

TRINITY BROADCASTING
NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

FOURTH QUARTER

OCTOBER, NOVEMBER,
DECEMBER

2013

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE WWTO TV PROGRAMMING ADDRESSING THE ISSUES AND PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING THE FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE FOURTH QUARTER:

OCTOBER, NOVEMBER, DECEMBER 2013

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE FOURTH QUARTER: OCTOBER, NOVEMBER, DECEMBER REPRESENTING AREA CONCERNS PULLED FROM VARIOUS SOURCES INCLUDING BUT NOT LIMITED TO CIVIC LEADERS, RESPONSES FROM WWTO TV VIEWERS, PRINT MEDIA, INCLUDING: NEWSPAPERS, MAGAZINES AND OTHER PUBLICATIONS, AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

SENIORS
ECONOMY/FINANCES
HEALTH & MENTAL HEALTH
DRUG & ALCOHOL
HOMELESSNESS

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

JOY IN OUR TOWN

PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED FRIDAY AT 12 NOON, AND RE-AIRED SATURDAY AT 3:00 AM, MONDAY AT 10:30 AM, AND THURSDAY AT 3:00 AM, 3:30 AM AND 4:00 AM.

PRAISE THE LORD

PUBLIC AFFAIRS PROGRAM, "PRAISE THE LORD" IS AIRED FRIDAY AT 10:30 AM, AND RE-AIRED SATURDAY AT 1:30 AM, TUESDAY AT 1:30 AM AND THURSDAY AT 1:30 AM.

ISSUE

SENIORS

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #112013A	29:37	13:28	LCL	PA

AIR DATE & TIME: 12/2/13 @ 10:30 AM, 12/5/13 @ 3:00 AM, 12/5/13 @ 4:00 AM, 12/12/13 @ 3:30 AM, 12/13/13 @ 12:00 PM

Cheryl Kuba, Executive Director for LivHome, talks about how choosing a nursing or assisted living home is difficult for everyone involved. Sometimes it is the best place for an older adult who is starting to have difficulty doing different things. Children of these older adults may not have a choice. Check the several places out. It should have good nursing or aides. Go for a tour at random times. Don't schedule tours, otherwise a marketing person will show you around. You want to meet the staff and see how the place is run not get a pitch for the place. Ask for references from families that are there to get feedback. All homes should have a star rating online. Do your homework. The more involved you are with your parents the better care they get. An ombudsman is an advocate for the family. They look out for the needs of the senior living in the facility and can mediate any problems that may arise.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #112013A	29:37	15:39	LCL	PA

AIR DATE & TIME: 12/2/13 @ 10:30 AM, 12/5/13 @ 3:00 AM, 12/5/13 @ 4:00 AM, 12/12/13 @ 3:30 AM, 12/13/13 @ 12:00 PM

Some older adults are resistant to being told they must go into an assisted care center or a nursing home. Cheryl Kuba, Executive Director of LivHome, shares how they feel that they are losing their freedom. Be sure to involve the parent in every decision. Work at their pace. Give them time to see their options. Let them have input, unless it's a life or death situation like driving. Be on the lookout for red flags that signal a change in your parent. Always discuss making changes in a loving manner. When the older adult feels like they are making the decision, they react to the change better.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #090512A	29:47	15:47	LCL	PA

AIR DATE & TIME: 12/6/13 @ 12:00 PM, 12/9/13 @ 10:30 AM, 12/12/13 @ 3:00 AM, 12/12/13 @ 4:00 AM

Susan Hayward, Owner of Roots and Wings Eldercare Coaching, talks about helping families navigate through the elder years and the issues that happen as people near the end of their life. Elders need to get really clear about what they want to happen and talk to their families about their choices. It's much easier to plan ahead than to try to work through crises as they occur. By planning ahead families members can know what the elders wishes are even if they are unable to communicate. It is best to have several different plans to choose from. This takes away some of the stress during those crisis periods. The three most important things for elders or primary caregivers to discuss are the health issues the elder is facing, how that will affect where they are going to live and how they will pay for it. Primary caregivers need to take care of themselves so they can make sure that they can continue giving care to their elder. Communication is key to preparing.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #121113A	27:24	13:13	LCL	PA

AIR DATE & TIME: 12/16/13 @ 10:30 AM

Elder abuse is not commonly talked about, but is a real problem, Brian Towne, LaSalle County State's Attorney shares. Elder abuse could consist of physical, mental, or sexual abuse or financial exploitation. Elders should be honored but often are treated the worst. Elders are abused because of their inability to speak out. The biggest offenders are often family members or caregivers. Signs of elder abuse may be changes in their behavior, frequent visits to the doctor or ER, or large withdrawals from their banking accounts. It's better to speak up if you suspect abuse. If family or caregiver gets upset they may be the offender. Sometimes victims don't speak out because the offender is their only contact with the outside world. These cases are difficult because of lack of evidence or witnesses.

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ISSUE

ECONOMY/FINANCES

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
ECON.	Joy In Our Town #101413A	29:46	15:05	LCL	PA

AIR DATE & TIME: 10/18/13 @ 12:00 PM, 10/19/13 @ 3:00 AM, 10/21/13 @ 10:30 AM, 10/22/13 @ 3:00 AM, 10/24/13 @ 3:00 AM, 10/24/13 @ 4:00 AM, 10/31/13 @ 3:30 AM

Kevin Pritchett, Attorney with Safe Money Retirement Planning, talks about The 5 Gotcha's of Money. The first is Losses – stock goes up and down. 2) Healthcare – you didn't plan enough for it. 3) Taxes – the tax rate can be as high as 50%. 4) Inflation – the dollar today is worth less than it will be down the road. 5) Procrastination – people aren't doing anything because of fear. To prevent losses you should use strategies linked to market growth, so it rises with the market but doesn't fall. No losses are acceptable. Fifty percent of people need long-term healthcare. What if you are in the other 50%? Use insurance that covers long-term healthcare but can also be used for other things as well. There are three tax buckets. Tax now, tax later, and tax never. Everyone should use the tax never bucket. Save enough so your money can out-pace inflation. Figure out what your number is. People are too busy or are afraid to invest, so they put it off until it is too late.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
ECON.	Joy In Our Town #101413A	29:46	14:11	LCL	PA

AIR DATE & TIME: 10/18/13 @ 12:00 PM, 10/19/13 @ 3:00 AM, 10/21/13 @ 10:30 AM, 10/22/13 @ 3:00 AM, 10/24/13 @ 3:00 AM, 10/24/13 @ 4:00 AM, 10/31/13 @ 3:30 AM

Kevin Pritchett, Attorney with Safe Money Retirement Planning, talks about budget planning. He tells people to think of finances as a pyramid. The base is planning. Get out of debt. Second, have income protection. At the top you build your assets. Too many people have that inverted. Make sure you check your tax-withholding. Many people have too much withheld. People need to write out a budget. Figure out your income and expenses. People who don't have an emergency fund rely on credit cards to help out and that is a bad idea. Many people are in denial about their debt. You have to acknowledge it and address it. Don't feel bad about using legal strategies to get out of debt. That is why they are there.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
ECON.	Joy In Our Town #101413B	29:37	16:51	LCL	PA

AIR DATE & TIME: 11/1/13 @ 12:00 PM, 11/2/13 @ 3:00 AM, 11/11/13 @ 10:30 AM

Kevin Pritchett, Attorney with Safe Money Retirement Planning, talks about people struggling with making their house payments. There are programs for houses that are under water; H.A.R.P. or loan modifications. To avoid foreclosure you can ask for a deed-in-lieu or a short sale. The important thing is for people to talk to their lender as soon as they know they are having problems. Healthcare debt is the number one cause of bankruptcy. Many hospitals will allow monthly payments. The cost of college is rising. Be sure you can afford your college. Scholarships are a great way to pay for college. Be aware of your financial situation. See a licensed professional to help reduce your debt.

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ECON.	Joy In Our Town #101413B	29:37	12:16	LCL	PA

AIR DATE & TIME: 11/1/13 @ 12:00 PM, 11/2/13 @ 3:00 AM, 11/11/13 @ 10:30 AM

Attorney Kevin Pritchett talks with Emily Young about Obama Care. He shares who would benefit from the Affordable HealthCare Act and who would be better off paying the penalty for not enrolling. Using a high deductible can save on the cost of the premiums. He shares that people should have insurance because the downside of not having the insurance can send people into bankruptcy and society pays high costs for those uncovered medical expenses. The Act does not affect people with private insurance or with insurance through their jobs, only the people without any type of insurance coverage. Kevin also talks about who needs to have financial literacy and education. It may sound cliché but everyone needs some education from those that are in debt to those that have millions of dollars. Each needs to know what to do, whether it is to get out of debt or to help protect their assets from taxes.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
ECON.	Joy In Our Town #111913A	27:40	14:48	LCL	PA

AIR DATE & TIME: 12/23/13 @ 10:30 AM, 12/30/13 @ 10:30 AM

Melanie Jane Nicolas, Founder of Kids Wealth International Club, talks about teaching kids to be financially wise. Parents need to be able to handle money in order to instruct their children. Helping kids be financially savvy will help them in the long run. Beliefs, attitude, and thoughts impacts your wealth potential. It is important to instill values in kids when they are young. When a child is 2 years old they have 25% of their belief system in place. At 4 they have 50%. At 8 they have around 80%. Teaching when they are young means you don't have to undo anything they have learned. We live, they watch, they learn. Do what you want your kids to do. There is a difference between a want and a need. The six jobs of money is a system for how to handle money. 1) Living – your expenses. 2) Financial Freedom – your investments or money growth. 3) Save – emergency funds and/or saving for a big item you want. 4) Education – College your higher learning opportunities. 5) Play – rewarding yourself. 6) Donation – The more you give the more you get back. Life is a journey.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FINANCE	Praise the Lord #071713	1:29:49	20:06	LCL	PA/O/E

AIR DATE & TIME: 10/11/13 @ 10:30 AM, 10/12/13 @ 1:30 AM, 10/15/13 @ 1:30 AM, 10/17/13 @ 1:30 AM

By the age of 30, James Paris of ChristianMoney.com, had accumulated over \$1 million in worth and was bankrupt by the age of 40. He considered suicide and shares that many people facing money problems do. James Paris decided God could never use him again. He challenged God to act. Within 10 years, God had brought back his finances. James Paris refers people to God now for their finances. Pray for wisdom, as Solomon did. Wisdom also takes care of future needs, too. Money only fixes the now. Ask God what His plan is. The Bible talks more about money than anything else. He also shares how people need to act. Ask God for the plan and then follow through with action.

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ISSUE

HEALTH
&
MENTAL HEALTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #082411A	29:20	14:41	LCL	PA

AIR DATE & TIME: 10/4/13 @ 12:00 PM, 10/5/13 @ 3:00 AM, 10/7/13 @ 10:30 AM, 10/10/13 @ 3:00 AM, 10/10/13 @ 4:00 AM, 10/17/13 @ 3:30 AM

Linda Pinn, Registered Nurse with Illinois Valley Community Hospital, talks with Emily Young about getting children to make good nutritional choices and stay physically active, which is really important as far as maintaining an appropriate weight for our age. We are seeing an increase in overweight and obesity in our children, even as young as two years old. Most of those children who are obese are going to grow up and have difficulties with their weight as adults as well. Obesity is tied into the types of foods that are the choices of our children and some adults as well: fast foods, not to blame them solely. But also the media, the electronic media that is our children's world. A lot of families have multiply children who are in sports and we don't sit down and have that meal together as much as we used to, it's very infrequent anymore. Our economy is another thing that is affecting those choices. We need to be involved with our children at making those choices. We need to show them the benefit. We need to be involved with our Children's physical activities; we need to go bike riding with them. We need to take that brisk walk in the evening to show them that this is a part of life; this is a part of our health as well. So we need to be involved in both of those choices. There's enormous amount of bullying that goes on because of children being overweight. They can also face loneliness and depression. We are seeing type two diabetes in 10 year olds and above, which we generally do not see until around middle adulthood and we're seeing this in our children. We're also seeing high cholesterol levels in children, which causes plaque buildup in the heart. We're seeing heart disease in young children, which shouldn't be.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #012612A	29:32	14:36	LCL	PA

AIR DATE & TIME: 11/15/13 @ 12:00 PM, 11/18/13 @ 10:30 AM, 11/19/13 @ 3:00 AM, 11/21/13 @ 3:00 AM, 11/21/13 @ 4:00 AM

Dr. Shirley Hill, Wellness Administrator for SAKAL Global Nation, talks with Emily Young about the chemistry of food and its relation to disease. One of the things that we don't recognize is that the body is designed to live disease free forever, not to live forever but to live disease free. It has mechanisms in it; it's self-repairing, self-rejuvenating, self-rebuilding, it will even re-grow organs. The body is like a car it has to have what it needs to operate and function as it should. Our difficulty is that because we don't know how the body functions, the systems and the processes that take place in the body, we don't give it what it needs to operate as it should. A body that cannot and will not keep you from catching a cold cannot keep you from getting cancer because it's the same process and the same mechanism. What we eat can determine whether or not we get a disease or whether or not our body can defend us against getting a disease. What the body needs from fruits and vegetables are the enzymes. Enzymes are destroyed beginning at 102 degrees. When you cook or heat fruits and vegetables, you destroy the things that facilitate healing in the body. That's one of the things that we can change: we can eat more raw fruits and vegetables because they have the one thing: enzymes; that facilitate all of the processes and changes. That includes metabolism, elimination, the healing cycle; all of those things are facilitated by 3,000 enzymes that initiate 7,000 processes in the body. Without any enzymes, those processes don't take place and then you begin the process of decline. One of the things that we can do to get minerals is to eat organic. Shirley hears all the time that it's awfully expensive but if you eat that which is necessary, there are some foods that just should be eaten organic because they have thin skins, no protection from pesticides. One of the things that we should absolutely stay away from is processed meat, that pretty red color is also what becomes a nitrosamine in the body, which causes cancer. It is a carcinogen. Another thing that people should not eat: soda. Soda because of the carbonation, they reduce oxygen in the body. An oxygen deprived body is ripe for every sickness or disease and that includes cancer. It also removes magnesium from the heart. Magnesium keeps the heart beating.

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HEALTH	Joy In Our Town #012612A	29:32	13:26	LCL	PA

AIR DATE & TIME: 11/15/13 @ 12:00 PM, 11/18/13 @ 10:30 AM, 11/19/13 @ 3:00 AM, 11/21/13 @ 3:00 AM, 11/21/13 @ 4:00 AM

Dr. Shirley Hill, Wellness Administrator for SAKAL Global Nation, talks with Emily Young about health, nutrition and obesity. The body is very meticulous in how it processes what is put in it. If it doesn't have a mechanism to metabolize what is put in it, then it is going to store it as fat. When you have a body that is storing fat, it is also storing waste that facilitates disease. Waste is chemicals that we ingest but is also waste that cannot be eliminated because the process of elimination cannot take place because there are no enzymes. Most Americans are chronically constipated. Most of what Shirley is seeing now is that people are constipated into their stomach and because of that constipation they are being diagnosed with an obstruction. With that obstruction, part of the stomach or the intestines is being removed but with that removal the intestine has villi that are connected to capillaries that carry nutrients to different cells, organs, tissues. When you remove part of the intestine, then you remove those villi and the capillary no longer has nutrients to take to organs of the body. So you're moving the disease farther along because whatever organ does not receive the nutrients, the water, and the oxygen that it needs, then that organ begins to die. Before you had chronic constipation but now you have an organ that is no longer receiving nutrients. We're caught in a catch 22 because nutrition-less food, it has nothing for the body to complete processes so the body has to store it as fat and we become, especially our children larger and larger and more obese. What we do is lessen the calories, same foods, same problem, just less calories. She recommends that people eat the proper fish: fish with scales and fins such as the Alaskan fish, no shellfish because they're scavengers. You can get protein from nuts and most children love nuts. As we read labels, most things that are in boxes bottle or cans, they have zero to very little of what is marketed on the front of the label. It's mostly chemicals and colorings and additives. Those things make our children hyper, cause asthma and other conditions in the body. Children are very versatile. They learn to eat from us. Do you eat it, do you like it? They learn that habit from you.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #090512A	29:47	13:30	LCL	PA

AIR DATE & TIME: 12/6/13 @ 12:00 PM, 12/9/13 @ 10:30 AM, 12/12/13 @ 3:00 AM, 12/12/13 @ 4:00 AM

Doris Peters, Registered Nurse with Illinois Valley Community Hospital, talks with Emily Young about cholesterol. Cholesterol is a soft fatty substance that the body needs to keep the cells and membrane walls healthy. There are two sources of cholesterol: the body produces some, and it is found in foods like meat and eggs. LDL is bad cholesterol and HDL is good cholesterol. People should have their levels tested to see if their levels are where they should be as there are no symptoms for high cholesterol. High levels could lead to atherosclerosis or hardening of the arteries. This can lead to heart attack or strokes. LDL levels should be as low as possible, lower than 100. HDL levels for men should be 45 or higher and for women 55 or higher. Total cholesterol levels should be 200 or less. Family history can factor into cholesterol levels along with diet and exercise. If someone is struggling with high levels and changes in diet and exercise are not enough, medication may be prescribed.

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HEALTH	Joy In Our Town #111913A	27:40	12:22	LCL	PA

AIR DATE & TIME: 12/23/13 @ 10:30 AM, 12/30/13 @ 10:30 AM

Angela Reidner, Certified Nurse Midwife at Illinois Valley Community Hospital Women's Health Care Clinic talks about water birth. Water birth is when the mom is in a pool/tub and the baby is born into the water and immediately lifted out. Not all hospitals offer water birth. It is a very natural birth experience. Some only use water during the labor part of the birth. It helps mom to cope with the pain of child birth. Water birth is very safe for mom and baby. Only pregnancies with no complications should attempt a water birth. A natural child birth is a benefit for mom as well as baby. The mom is calmer and baby is too. A water birth class is usually a prerequisite to doing a water birth. Communication is very important for mom, dad, and the doctor. Dad can still be involved during a water birth.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #10072013	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 10/07/13 @ 2:00 PM

CBN News Reporter, Lorie Johnson, reports carbohydrates give us energy. When we eat more carbohydrates than our body's energy requirements demand, those extra carbs are turned into body fat. Body fat is simply fat that is being stored for later use. When we eat fewer carbohydrates than our energy needs require, such as in times of famine, our body gets its energy by burning the stored body fat. The good news is we don't have to go without food to burn the stored body fat. We just have to go without carbohydrates. But carbohydrates aren't just desserts. They include whole grains and fruit. For example, a piece of whole wheat bread has 20 grams of carbohydrates and one banana has 27. The key to giving up carbohydrates is replacing them with some protein, and a lot of fat. That includes monounsaturated fat like nuts, avocado, salmon, and olive oil. It also includes saturated fat like eggs, cheese, butter, coconut oil, and bacon. However, stay away from vegetable oils, also known as Omega-6 fats, and steer clear of Tran's fats, both of which cause inflammation. Many doctors, and even the government, tell us to avoid saturated fat because they say it causes heart disease. A growing number of physicians say saturated fat is good for you. Not only is saturated fat the optimal fuel for your brain, it also provides building blocks for cell membranes, hormones, and hormone-like substances. It acts as carriers for important fat-soluble vitamins A, D, E and K. It is required for the conversion of carotene to vitamin A, and for mineral absorption. It acts as an antiviral agent. It modulates genetic regulation and helps prevent cancer. Inflammation comes from eating too many carbohydrates, not from high cholesterol. HDL cholesterol is good, as well as some LDL cholesterol, but only the large, fluffy particles, known as Pattern A. On the other hand, the small, dense LDL cholesterol, known as Pattern B, does indeed cause heart disease. Those small, dense LDL particles come from eating a diet that's high in....not saturated fat....but high in carbohydrates. Most people get blood work at their doctor's office that reveals their HDL and their LDL cholesterol levels. The problem with that is that knowing your total LDL number is not helpful. You need to know the number of your small, dense particles. Fortunately, you can know and it's easy. You just have to ask. Tell your doctor you would like to have the NMR lipoprofile test. That test gives you the total LDL number and also how many small particles you have. You want the small particles to be 20 percent or less of the total LDL. It's easy to get and all major labs offer it. Most insurance policies cover the test as well. Best of all, even if your doctor were to refuse to order it, you can order it yourself via a third-party, or you can order the test online and get blood drawn locally. What if your number of small, dense LDL particles is greater than 20 percent of your total LDL number? You need to make changes in your diet. Remember, those small dense particles are caused by eating too many carbohydrates, Tran's fats, and industrialized Omega-6 fats, found in cooking oils like vegetable oil, soybean oil, corn oil, etc. So eliminate those harmful fats, drastically reduce your carbohydrate intake, and watch those small, dense LDL particles disappear. You will be amazed how fast it happens. While we are on the subject of tests your doctor runs, make a note of your triglycerides and your HDL. According to recent research, a high triglycerides number combined with a low HDL number is a predictor for a very high risk of cardiovascular disease. Your triglycerides should ideally be under 100 and optimally under 70. Your HDL cholesterol should ideally be over 50 and optimally over 70. Consume less carbohydrates in your diet to drop your triglycerides enough and eat more fat, especially saturated fat, to raise HDL. High sensitivity C-Reactive Protein (hsCRP for short) is a simple blood test any doctor can have run to measure for inflammation. Your target for this one is under 1.0. A low-carbohydrate, high fat diet is controversial among doctors, and goes against conventional wisdom. But a growing number of doctors say success stories are making them take a closer look at how a low-carb, high fat diet might help their obese patients.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #10172013	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 10/17/13 @ 2:00 PM

CBN News Reporter, Lorie Johnson, reports for the first time, the Centers for Disease Control is warning you could get an infection that even our most powerful drugs can't kill. There might not be a thing doctors can do if it happens to you. For 70 years, we've relied more and more on antibiotics to fight infections -- so much that some bacteria have strengthened to the point that drugs can no longer kill them. An alarming CDC survey reported that these bacteria infect around 2 million Americans each year, killing 23,000 of them. At the top of the list is C-Diff, a bacterial infection that targets the intestinal tract and kills 14,000 people a year. That's followed by drug-resistant gonorrhea, an infection making up about one-third of the cases of this sexually transmitted disease. Then there's CRE, a respiratory bacteria infecting 9,000 hospital patients each year, killing half of them. The CDC blames this resistance on the overuse of antibiotics, to the extent that half of the prescriptions given by doctors aren't even necessary. Antibiotics kill only infections that are bacterial, not viral. However, most of the time when sick people go to their doctor's office, they have a viral infection and therefore, they don't need an antibiotic. The problem is, there's no reliable way for doctors to instantly know whether an infection is viral or bacterial, so doctors tend to give all their sick patients antibiotics to help the few patients who actually need it. Antibiotics aren't just overused in humans, they're also unnecessarily given to animals raised for food. In fact, animals receive 80 percent of all antibiotics, and much of that goes into their food. It becomes a health issue for humans when antibiotic resistant bacteria gets passed from animals to people. The Food and Drug Administration has asked livestock producers to voluntarily stop adding antibiotics to feed, but not many have complied. Antibiotic overuse is only part of the problem. To make matters worse, drug companies aren't making many new antibiotics to replace the old ones that aren't working any more. Drug companies need to make a profit, and these days there's not much money in antibiotics. As a result, only two new antibiotics have been developed in the last five years. Compare that to the mid-1980s, when during a period of just four years drug companies developed 16 new antibiotics. So while using antibiotics less and developing new ones slows down the spread of drug resistant infections, we can also better protect ourselves from getting them. Hand washing, avoiding people with infections, and getting a good night's sleep go a long way. Hospitals also need to reduce infection. Check with your state health department to see which hospitals have the lowest infection rate. Many hospital infections strike at contact points where devices go into your body. So the sooner they are out, the better. While antibiotic-resistant bacterial infections pose a critical health threat, the trend can be reversed.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #10222013	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 10/22/13 @ 2:00 PM

CBN News Medical Reporter, Lorie Johnson, reports fourteen million young people between the ages of 20 and 40 take the prescription drug Adderall, or one like it, to treat Attention Deficit Disorder. Many who take it and even those who prescribe it believe it's helpful, or at least harmless. But that's not always the case. Adderall is prescribed for people with Attention Deficit Disorder, or ADD. It works on the brain to help them focus. But some people who don't have ADD believe Adderall helps them focus, too, and take it to help them study. An estimated one in five college students take Adderall, largely unaware of the physical danger and the legal danger. It's a felony to give your prescription to someone or use someone else's prescription. Adderall is a Class 2 Narcotic, an amphetamine similar to cocaine. It can be very addictive.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #10232013	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 10/23/13 @ 2:00 PM

Robin Mazyck and Jennifer Wishon, Washington, D.C. Bureau Chief and CBN White House Correspondent, reports you can't go wrong with the perfect pair of shoes. The right color and style can make you feel like a star --but put on the wrong pair, and its sheer agony. Many women spend a lot of money on shoes that may not see the light of day. The average American woman owns 17 pairs of shoes, but only wears three on a regular basis. But not everyone can walk in the store and buy shoes off the rack. Some women choose fashion over sensibility and eventually end up in the office of a podiatrist. Most people will walk some 75,000 miles by the time they're 50 -- that's like walking around the Earth five times, which is why it's so important that we take care of our feet. And although millions of men and women suffer from foot problems, many won't bother to see a doctor. The most common problems: Pain in the heel, arch and ball of the foot. Tendon issues in the ankles, bunions, hammer toes. Problems with toenails, ingrown and otherwise. And we make these worse by wearing the wrong shoes. If you have fallen arches, you'll need more support than the typical shoe may give. What about those painful bunions and hammer toes? They're usually hereditary, but wearing the wrong shoes can also cause those problems. And when it comes to ingrown toenails, you can usually prevent those by cutting them yourself, straight across. If you must wear a dress shoe, look for one with a heel that's two inches or less. If you walk a lot, choose shoes for comfort such as a sneaker that gives you nice arch support. An orthotic in your shoe is always an option. There's nothing worse than walking around in an uncomfortable pair of shoes, no matter how good looking they are. But trends are changing and that's good news for your feet.

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HEALTH	700 Club CBN NewsWatch #11252013	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 11/25/13 @ 2:00 PM

CBN News Medical Reporter, Lorie Johnson, reports November is Alzheimer's Awareness Month. Today an American develops Alzheimer's disease every 68 seconds. Its victims are often younger than you might think. So little is spent on Alzheimer's research: only \$500 million a year. Compare that to \$6 billion for cancer research, \$4 billion for heart disease research, and \$3 billion for AIDS research. Even though Alzheimer's hits its victims and their caregivers the hardest, the cost hits us all, and it's going to get worse. This year more than \$200 billion will be spent treating our 5 million Alzheimer's patients. And as Americans age, the number of Alzheimer's patients is expected to hit 16 million by 2050, along with \$1 trillion a year in medical costs. Although there's no cure or effective treatment for Alzheimer's, scientists say our everyday lifestyle choices can make a big difference. Studies show diets high in sugar raise your risk of Alzheimer's. Also, seniors who ate lots of Tran's fats had smaller brains, one of the hallmarks of the disease. That same study found that seniors with the largest brains ate diets high in vitamins B, C, D, E and Omega-3 fats. Coconut oil may also help prevent Alzheimer's. It reportedly reversed the symptoms in hundreds of patients. So while nourishing your brain may help, challenging it can, too. For instance, people who speak more than one language have lower rates of Alzheimer's. Doctors also recommend doing crossword puzzles and other brain-teasing games. They also advise staying mentally engaged in life, like working. In fact, a recent study found that those who delay retirement decrease their risk by 4 percent each year they stay on the job

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HEALTH	700 Club CBN NewsWatch #12122013	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 12/12/13 @ 2:00 PM

CBN News Medical Reporter, Lorie Johnson, reports about cell phones and cancer. It's a connection that's been discussed for years, but we still don't know for sure if there's an association. But one possibility does appear to exist, at least among some women. It all depends on where they carry their phone. Millions of women, especially young ones, choose to keep their cell phone in their bra. It's convenient because it allows women to ditch their purse and remain hands-free. Also, many women's clothes are without pockets. So without a purse, the bra is the obvious choice for many for storage. Furthermore, in noisy environments, when they ordinarily wouldn't hear cell phone ring tones, women like placing their cell phones on vibrate mode and placing it in their bras to continue receiving calls. A recent survey reveals 40 percent of college females place their cell phone in their bra at least some time during the day. Three percent report doing it for more than 10 hours a day. But since cell phone technology is fairly new, evidence from critical long-term studies simply isn't available yet. Women carrying cell phones in their bras is, if anything, becoming even more popular. In fact, bras with pockets for cell phones are now on the market. Most cell phone companies acknowledge some risk. For example, Apple advises keeping the iPhone more than a half-inch from the body. But such safety guidelines are often overlooked. So according to some breast cancer survivors and the doctors who treat them, women should declare the bra a "no phone zone" before it's too late.

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HEALTH	700 Club CBN NewsWatch #12182013	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 12/18/13 @ 2:00 PM

CBN News Medical Reporter, Lorie Johnson, reports it sounds strange, but people are starving themselves into obesity. Our bodies crave the nutrients found in healthy foods. But if you eat food that's missing those vital nutrients, you'll just keep craving more food. Unfortunately, our food supply is sorely lacking micronutrients, the vitamins and minerals we need to live healthy lives. Even fresh fruits and vegetables are a lot less nutrient-rich than they were a couple of generations ago. Micronutrient deficiency can lead not only to obesity but a whole host of other health problems. Everyone knows that going without food causes malnutrition. But people who eat plenty can also suffer from it and become very sick. According to government statistic, micronutrient deficiency affects 90 percent of Americans, which means nearly all of us lack at least one critical vitamin or mineral necessary for good health. Topping the list of micronutrients most people are lacking are potassium, calcium, magnesium and vitamins A, D and E. Processed food is the major culprit. It's estimated that one quarter of the calories the average person consumes is completely void of any nutritional value whatsoever. Those are called "empty" calories. But it gets worse: some foods even take away micronutrients. For instance, the phosphoric acid in carbonated drinks interferes with your body's ability to absorb calcium. Not only is processed food health enemy No. 1, but there is a shocking health hazard in the produce section of your grocery store. Most people are unaware of the fact that fruits and vegetables are severely lacking in the vital micronutrients they contained just a generation or two ago. For instance, apples contain 77 percent fewer minerals than they did 80 years ago. This is a trend observable with most produce. The major reason for this change is over-farming, which robs the soil of precious micronutrients that used to be absorbed into the food. Also, shipping produce long distances adds to the problem. Picking it too soon and exposing it to light, heat, and air for a long time, all take away micronutrients. That's why buying local produce is a healthier alternative. In addition to fresh produce, fresh meat is also lacking the vital micronutrients it once contained. This is because of the ravages of factory farming. Most animals raised on factory farms never see the light of day and are fed unnatural, unhealthy grains or worse. A much healthier alternative to factory farmed beef is grass-fed beef. Micronutrient deficiency isn't just about an unhealthy diet. There are lots of lifestyle habits we choose that deplete our body's reserve of vitamins and minerals. Smoking, living in a polluted city, stress, prescription medicine, even exercise, all deplete our body's reserve of vitamins and minerals. So to make up for what your body's missing, take a supplement. But choose carefully. It should also be designed to take more than once a day to account for water solubility. So while the standard American diet and lifestyle can lead to malnutrition, we can get the micronutrients our bodies crave by avoiding processed food, eating more local, organic produce, and supplementing properly.

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HEALTH	Doctor to Doctor #369	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/01/13 @ 11:30 AM

Dr. Jill Westkaemper discusses maintaining a healthy weight. Proper nutrition is crucial to maintaining a healthy weight. Ideally you want to eat three meals and two snacks a day. You want to at least feed your body every four to five hours throughout the day to keep your metabolism going. Knowing portion size is important. Proper portions are, for example, three ounces of protein, which is the size of a deck of cards. Two tablespoons of peanut butter is also a serving of protein. A vegetable serving is the size of a baseball. Drink plenty of water and fluids throughout the day. Daily exercise is very important. Take vitamins for nutritional supplementation. The trick to eating treats is planning them in the proper portion and scheduling them so that you don't over indulge. Establish a good follow up plan by tracking what you eat. Get a good support system. Weigh yourself every two to three weeks. If you're doing everything right but begin to struggle with losing weight, maybe it's time to see a doctor and have blood work done to check your thyroid and hormone levels. Subtle changes with thyroid include problems with hair and skin, weight gain, fatigue and feeling cold all the time. Follow good nutrition, exercise, take care of yourself, have a positive mind set, enjoy your life, and you will continue to be successful. Dr. Jay-P. Fite discusses stress management. Stress is recognized as the number one killer today. The American Medical Association stated that stress is the cause of eighty to eighty-five percent of all human illness and disease. Every week ninety-five million Americans suffer from some kind of stress related symptom for which they take medication. Ninety percent of all visits to doctors are due to stress related symptoms. The five most common symptoms of stress are neck and low back pain, headaches, sleep disturbances, fatigue, and stomach disorders such as irritable bowel syndrome (IBS). Emotional stress is another common type of stress. It is important to identify what contributes to your stress emotionally or physically. To help combat stress plan to do something fun, accentuate the positive in every situation, get away from negative people, exercise, and pray. Physical stress is another common type of stress. The way you bend, the way you lift, and the way you sleep can all affect the body. Never bend or lift anything that your feet are not pointing to. Make sure your work desk area is set up properly with the monitor at eye level and you are not reaching for your computer. Use your chair's back support. Proper sleep is important. Never sleep on your stomach. Sleep on your back with a few pillows under the knees and a pillow under the neck. If you cannot sleep on your back, the best way to sleep is on your side in the fetal position with knees bent, a pillow between the knees, and a pillow under the neck. Be sure to alternate sides so you don't put more pressure on one side than the other. If you experience symptoms such as constipation, diarrhea, or ulcers, these symptoms are not normal. See a physician to determine the cause of these symptoms. Drink plenty of water. The actual water rule is you should drink half your body weight in ounces. Dr. Malcolm Hill discusses making healthier food choices. Healthy choices are fruits and vegetables, raw nuts, seeds, and whole grains; earth foods grown from the ground. When shopping at the grocery store, it is best to shop on the outer aisles where you will find produce; fruits and vegetables. These foods will help to fight against obesity, high blood pressure and high blood cholesterol, diabetes, cancer, and various diseases that many Americans are faced with today. Foods found in the middle aisles of the grocery store are usually processed and refined. These foods contribute to the diseases many Americans face today. Here are some healthier alternatives. Replace cow's milk with almond, soy or rice milk, which do not have the cholesterol, saturated fat, and hormones found in the dairy cow's milk. Replace dairy cheese, cream cheese, and sour cream, with cheese made from soy. If you like hamburgers, try veggie burgers. A great substitute for dairy ice cream is ice cream made from soy, almond or rice milk. Soy sausage, soy bacon, and soy chicken are also healthier alternatives. If you like white pasta or white rice, a great substitute would be whole wheat pasta or brown rice, which contains vitamins, nutrients and fiber that are healthy for the body. White pasta and white rice are basically starches that turn into sugar in the blood stream which is not healthy for the body. The healthiest foods that you can consume are going to be a plant based diet.

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HEALTH	Doctor to Doctor #370	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/08/13 @ 11:30 AM

Aaron McCargo Jr. discusses getting healthy in the kitchen. Every diet is different. Eat most foods in moderation, except when you must follow a renal diet or a strict diet. Here are a few healthy tips. Cut back on salt intake. Use fresh herbs and spices to enhance the flavor of your food. Make a grocery list before shopping. Drink plenty of water while preparing meals. Use citrus fruits instead of salt. Pay attention to fat in the diet. When frying food, select healthier oils such as canola oil, grapeseed oil or vegetable oil, or try oven frying instead. Use extra virgin olive oil to enhance the flavor of salads and vegetables and have fresh fruit for dessert. Dr. Walter Paschall discusses eye care in developing countries. Proper nutrition is beneficial for eye development. Colorful foods are best for the eyes; particularly those that are red or orange. Eye charts, pictures, and microscopes are used in eye examinations. There are forty million people in the world who are blind. Half of them are blind from things that could either be prevented or could be treated, like cataracts, which just means that the lens is no longer clear. If the lens is removed with surgery the person can see clearly again. A few simple things to help protect the eyes are to let children play with things that are safe, use safety glasses, and wear sunglasses with UV protection. Dr. Sandra Baucom discusses adolescent rebellion. Somewhere between the ages of eleven and fourteen a psychological change occurs and the child begins to develop his or her own individuality, often imitating peer group norms instead of family norms. Reacting to rebellion by screaming, yelling or finger pointing only makes matters worse. Instead develop new strategies to deal with this adolescent rebellion and continue to guide them and set appropriate limits so that as they mature into adults they can follow family values. Avoid vocal confrontations. As the parent, always stay in control. Be calm and walk away if necessary. Acknowledge good behavior and ignore poor behavior. Use privilege limitations to help mold them to make the correct choices. Humor can also help diffuse conflict.

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HEALTH	Doctor to Doctor #371	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/15/13 @ 11:30 AM

Dr. David Batt discusses Osteoporosis prevention. Osteoporosis is found most often in women, however, men can also develop Osteoporosis. Osteoporosis is a condition that causes loss of bone mass so that the structure of the bones eventually become weak enough that people fracture. If an older person experiences a fracture, side effects they can develop are pneumonia or blood clots, aside from the fact that the fractures are very painful and can often lead to a disability or need for a hip or some other joint replacement. The key to treating Osteoporosis is prevention. Osteoporosis is a disease that actually begins in teenage years. Not taking enough calcium or vitamin D, not building up bone mass, smoking, a loss of estrogen, steroid use, drinking too much alcohol, not getting enough exercise or sun exposure, all contribute to the development of Osteoporosis. Osteoporosis is asymptomatic; there is no symptom for Osteoporosis until a fracture occurs. It's important to get plenty of exercise and have at least 15 or 20 minutes of sun exposure three or four times a week to increase the vitamin D in the skin. Vitamin D helps to absorb calcium. The recommended amount of calcium is 1,000 to 1,200 mg daily. Most women in their early fifties should have a dexascan or bone mineral density test. This is a painless scan where the strength of the forearm, the bones of the back, and the bones of the upper leg are analyzed. Osteoporosis can be genetic. Other causes for developing low bone mass are poor absorption, thyroid abnormalities, glandular problems such as para thyroid disease, and use of medications that wash calcium out of the body. In many cases, there are drugs that are used to increase bone strength. The important thing is that if anyone has low bone mass and is developing Osteoporosis, the risk of fractures can cause significant disability and even mortality, therefore, taking calcium, taking vitamin D, getting plenty of exercise, and getting a bone mineral density test is probably one of the most important things that one can do in addition to routine screenings for other health problems. Dr. Dale Peterson discusses surviving the flu season. The winter months are the flu season primarily because people tend to stay indoors and there is more person to person contact, as well as greater demands on our immune system. If you want to prevent the flu it is important to maintain strong immune systems. A number of steps to take are to drink plenty of water, which is indicated by urine that is pale in color. It is very important to avoid processed foods. Eat more fruits and vegetables. Include certain grains in your diet. Onions and garlic also provide anti-bacterial or anti-viral effects, as well as ground flaxseed, which contain lignins that have anti-viral properties. It's important to limit alcohol consumption. Get an adequate amount of sleep, which is being able to wake up without an alarm. This is important because many of the things that the body uses to ward off viral infections are produced primarily during our sleep cycle. It's helpful to remain physically active, doing a moderate exercise such as brisk walking three to five times a week. Wash hands often, which can decrease the incidence of stomach flu by up to a third. Use a disinfectant gel. Take a multivitamin mineral supplement, as well as vitamin C. The recommended amount of vitamin C is 1,000 mg daily in adults and 10 mg per pound in children. Take vitamin A in the supplemental form of beta carotene. The recommended amount of vitamin A is 25,000 international units daily as a preventative. Colostrum can be taken to boost areas of the immune system, as well as calm down areas of the immune system that might be overactive. Two capsules twice daily is the typical amounts in adults and one capsule twice daily in children. Some herbal products worth knowing about are elderberry extracts containing a substance called anti-viran are extremely efficient at getting rid of influenza or any other viral infection. If you're hit with the stomach flu, immediately go to clear liquids until things subside, avoid milk products for at least two weeks, and psyllium husks can be used to help to firm up stools. If you're hit with the hard flu; influenza A or B, it is characterized by high fever, dry cough, severe muscle aches, and it can be complicated by things like pneumonia, dehydration, sinus infections, ear infections, or worsening of underlying medical conditions. Immediately get on the viral blockade, and bump up the amounts of vitamins A and C in your diet. By taking these basic precautions you can significantly lower the risk of catching influenza. If flu strikes, its severity and duration can be significantly lessened by supporting your body's ability to fight back. Dr. Carl Schmidt discusses mental health. Many areas of mental health deal with things like depression, anxiety, even sleep disorders. With children we often think of A.D.D. or attention deficit disorder, and many young adults or middle aged adults, are on prescription drugs for that too. As people age, dementia or Alzheimer's are possibilities. Many of the things we do on a daily basis are setting us up for mental health disorders, which can be prevented or greatly reduce their outcome. We want our mind to work very effectively. Our mind needs very high levels of essential fatty acids; good oils, nuts, seeds, sea foods, not fried, but baked or grilled are really good for the brain, and supplementing in supplements that carry DHA or EPA are very useful for brain. Another type of oil molecule is in a vitamin area called Lecithin. Lecithin has components called phosphatidylcholine and phosphatidylethanol which are very important. The membrane of nerve tissue is made up of what is called a dipospholipid membrane and it takes these good oils. Foods that have those are eggs and certain dairy like cottage cheese. Eggs are very effective in giving us many complex nutritional factors that are very important for our brain and other body functions. Look for quality eggs. The other thing that our brain needs is phosphatidylcerine in supplement form, as it greatly nourishes your adrenal glands. Certain prescription drugs can interfere with mental health. Even hormone replacement could have an effect on the neurotransmitter and create a neurological condition whether it's depression or mood disorders. Be proactive if experiencing recall difficulty. What you can do now could prevent or greatly postpone serious conditions like Alzheimer's or dementia. Supplementing with good diet, hydration, iron, and things that make the oxygen levels effective are really key to good mental health. Prevent mental disease before it happens and take care of yourself. Drink plenty of water, get exercise for good oxygen, and you'll be much better for it.

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HEALTH	Doctor to Doctor #372	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/22/13 @ 11:30 AM

Dr. Bob DeMaria discusses obesity. Sixty percent of Americans have a challenge with obesity. Obesity is being overweight. The number one reason is that we eat a lot of food. Find some friends to go to the gym and do purposeful exercise. Start reading food package labels. Avoid foods with added sugar. Look at the total sugars and natural sugars. If natural sugars, for example, are 6 grams and total sugars are 14 or 15 grams, you will know that there have been grams of sugar added to the product, and that alone can increase your weight challenge. Have calorie awareness. Start looking at the number of calories that you are putting inside your body. You want to have an optimally functioning liver to process nutrients to help you lose weight. Water and fiber promote regular bowel movements. Avoid refined foods. Start your day with a protein: a vegetable protein, including radishes, including tomatoes, and including celery, which is one of the best foods for losing weight; an animal protein; a nut protein; or a bean protein. One gram of sugar is equivalent to 4 calories. Minimize the amount of sugar you are putting into your body on a regular daily basis. Dr. Bob starts his day every day with an 8 ounce glass of warm water with a wedge of lemon. You squeeze the lemon in the water, you eat the lemon after you drink the water, and that promotes liver function. Typically, Dr. Bob has breakfast, a mid-morning snack, a mixed green salad with a variety of vegetables for lunch, an afternoon snack, and vegetables and a protein for dinner. He exercises at least 150 minutes every week and gets to bed early. People who do not have enough vitamin D have a hard time losing weight. Have your thyroid checked by your prescribing healthcare provider. Make sure you're eating some apple, beets, and carrots to keep your liver and gallbladder functioning optimally. Move it to lose it. Get moving. Drink more water. Avoid those sweet drinks. I promise you'll be glad you did. Dr. Madhukar Kaloji discusses sleep disorders. The two most common sleep disorders are insomnia and obstructive sleep apnea. The most common problem that affects the majority of the general population across the United States and possibly the rest of the World, is sleep deprivation. Sleep deprivation is the most common cause of day time sleepiness. Sleep deprivation can lead to poor daytime functioning. It can lead to traffic accidents. It can lead to poor judgment and decisions. One of the best things you can do to avoid sleep deprivation is to make sure you commit yourself to 7 1/2 to 8 hours of sleep every night. This means you have to regulate your sleep schedule during the week and on weekends you can give yourself an extra hour to catch up with some more extra sleep. In order to do that we have to commit ourselves to fixing our bedtimes and wakeup times and avoid any stimulating activities such as exercising too close to bedtime, or taking a hot shower too close to bedtime, since these can result in you actually feeling more awake than you are supposed. Avoid caffeinated beverages ideally after lunchtime or after 2:00 p.m., since caffeine has a long path life and stays in your system for quite a while. Patients who suffer from insomnia, which is difficulty falling asleep or difficulty maintaining sleep, should not force their sleep. One technique that is used is stimulus control where you train your mind to use the bedroom only to fall asleep. If you witness that an individual is snoring and also notice that the individual is either taking shallow breathing or quits breathing in sleep, this can be the sign of a serious condition such as obstructive sleep apnea. Hypertension has been shown to be associated with obstructive sleep apnea, regardless if the patient is overweight or has any genetic factors involved. If you know someone who has a history of snoring and wakes up multiple times in the night, sometimes with a choking sensation, then have them see a qualified sleep specialist who can then order a sleep study for that patient. There are other conditions such as narcolepsy, which is common in young people and is genetic. If you have relatives that are acting in their dreams, then this can be a warning sign of a sleep disorder called REM sleep behavior disorder. This happens when the person, usually an elderly person, is acting in their dreams. They are engaged in their dream and they start acting. This may lead to some violent consequences if they think they are being approached by someone, etc. Maintaining healthy sleep is very important. What you do during the day depends a lot on how well you slept the night before, whether it's your driving, whether it's your decision capabilities, whether it's your mood and so on. Make sure you maintain healthy sleeping habits, avoid excessive caffeine, and do not use alcohol as a nightcap. If you think you have sleep disorder, seek help from a qualified sleep disorder specialist. Dr. Stefan Flink discusses allergies and intolerances to food. Allergies have the symptoms of runny nose, coughing, sneezing, and intolerance. Intolerance is the body's inability to process or digest foods or chemicals properly and, as a result, it creates stress to the body, organs, and tissues in your systems that will eventually, over a period of time, have an impact on your overall health and wellbeing. Various factors contribute to the body becoming toxic. When these chemicals are eventually broken down they will affect your immune system, circulatory system, and eventually your organs and tissues, specifically your liver, gallbladder, and your kidneys. Your liver and gallbladder are affected in such a manner that actually tries to get rid of your toxins through the skin and sinus membranes. When these toxins get to your sinus membranes that's when you get symptoms of runny nose, coughing and sneezing. When you don't get any symptoms, what will happen are these foods and chemical will go through your digestive system and will irritate your digestive system causing it to get inflamed. As a result, your body will be exposed to toxins and then you become more sensitive. Then eventually you will develop allergies later in life and that can happen by an ongoing eating of foods and taking medications that your body can't tolerate and deal with effectively, and your body develops symptoms. Stop eating unhealthy foods and start eating dark green vegetables. They will help the body eliminate toxins quicker, they will help get rid of the toxins, start balancing out the electrolytes, minerals and digestive enzymes in the gut, allow your body to digest food properly, will help shrink your gut, and allow your body to be more effective as far as digesting foods and absorbing nutrients. Drink plenty of water. Water will help flush the circulatory system, lymphatic system, and digestive system out. Eliminating these toxins out of your system will make your body become more adapt to deal with the stresses of the foods that you may take in, or choose to take in, in the future, so you don't have sneezing attacks or coughing symptoms when you eat or drink something, or are exposed to something. Your body becomes stronger with the foods that your body is made to eat and those are dark green vegetables and good quality water.

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HEALTH	Doctor to Doctor #373	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/29/13 @ 11:30 AM

Dr. Tom Garzillo discusses back pain. According to the World Health Organization, back pain is the leading cause of physical disability everywhere. According to the American Chiropractic Association, thirty-three percent of adult workers in the United States had a back problem severe enough within the last five years that they needed professional treatment. Fifty percent of adult workers in the United States reported having back pain within the last year and eighty percent of us can anticipate having a back problem at some point in time. One back pain mistake people make is when you think your age is the reason why you have back pain. Lifestyle changes contribute to back pain, not age. It's not that you've gotten older. It's just that what you're doing and what you're not doing is so different than it used to be. You've got to move more. Increase movement to lessen back pain. If your back pain lasts for more than a couple of days or you have a significant amount of back pain when you've only had a minor injury, or you have a significant amount of back pain when you really haven't had an injury at all, or you've got back pain that runs down your arms into your hands, down your legs, and into your feet, please don't try and take care of it yourself. Always consult a physician for any type of back pain. Go ahead and have an orthopedic surgeon, or a chiropractor, or a family physician take a look at it. Because even though most of the time back pain is because of an injury, a lot of times back pain can be the symptom of a disease somewhere inside you and the longer you wait to find out about it the more difficult it could be to fix. Avoid bed rest when treating back pain. Whatever you do don't spend two days in bed. Research has shown that bed rest prolongs the amount of time you have back pain and can actually increase the severity of the back pain. Vigorous exercise is not effective for treating back pain. The best exercises that you can do for back pain at home have got you up on your feet using positions and movements that actually duplicate what you do during the day. Control what your back can do, don't let your back control you. You can control what your back can do instead of letting your back control what you do. Back pain is something you can change. You can change it a few minutes a day, at home, at work, without gadgets, no matter how old you are, and no matter what physical condition you are in. You can prepare your back to do what you need to do and what you want to do, and that's the best way to get rid of back pain. John Lipman discusses uterine fibroids. A very common medical condition that women suffer from is benign uterine fibroid tumors. Fibroids are the most common pelvic tumor seen in women. One of every three women of child bearing age have these tumors and as many as 80% of child bearing age African American women suffer with fibroids. Now fortunately, many women who have fibroids do not have any symptoms but currently in the United States there are over one million women that suffer with the symptoms from uterine fibroids. The most notable symptom is abnormally heavy menstrual bleeding. This bleeding can be very frequent, requiring women to change their pads very frequently, sometimes as frequent as every 2 or 3 hours. They may report episodes of blood flooding out of them, gushing, passing large clots, which can be very frightening to a woman and if present should be reported to your doctor. This abnormal heavy bleeding each month can cause rather profound anemia and the symptoms of anemia are feeling very tired and lethargic and weak each month. They report episodes of being light headed, or dizzy. They may chew or crave ice. They may chew other things like laundry starch or dirt. These are all signs of very chronic anemic situation. Fibroids can also cause bulk symptoms. They are hard and firm tumors and they press on things. Fibroids that press on the pelvic side walls will cause pelvic pain that may radiate into the hip or back or buttock or down the leg. It can also press on the bladder not allowing the bladder to fill to capacity. This will result in a woman urinating more frequently during the day and would wake her up at night to urinate. Typically fibroid tumors are discovered on pelvic ultra sound imaging with the doctor or it may be felt on physical exam with a health care provider. It is important to know the symptoms. However, if there are no symptoms, no treatment is necessary. When the fibroids are causing significant symptoms, there's an array of options available. Initially, the least invasive options are behavior modification, diet, exercise, and making sure the patient is as lean as possible, trying to remove as much body fat through exercise and weight loss because estrogen which stimulates fibroids is stored in body fat. The next line of therapy is medicines, either non-steroidal anti-inflammatory medicines or birth control pills, hormones. Birth control pills can be used to try to lighten the flow of a woman. However, birth control pills can also stimulate fibroid growth because they have estrogen and progesterone in them. In the past, a more invasive option was surgery. Either a myomectomy, which is surgically trying to remove as many of the fibroids as possible and sewing the uterus back together or a hysterectomy, removing the uterus surgically. A hysterectomy is the second most common surgery performed in the United States. A hysterectomy can have very significant and sometimes devastating effects on a woman and should be thought of very carefully before being performed for a benign condition like uterine fibroids. Fibroids are benign tumors and are not cancerous. There are a number of women that have psychological issues after a hysterectomy, feeling less of a woman, like a man being castrated. It can affect her sexually with sexual dysfunction. The uterus is important in bone health and so removing the woman's uterus through hysterectomy can increase her chance of osteoporosis. It's also important for cardiovascular health. A recent study showed removing a woman's uterus through hysterectomy dramatically increased her cardiovascular risk and this was even higher if they took her ovaries as well. The risk increased significantly the earlier a woman had a hysterectomy. The average age of hysterectomy in this country is forty years of age, which is very young. One of the best approaches non-surgically to treat uterine fibroids is uterine fibroid embolization or UFE. It can be performed as an outpatient with the patient leaving the same day with about four or five days at home out of work for a week. It works by placing very tiny catheter inside the woman's body the size of a piece of spaghetti. It's negotiated into the uterine arteries on each side and particles are delivered to cut the blood supply off to all the fibroids in the uterus. Without a blood supply the fibroids will start to wither away, soften and shrink, and as they do, a woman's symptoms start to disappear and go away. So UFE is a very safe much safer than surgery very effective minimally invasive procedure that treats all of the symptoms from fibroids very effectively and allows her to keep her uterus. If you are interested in this UFE procedure seek out an interventional radiologist who has the expertise in this area to these fibroid tumors. Know about all your options. Dr. Gladys Velarde discusses elderly hypertension. As everyone ages they will be facing elevation of blood pressure, it is strictly and directly related to aging. The majority of people as they get older they will have to face elevation of systolic blood pressure. Systolic blood pressure refers to the top number of blood pressure reading when you go and get your blood pressure checked. It indicates the

contraction of the heart. The higher the number, the higher the effort the heart has to make to pump blood through your body. The bottom number refers to the number of relaxation of the heart, which is called diastolic blood pressure. The lower the number, the lower the relaxation of the heart and the better the heart will feel. As we age our arteries and our heart become stiffer and the systolic blood pressure becomes a problematic. Over fifty percent of the elderly will have elevated systolic blood pressure. Elevated systolic blood pressure is directly related to increased risk of heart failure, stroke, and heart attacks. There are things that you can do to modify the likelihood of having elevation of blood pressure. Decreasing salt in the diet is essential. It is important to consume no more than two grams of sodium a day, if that much. Consult with your primary physician, internist, or cardiologist with the aid of a nutritionist, to determine the level of salt that should be in your diet. Activity is essential at least three times a week for thirty minutes. Make sure your weight and body mass index, which is simply your weight divided by your height, is in the appropriate range.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #374	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 11/12/13 @ 11:30 AM

Dr. Michael McCabe discusses sleep. A new born baby sleeps in increments. At three months of age, the infant begins to sleep eight or ten hours a night. By six to nine months of age, a baby sleeps twelve or more hours a night. Look at how they fall asleep; their sleep pattern. It may involve eating, rocking, or singing, with the end result putting the child completely to sleep. As they get older you can help them break away from that. Bedtime rituals are important. Create quite down and wind down time so that as the child falls asleep they know they are safe, relaxed, and in their own bed. If the child cries, respond to them, reassure them, encourage them, and tell them that they are safe, and help them fall asleep. As they then begin to allow themselves to fall asleep, or quiet themselves, the sleep pattern falls in and the baby begins sleeping well at night. All of this is accomplished in infancy. However, when toddlerhood comes, and the child is more active, the process must begin again. The child still needs ten or more hours of sleep a night. Studies have shown behavior problems are linked to poor sleeping habits. Some children may need a low night light to feel safe. White noise, such as a fan or humidifier, can be a sleep aid. As children reach school age, establish a time to begin relaxing and preparing for bed, by spending time reflecting on the day and reminding them how much they are loved. Sleep is very important. When you learn to do it as family and when the family supports good healthy sleep habits, you have children that are excited and ready for the day coming up, and children that will grow and be healthy. Dr. Leonard Scott discusses halitosis. Halitosis is commonly known as bad breath. The word halitosis is derived from the Latin word "hali" which means breath. The "osis" is a Greek suffix which means disorder. Halitosis literally means disorder of the breath. It can be very offensive. Halitosis is the third most common reason for dental visits. Of course, the number one reason is tooth decay and number two is gum disease. Statics show that twenty percent of our population suffers from some form of bad breath or halitosis. Bacteria causes tooth decay, gum disease and halitosis; bacteria that act on food deposits. Plaque is a bio-film that forms on your teeth. Bacteria sticks to the bio-film on your teeth and the acid byproducts that come from those bacteria create bacteria waste in the mouth. Bacteria and plaque not only accumulate on your teeth, they also accumulate on your tongue, the roof of your mouth, and on your cheeks. So it's good to brush everywhere, as far as you can reach, and then rinse thoroughly with water. Along with brushing, you can use a tongue scraper to remove buildup on the tongue. You must use dental floss or some type of flossing instrument to remove the plaque that accumulates in between the teeth. The number one place that halitosis occurs is in an oral cavity. Halitosis is not really a disease it is a symptom that something is wrong. Other causes of halitosis is odor from the tonsils, certain foods, diseases, and fasting. Heather Damon, a registered nurse, discusses fall prevention at home. Falls are a real danger to the elderly. One in three Americans, or twelve million seniors, falls each year. Thirty-five percent of those over the age of sixty-five will fall this year and fifty percent of those over age of eighty-five will fall this year. Some ways you can prevent falls in your home is to make sure you secure all rugs and cords. Make sure your kitchen is slip proof by having a no wax floor or by using a no-slip wax on the kitchen floor. Use lights to illuminate pathways and rooms throughout the home. You can also purchase night lights that can be plugged into switches in the wall. Pets can be a fall hazard. Consider placing a bell on their collar so you can hear them coming. Also, consider obedience training to ensure your pet does not jump on someone and knock them down. Be sure to put their water and food bowls out of the way so you don't trip over them, and clean up spills quickly. Make sure your stairs, indoors or outdoors, have a no slip surface and that there is a secured bannister or sturdy rail in place. The rail should be small enough to allow you to fit your entire hand around the rail so you can hold on well. If there are any slats on the rail or bannister, make sure you cannot fit a person's head between them. If your doctor has instructed you to use assistive devices, such as a cane or walker, it is very important that you use those devices. Always have a phone within reach just in case you do fall. In the case of a fall you should always call 911. Help your family to stay safe.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #375	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 11/19/13 @ 11:30 AM

Dr. Bob DeMaria discusses Thanksgiving. He shares the concept of eating foods for Thanksgiving that promote health and/or the reason for eating some of those foods. There are no bad foods. However, because we live in a society today that is quite toxic you may be suffering from some health challenges that are directly related to what you are eating. In the human body, the liver is the filter for the body. If you have a compromised liver for whatever reason it might be, you could have pain eating certain foods. A Thanksgiving favorite is the potato. Tomatoes, potatoes, eggplant, and green pepper are night shades. They are not bad foods. However, if you have a compromised liver from maybe consuming too many refined foods and fake foods that the liver has to process, white potatoes could cause discomfort or pain, especially in the mid back region. White potatoes are okay, but a yam or sweet potato would be a much better and wiser choice, and is high in fiber. Instead of purchasing applesauce, make your own. Serve smashed cauliflower instead of smashed potatoes. Broccoli is one of the best foods to lower estrogen inside of the body. Onion is a great source of sulfur which helps with joint pain. Use olive oil and balsamic vinegar to sauté vegetables. It does the body good. Involve your children or grandchildren to help you cook. Have everyone around the table say what they're thankful for. Dr. Dale Peterson discusses free radicals. Oxidation, exposure to oxygen free radicals, is one of the primary causes of aging of human beings and deterioration of things in our environment today. Oxygen free radicals are unbalanced molecules that cause aging and damage. There are a number of free radicals that occur in the body. Antioxidants help to combat free radicals. Smoking adds free radicals to the body. The body needs antioxidant support to guard against free radicals like vitamins, vitamin A, B complex, vitamin C, D, E, as they contain minerals like selenium, zinc, copper, and iron, and bio flavonoids that are plant based compounds that scavenge free radicals before they have a chance to attack anything within the body. Various fruits and vegetables contain antioxidants. While we can't go into an airtight chest, we can avoid things like cigarette smoke. We can take a comprehensive vitamin mineral support each day. We can supplement bio flavonoids like grape seed extract and we can increase co enzyme Q10 and look as pristine over time perhaps as items out of a century chest. Dr. Christopher Williams discusses prostate cancer. Prostate cancer is one the leading cancers diagnosed in the United States and in fact is the leading cause of cancer in the United States among men. Prostate cancer is typically diagnosed by a rectal exam or by a test called PSA (Prostate Specific Antigen). It is important to have both tests done annually because independent of each other they are insufficient to diagnose prostate cancer. PSA testing allows for early detection of prostate cancer. Prostate cancer causes are largely unknown right now. Studies show that diet and genetics can be linked to prostate cancer. A possible treatment is to deprive the cancer of hormones. Active surveillance keeps close watch of PSA testing and biopsies. Additional treatment options are radiation therapy, chryotherapy or surgery. Annual screening is the key and best prevention for prostate cancer.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #326	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 11/26/13 @ 11:30 AM

Dr. Bob DeMaria discusses tips for a healthy Thanksgiving. It is important to read the labels on our food. Number 9 on the label means it is organic. Number 8 on the label means it has been genetically engineered. Any other number means it has been conventionally grown with herbicides and pesticides. Dr. Bob prefers that you eat organic fruits and vegetables and organic animal products if you choose to eat animal products. If you start cooking at home you could lower your food budget bill by fifty percent, including using some organic products. Engage your children or grandchildren and make your own applesauce. Onions are a good source of sulfur. Sulfur is important for connective tissue. Water is the great purifier. Minimize soda beverages. Consider a gluten-free diet. Do not consume water with ice cubes in it during meals, as it will stagnate digestion. Steam your vegetables instead of over-boiling them. Eat yams and sweet potatoes. Don't eat protein portions larger than the palm of your hand and not more than 1/4 inch thick. Don't combine your foods improperly. Combine proteins with vegetables. Try using brown rice as a stuffing. Avoid drinking fluids with your meals. Dr. Martin Finkelstein discusses distressing for the holidays. Have a vision in your mind, before you go to gatherings, of the types of relationships you want to have with the people who are going to be there. Imagine after the gathering that you are sharing how you had a great time with your family, and everyone shared how much they loved and appreciated each other. Have a vision of who you want to be during this holiday. Imagine, and write it down as an exercise, what you want to create during this holiday is being the healthiest me I can be. What I want to create is really sharing how much I love my family. Have an appreciation exercise where everyone shares two things they appreciate about each person. The essence of these holidays is about compassion, forgiveness, understanding, generosity, extending ourselves and being bigger than who we even think we are. When we learn to let go of whatever we've been holding on to we become healthier. Once you understand healing and health, you will realize that you do not want to hold onto any stresses, anger, judgments, guilt, or bad feelings. This is an opportunity and a great season for all of us to share our love. Dr. Hale Akamine discusses overcoming the holiday blues. To those for whom the holidays are sweet, share God's love. To those for whom the holidays are bitter, more so, share God's love. Allow people to come into your life. Open your hearts and your homes to love others. Let God love you through others.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #327	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 12/03/13 @ 11:30 AM

Dr. Bettye J. Alston discusses sugar-free holiday treats. Dr. Alston shares various recipes for sugar-free desserts that even diabetics will enjoy. Dr. Malcolm Hill discusses preventing holiday stress. Stress simply means a situation that comes into your life that causes you to have to make a change. Now, this stress can be good or it can also be bad. These stresses add pressure to the body and these pressures can lead to symptoms of diseases that many Americans suffer with. Stress has been linked to high blood pressure, heart attacks, strokes, as well as diabetes. Probably the main stressor that has caused many Americans to suffer with today is depression. There are a lot of people who are depressed, especially during the holidays. The average American sees over 360 advertisements a day. Whether it's through the internet, television, radio, newspapers, or magazines, we see advertisements all telling us to buy their goodies, telling us that we will be happy by having them. There are some things we can do that will help reverse some of the stresses that we encounter on a daily basis. First, we have to live within our means. We can also walk or run for twenty to thirty minutes a day. You can also go out and get fifteen to twenty minutes of sunlight each day. Going out and breathing the fresh outdoor air makes you feel better. Get at least eight hours of sleep a night. We have to drink plenty of water. When you drink water it goes wherever the body needs it. But not only is drinking water very important, we also need to be around water. Take a walk at the beach, go and listen to a waterfall, take a shower or a bath. All these things help us to reduce stress in our lives. The foods you eat play a very important role in how you handle your stress. When you eat fruits and vegetables, these foods give energy and strength back into the body. Dr. Hill advises his patients to get a massage once a month. Massage therapists have been taught how to find stress points in the muscles to help reduce many stresses that they encounter in life. A chiropractic adjustment once a month helps to reduce tension and stress that you carry in your bodies. Think positively and associate with positive people to reduce stress. Go to church, read the word of God, pray and meditate on a daily basis to help put you in a stress free environment. Doing all these things will help prevent the stresses that we encounter. Dr. Brian Nimphius discusses health care vs. sick care. Health care means being proactive. It means eating right, exercising, and taking the necessary steps to make sure your body stays healthy. Sick care is the exact opposite of that. It's reactive; waiting until you're sick to seek care.

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HEALTH	Doctor to Doctor #328	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 12/10/13 @ 11:30 AM

Dr. Bob DeMaria discusses staying healthy during Christmastime. Sleep is really important. You need to have at least eight hours of sleep and you want to be in bed by 10 o'clock. Cover the front of your alarm and the lights of any other electronic appliances in your room to get restful, peaceful, sleep. Your body promotes healing during sleep season. Lay on your right side because the blood flows back into your heart this way. You should drink a minimum of a quart of water every day. If you snore, or if you want to help improve the function of your liver, which is a major detoxifying organ, cut a lemon into a wedge, squeeze the lemon juice into warm water, put the lemon in the water, drink the water, then eat the pulp of the lemon. This helps to make the body more alkaline. Make sure you have enough minerals. Dr. Bob encourages using an un-refined salt. Eat non-starchy vegetables with proteins. Don't overeat. Dr. Bob doesn't promote eating fruit at the end of a meal. The fruit itself when it is on top of other food can literally putrefy and cause digestive distress. B vitamins help with stress, as well as, learning to say "I can't say yes" in a loving way. Dr. Lavert Robertson discusses better eating during the holidays. Be more conscience of your health and eating more good healthy choices. Exercise a little bit more. Allopathic medicine is more for trauma and emergency medicine. Blueberries contain proanthocyanidins which are complex antioxidants that protect your eyesight. Carrots are extremely good for the eyesight and are very rich in alpha, beta, theta and gamma-carotenes or carotenoids. Carrots are also high in Provitamin A. Another source of vitamin A is Preformed vitamin A that comes from eating fish such as salmon, mackerel, and herring. Sweet potatoes contain beta-carotenes and are good for the immune system, skin and eyesight. Tomatoes are extremely rich in the antioxidant lycopene which helps protect against breast and prostate cancers. Broccoli, cauliflower and cabbage contain Diindolylmethane (DIM) which helps to balance hormones. This is what eating the rainbow is all about and it's all about your health. During the festive holidays eat more fruits and vegetables. Dr. Djiby Diop discusses the top five holiday accidents and illnesses: falls, food poisoning, choking, fires, and heart attack. Unfortunately, every year thousands of people will visit the emergency department because of holiday related accidents or illnesses. The first most common accident is falls from ladders as people decorate their homes and trees. Do not drink before climbing a ladder. Check the ladder for proper function. Before climbing on a ladder check the steps, latches, rungs, and make sure the steps are not wet. Have a friend to help you. The second most common holiday illness is food poisoning. Make sure the food is properly prepared, refrigerated and stored. If you are going to serve buffet style, make sure you have heating trays or ice buckets to ensure the food stays at the proper temperature. If you have leftovers, make sure they are stored properly and eaten at the appropriate time. Make sure children wash their hands before they handle food or before they eat. The third most common accident during the holiday is choking, especially among children. If a toy is small enough to fit in an infant's mouth, then it is a hazard for possible choking. If a child swallows a foreign object, it can go to through the esophagus or the food pipe, causing symptoms of drooling or difficulty swallowing. It can also go to the trachea or the windpipe. The infant or child will have a choking sensation, coughing, difficulty breathing, and stridor (noisy breathing). If the foreign object completely blocks the trachea, the infant or child will stop breathing all together. You can assist the infant by giving back blows with the palm of your hand. If the child is older, you can use the Heimlich maneuver. Fires are the fourth common accident during the holiday. Never leave your Christmas tree with the lights on and unattended all night long. Also, never leave a burning candle unattended. Heart attacks and chest pain is also a common illness during the holiday season due to increased eating of heavy, greasy, fatty foods and a lack of exercise. In addition, we may not visit our doctor or take our medications as prescribed. If you experience symptoms of chest pain, shortness of breath, or difficulty breathing, call 9-1-1. Often women only have symptoms of shortness of breath or fatigue.

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ISSUE

DRUGS
&
ALCOHOL

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #082411A	29:20	13:09	LCL	PA

AIR DATE & TIME: 10/4/13 @ 12:00 PM, 10/5/13 @ 3:00 AM, 10/7/13 @ 10:30 AM, 10/10/13 @ 3:00 AM, 10/10/13 @ 4:00 AM, 10/17/13 @ 3:30 AM

Vonda Spanbauer, Registered Nurse with Illinois Valley Community College, talks about huffing. Huffing is just another form of inhalant abuse. There are three major types, huffing being one of them. That is taking a propellant from some sort of a canister and using that substance to bring through your mouth. You can spray it on cloth or material, you can spray it into a pop can and use a material over it and just take it in, ingest it. There's also sniffing, that's taking something through your nose. Same idea: that you're going to breathe in those fumes so that you can achieve the high that you're looking for. There is also bagging, this they will spray the propellant into either a paper or plastic bag and put it over their heads and then breathe in those fumes, anything to achieve that high. huffing is something that is readily available to kids and it's cheap so it is being abused by approximately 18% of eighth graders have either attempted or are doing huffing. Parents on the other hand, there are approximately 90% who either deny use or don't know about it. For inhalant abuse you want to look for a euphoria, or a headache rush, muscle weakness, facial acne, significant weight loss, episodes of inattentiveness and or depression. Inhalants can either create a tachycardia, a rapid heartbeat, erratic heartbeat, which can cause cardiac arrest where the heart just stops. Or you could have those fumes going into the lungs, where they can become short of breath, have difficulty breathing and suffocate.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #021313A	29:46	14:33	LCL	PA

AIR DATE & TIME: 10/11/13 @ 12:00 PM, 10/12/13 @ 3:00 AM, 10/14/13 @ 10:30 AM, 10/17/13 @ 3:00 AM, 10/17/13 @ 4:00 AM, 10/24/13 @ 3:30 AM

Director of Clinical Operations for North Central Behavioral Health Systems, Diane Farrell, talks about co-dependency in relationships. Co-Dependency is having poor self-awareness and boundaries. She shares bad examples of co-dependency within addictive behaviors such as drug or alcohol abuse. It's not being able to identify where they end and the other person begins. Some dependency is healthy, such as a child's need for parents. Co-Dependency makes you think someone's negative behavior is your own fault. You try to control every aspect of a person. To become healthy you must end unhealthy relationships. Enabling and Co-Dependency are usually hand in hand. An enabler makes excuses or manipulates a situation so they feel a certain way. They feel proud, in control, etc. It's important to remain yourself. Don't change who you are to please someone. Only God can fill the void in your life.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #021313A	29:46	14:43	LCL	PA

AIR DATE & TIME: 10/11/13 @ 12:00 PM, 10/12/13 @ 3:00 AM, 10/14/13 @ 10:30 AM, 10/17/13 @ 3:00 AM, 10/17/13 @ 4:00 AM, 10/24/13 @ 3:30 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems talks about how mental illness and drug use go together. About 80% of drug addicts suffer from a mental illness. Most have had a traumatic event in their life. People used to think drugs caused mental illness. Mental illness usually occurs before the drug use. No one wants to think they have a mental illness so the self-medicate with drug use. Most medications for mental illness are not addicting. Treatment only works for people who own it. Family needs to support treatment.

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DRUGS	Joy In Our Town #051612A	28:30	14:47	LCL	PA

AIR DATE & TIME: 11/22/13 @ 12:00 PM, 11/23/13 @ 3:00 AM, 11/25/13 @ 10:30 AM, 12/5/13 @ 3:30 AM

LaSalle County has been discussing creating a Drug Court for the area. Brian Towne, LaSalle County State's Attorney, states that so much of the county's crime is a spinoff of drug or alcohol addiction. People commit crimes to support their habits. A drug court would give offenders a chance to change their behavior instead of receiving a jail sentence. The courts usually require weekly updates on achievements and setbacks that they have while becoming more productive members of society. The law requires one drug court in each circuit; Grundy County Drug court fulfills that obligation. The state's attorney's office also tries to deal with special probations to help keep people from jail time but not as intense as that of a drug court. Part of the dilemma to starting a drug court is based on the cost of starting and maintain the program. The main costs would be for the personnel needed: judge, probation, investigators, as well as a facility to have them work out of. There really isn't a way to do cost benefit analysis for a drug court because you're trying to place a cost on the value of a life.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #051612A	28:30	13:13	LCL	PA

AIR DATE & TIME: 11/22/13 @ 12:00 PM, 11/23/13 @ 3:00 AM, 11/25/13 @ 10:30 AM, 12/5/13 @ 3:30 AM

Brian Towne, LaSalle County State's Attorney, talks with Emily Young about the different Drug Enforcement Teams operating in the area. Several police departments in the area have broken away from TRIDENT and formed their own in house drug teams that focus on their specific towns. Smaller departments in the area are still involved with TRIDENT, a three county, 9 department team, that helps with undercover work used to establish drug cases. The State's Attorney's Office has also established SAFE, a team dedicated to reducing felonies in the county. All are working towards reducing the huge drug problem in the area. Part of money seized, properties confiscated, as well as fines levied help the departments continue to fund programs to reduce the drugs in the area without having to ask taxpayers for funding. Drugs are a global problem and the departments have had cases that have been multijurisdictional throughout several states.

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ISSUE

HOMELESSNESS

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #101613A	27:45	14:09	LCL	PA

AIR DATE & TIME: 10/25/13 @ 12:00 PM, 10/26/13 @ 3:00 AM, 10/28/13 @ 10:30 AM, 10/31/13 @ 3:00 AM, 10/31/13 @ 4:00 AM, 11/21/13 @ 3:30 AM

Morning Star Mission is a homeless shelter. Marilyn Farmer, Executive Director of Morning Star Mission, shares how years ago the face of homelessness was single white males, now families are homeless; even many single parent families. Morning Star Mission meets needs to keep families together. In past years families got separated at shelters due to age and gender. The economy is a big factor in homelessness; people being unemployed or underemployed contributes as well. Awareness is spreading because homelessness touches so many people. Anyone is homeless if they lack a permanent home.

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HOMELESS	Joy In Our Town #101613A	27:45	13:51	LCL	PA

AIR DATE & TIME: 10/25/13 @ 12:00 PM, 10/26/13 @ 3:00 AM, 10/28/13 @ 10:30 AM, 10/31/13 @ 3:00 AM, 10/31/13 @ 4:00 AM, 11/21/13 @ 3:30 AM

Marilyn Farmer, Executive Director of Morning Star Mission, talks about transitional living centers. People can go to drop-in centers to work with case managers in areas of their lives where they need assistance. Many programs have a waiting list. People should still go to get their name on a list and start working with a case manager. When people have to be turned away Morning Star Mission will help find a place for them to stay at. Morning Star Mission has classes for people to receive training.

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HOMELESS	Joy In Our Town #121113A	27:24	13:35	LCL	PA

AIR DATE & TIME: 12/16/13 @ 10:30 AM

Carol Alcorn, Executive Director of Illinois Valley Public Action to Deliver Shelter, talks about the homeless population in the area. PADS provides a bed, food, and resources for people in crisis. Homelessness is more hidden in our area. PADS is modeling their hours around the schools' to more help families with children. The homeless need some source of income, housing, medical, and/or meals. PADS is more than a bed. They help people get to be self-sufficient. PADS is run primarily by volunteers. Simple ways to volunteer – serve meals, play games, get supplies, be a friend, clean-up, etc. People can also donate supplies. Families usually have more outside support than individuals do. Establishing a routine helps children to do better. PADS is generally the last resort for people. They look elsewhere before going to PADS. PADS tries to feel like a home.

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