
ISSUE: Family Issues

PROGRAM NAME: East Texas This Week

DATE: Jan 10, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Tecora Smith discusses the WIC program, which aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. The focus today was on mother-infant health and the relationship a healthy diet for the mother plays in the health of the child. Part 1 of 3.

ISSUE: Social Issues

PROGRAM NAME: East Texas This Week

DATE: Jan 17, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The peer dad program is discussed with Jason Rhodes and Larissa Colbert. Peer dads are fathers of breastfed infants participating in the WIC program. They are recruited, trained and hired to give breastfeeding and parenting information to other WIC fathers. Also discussed is how to sign up and take part in the program. Part 1 of 3.

ISSUE: Education Issues

PROGRAM NAME: East Texas This Week

DATE: Jan 24, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Jonathan Barena of NETHealth discusses various food safety issues. How you can keep leftovers safe at home and how to determine the correct temperature to cook various types of meat. Also discussed are the programs in place to ensure food safety in local restaurants and food trucks.

ISSUE: Economy/Jobs/Quality of Life Issues

PROGRAM NAME: East Texas This Week

DATE: Jan 31, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Much has been discussed in local media about the upcoming solar eclipse in East Texas. Terrence Ates discusses how the influx of eclipse watchers will affect the local economy. Also discussed are safety precautions that should be taken when viewing the eclipse. Will it be necessary to "stock up" on food items and gasoline in the event of shortages caused by the influx of eclipse tourists.

ISSUE: Education Issues

PROGRAM NAME: East Texas This Week

DATE: Feb 7, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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We are still very much in the winter season in East Texas. Russell Hopkins provides some cold weather preparedness tips, including a list of items to keep on hand in case of severe weather and power outages. What if you have a burst pipe? Do you know how to turn off the water service to your house?

ISSUE: Health Issues

PROGRAM NAME: East Texas This Week

DATE: Feb 14, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The Diabetes Empower Education Program is discussed. This program is a free, six-week workshop to help people with diabetes learn more about diabetes, self-manage their condition, and maintain a healthy, active lifestyle. It meets once a week at the Center for Healthy Living in Tyler and is taught by a nurse health educator. Anyone who is diabetic or pre-diabetic is eligible to attend. Caregivers, family, and friends caring for an individual with diabetes are also eligible.

ISSUE: Social Issues

PROGRAM NAME: East Texas This Week

DATE: Feb 21, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The peer dad program is discussed with Jason Rhodes and Larissa Colbert. Peer dads are fathers of breastfed infants participating in the WIC program. They are recruited, trained and hired to give breastfeeding and parenting information to other WIC fathers. Also discussed is how to sign up and take part in the program. Part 2 of 3.

ISSUE: Family Issues

PROGRAM NAME: East Texas This Week

DATE: Feb 28, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Tecora Smith discusses the WIC program, which aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. The focus today was on mother-infant health and the relationship a healthy diet for the mother plays in the health of the child. Part 2 of 3.

ISSUE: Health Issues

PROGRAM NAME: East Texas This Week

DATE: Mar 6, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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March is National Nutrition Month. Tecora Smith discusses this year's theme, which is Beyond the Table, which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets. It also describes the various ways we eat and includes sustainability. There is a farmer's market program in East Texas that accepts WIC payments.

ISSUE: Family Issues

PROGRAM NAME: East Texas This Week

DATE: Mar 13, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Tecora Smith discusses the WIC program, which aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. The focus today was on mother-infant health and the relationship a healthy diet for the mother plays in the health of the child. Part 3 of 3.

ISSUE: Social Issues

PROGRAM NAME: East Texas This Week

DATE: Mar 20, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The peer dad program is discussed with Jason Rhodes and Larissa Colbert. Peer dads are fathers of breastfed infants participating in the WIC program. They are recruited, trained and hired to give breastfeeding and parenting information to other WIC fathers. Also discussed is how to sign up and take part in the program. Part 3 of 3.

ISSUE: Education Issues

PROGRAM NAME: East Texas This Week

DATE: Mar 27, 2024 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Today is World TB Day. Tuberculosis is on the rebound world wide. Melanie Teubner Humber of NETHealth discusses the reasons why. What are the symptoms of TB? How can it be prevented and treated?