is a dead giveaway for fraud. You can contact the Tennessee Secretary of State's website to find out about charitable organizations in TN. They have to be registered as a charity in TN in order to be an official charity. They investigate the charity to see if they are spending the money in ways they said they are going to. If they are caught committing charity fraud, they can be fined up to \$5,000 per infraction.

## Homelessness

<b>Joy In Our Town 20111027D</b>	28:45	14:22	L	PA/O	12/9/11	12:00 PM
					12/15/11	10:30 AM
					12/22/11	11:30 AM

Host Nichole Holmes talks with John Lozier from the National Health Care for the Homeless Council about how homeless people do not have enough health care. About 4,000 people are homeless in the metro area of Middle Tennessee and many, or most, of them do not have the means for health care. There is not enough shelter or housing for the homeless and when they are ill they sometimes have nowhere to go. Many homeless people do not qualify for Medicaid and if they become sick, they rely on charity care in emergency rooms, hospitals, and some doctor's offices that do charity work for the homeless. While there is no solution for the homeless problem, there are so ways for the homeless to receive health care. The federal government gives out \$200 million in grants to 217 facilities across the country, usually in larger cities, to treat homeless people but it is basic doctor's care. With possible upcoming health care reform, more people will have access to Medicaid and therefore homeless people will have better health care benefits.

<b>Joy In Our Town 20111027D</b>	28:45	14:22	L	PA/O	12/9/11	12:00 PM
					12/15/11	10:30 AM
					12/22/11	11:30 AM

Host Nichole Holmes talks with John Lozier from the National Health Care for the Homeless Council about health care for homeless disabled people. Around 40% of homeless people suffer from either a physical or a treatable mental disability, and many homeless shelters are not equipped to take care of the disabled. Experts are not sure if being in the elements make their health become so poor that they are disabled or if they are disabled first and cannot afford their homes and they become homeless. There are many homeless people who have prosthetic limbs and need crutches to get around, or if they are mentally disabled they cannot take care of themselves. While shelters do what they can to take care of the homeless disabled, the bigger solution is to create affordable housing and employment to get the people off the streets and out of the elements. It is hard enough to survive if you are homeless and even harder if you are disabled. The average age of death in the U.S. is the late 70's to early 80's. In homeless people, it is between 45-50.

<b>Joy In Our Town 2011117A</b>	28:45	14:22	L	PA/O	12/16/11	12:00 PM
					12/22/11	10:30 AM

Host Nichole Holmes talks with Clifton Harris from the Metropolitan Homelessness Commission about homelessness in Middle Tennessee. As of the 2011 count there are 2,244 homeless in the Middle Tennessee area but on any given night there could be up to 4,000 homeless men, women, & children in the area and up to 11,000 could be homeless at any given time during the year. You are considered homeless if you have been without a home for a consecutive year or have had 4 episodes of homelessness over the past four years. The broad definition being not having a fixed address or staying under the same roof. Some factors that contribute to homelessness are people losing their jobs, houses being foreclosed on, drug & alcohol issues, even people escaping domestic violence. Another part of the problem is not enough affordable housing for low income households. Many homeless work low paying jobs, but not enough to afford a one bedroom apartment. Harris says the community can help by getting the word out about the homeless situation and possibly the building of low income housing that people can afford.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy In Our Town 20111117A</b>	28:45	14:22	L	PA/O	12/16/11 12/22/11	12:00 PM 10:30 AM

Host Nichole Holmes talks with Clifton Harris from the Metropolitan Homelessness Commission about homeless veterans. Approximately 25% of homeless people are veterans. Veterans often come back from serving the country with brain injuries and post traumatic stress disorder and are not able to maintain a job or housing and wind up on the streets. The US department of Veteran's Affairs try to help but the veterans have to "get there" first, or ask for help. Many veterans do not know the benefits they are entitled to. If they are honorably discharged, they have access to all VA services and many are not aware of that fact. There are other programs such as Operation Stand Down, and Next Stage which works with female veterans, and the rescue missions which also help homeless vets. These organizations, along with the VA, work to get the homeless veterans off the streets and back into society.

## Health

<b>Joy In Our Town 20110721B</b>	28:45	14:22	L	PA/O	10/13/11 10/14/11 10/15/11 10/17/11 10/18/11	10:30 AM 12:00 PM 3:30 AM 10:30 AM 4:00 AM
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Host Nichole Holmes talks with Stacey Mulder & Meredith Kear from the National Multiple Sclerosis Society, Mid South Chapter, about MS. Multiple Sclerosis is a disease of the brain and central nervous system that is thought to be an autoimmune disease as well. The typical age for someone to get MS is between 20 and 50 and women get it more than men. Symptoms include tingling in the hands and feet, loss of vision, pain and fatigue. Experts do not know the exact cause and there is currently no cure. It is thought that a person's genetics, predisposition to the disease, and environmental factors can be some possible causes for MS. Since no one knows the specific cause it is hard to find a cure. There is typically 2 types of MS, progressive in which the person slowly gets worse and worse and could become wheelchair bound and relapsing / remitting where the symptoms come and go over time. Some of the ways to help people with MS is to educate them about the disease, educate doctors and nurses about the disease, take the proper medications to slow the advance of the disease (keep the disease from doing more damage to the nerves), and use physical therapy techniques that can help muscles work in ways to bypass the damaged nerves.

<b>Joy In Our Town 20110721B</b>	28:45	14:22	L	PA/O	10/13/11 10/14/11 10/15/11 10/17/11 10/18/11	10:30 AM 12:00 PM 3:30 AM 10:30 AM 4:00 AM
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Host Nichole Holmes talks with Patty Harman from the Susan G. Komen for the cure of greater Nashville about breast cancer. About 5,040 women will be diagnosed with breast cancer in Tennessee and about 900 will die of the disease. No one knows what the exact cause of the disease is but women are more likely to get it if it runs in their family or if they come from a lower socioeconomic background. The reason for this being is unfortunately poorer people feel they cannot afford treatment. Other factors are of the women who can afford to have treatments, or exams, about 50% of them do not. There are many different forms of breast cancer and many treatment options are available. Self exams are the best way to find if you have breast cancer, and when women reach 40 they should start self exams and mammograms (earlier if it runs in the family). While there is no cure if breast cancer is found early, it is 98% curable in the early stages of the disease. Some ways to help protect yourself from breast cancer is to know your body, know what is normal to you, know the risk factors of breast cancer, avoid smoking and alcohol and try to live a healthy lifestyle.

<b>Joy In Our Town 20111027B</b>	28:45	14:22	L	PA/O	11/25/11 11/28/11 11/29/11 12/1/11 12/8/11	12:00 PM 10:30 AM 3:30 AM 10:30 AM 11:30 AM
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Host Nichole Holmes talks with Dr. William Norris about Non-Alcoholic Fatty Liver Disease (NAFLD). NAFLD is caused by too much fat being stored in the liver. The disease is often seen in obese people. Approximately 25% of the adult population in the U.S. has NAFLD and many may not be aware of it. Some of the symptoms of the disease are when the legs and abdomen become swollen, loss of appetite, yellowing of the skin, darkened urine, and weight loss do to loss of appetite. If it goes untreated it can become hepatitis which can lead to cirrhosis which can lead to liver cancer and even death. NAFLD is often diagnosed through a CAT scan, ultrasound, or a liver biopsy, which extracts fluid from the liver. Treatment options are not to eat excessive amounts of sugar or junk food, change to a healthy diet, loose weight, and try to exercise at least 3 times a week 30-60 minutes. If the liver has not progressed to a "point of no return," or the cirrhosis stage, the liver can often repair itself and the life changes can help with the repair.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Joy In Our Town 20111027B</b>	28:45	14:22	L	PA/O	11/25/11	12:00 PM
					11/28/11	10:30 AM
					11/29/11	3:30 AM
					12/1/11	10:30 AM
					12/8/11	11:30 AM

Host Nichole Holmes talks with Christy Swope and Charlotte Stewart about Hepatitis C. Hepatitis C is a blood transmitted virus that causes scar tissue in the liver. A person can get hepatitis C if they had a blood transfusion before 1990, improper tattooing, piercing, or through interveinous drug use (sharing of infected needles). Hepatitis C produces flu like symptoms along with fatigue and aching joints. If the disease goes untreated, it can scar the liver to a point that it causes cirrhosis, which could lead to other problems and even death. The disease is diagnosed through a blood test and if found early enough about 10% of sufferers can cure themselves. Stewart was diagnosed with the disease in 1998, and learned she got the disease from a blood transfusion. She had the flu like symptoms but got treatment quick enough that it did not drastically effect her life. Both Swope and Stewart say the drugs that treat the disease can sometimes have side effects that are unpleasant such as fever, chills, weakness, nausea, anemia, but these drugs slow down or stop hepatitis C, giving the liver a chance to heal itself. Other ways to be careful if you have the disease is not to smoke or drink, live a healthy lifestyle, and be careful with medications, since the hepatitis C meds may not mix well with over the counter drugs like aspirin.

<b>Joy In Our Town 20110623C</b>	28:45	14:22	L	PA/O	12/29/11	11:30 AM
					12/30/11	12:30 PM

Host Nichole Holmes talks with Dr. Andrea Hayes about thyroid cancer. The thyroid itself is a gland in front of the throat that helps control the body's metabolism. Thyroid cancer is when there is a malignant thyroid nodule within the thyroid. You can check for nodules in the neck by looking and feeling the neck (checking for symmetry in the neck). If the thyroid is cancerous, the thyroid is usually removed and the thyroid hormone is given back in the form of a pill. Thyroid cancer is highly survivable if found early, often curable & if they take their their thyroid pill it can help prevent other cancers in the future.

## Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #320	28:30	28:30	REC	PA/O/E	10/04/2011	11:30 AM

**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 Verghese** talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

Doctor to Doctor #321	28:30	28:30	REC	PA/O/E	10/11/2011	11:30 AM
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**Dr. George Rhodes** talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The 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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #322	28:30	28:30	REC	PA/O/E	10/18/2011	11:30 AM

**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	11:30 AM
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**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	11:30 AM
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**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.

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

Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/2011	11:30 AM
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**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.

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