

Trinity Broadcasting Network

Quarterly Report

April, May, June 2013

WMPV-TV – Mobile, Alabama

Ascertainment List

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from TBN, viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible

YOUTH

EDUCATION

HEALTH

ECONOMY

SENIORS

PUBLIC SAFETY

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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YOUTH

	Joy in Our Town 556.1	28:30	13:30	L	PA/O	04/12/13	12:00 PM
						04/13/13	02:30 AM
						04/15/13	10:30 AM
						04/16/13	02:30 AM
						04/18/13	02:30 AM

Host Ericka Byrd and attorneys Jadine Johnson and F. Norwood Morris Southern Poverty Law Firm discussed the school to prison pipe-line a system of policies removing students from classes by School Resource Officer and taking them to Detention Centers. Students are being sent for things years ago would have gotten them a trip to the principal's office. There is a significant problem along the Gulf Coast extreme punishment for minor violation. This starts a negative series of events in the child's life. Students are being set up to fall behind, fail in classes and dropout of school. In the Mobile County 2010-2011 school year there were 23,000 suspensions and 74% of those were for cell phones, uniforms, non-violent infractions. The court systems traumatize the child, if they are handcuffed in front of their peers in school, now you are marked as one with criminal behavior. The vast numbers of at risk children are from low income impoverish areas sending them home does not improve the problem. Punishments are different in affluent areas; identical infractions are over looked and not punished to the degree of those in poorer neighborhoods. The solution is to bring this inaccuracy to the forefront and the school systems are becoming aware of the possible abuse and misuse of the expulsion policies. These inaccuracies are being brought before the School Superintendents and some of these expulsions have been overturned.

	Joy in Our Town 558.1	28:30	13:30	L	PA/O	04/19/13	12:00 PM
						04/20/13	02:30 AM
						04/22/13	10:30 AM
						04/23/13	02:30 AM
						04/25/13	02:30 AM

Host LaTrynnda Hollins and Minnie Walker & Ivan Walker address how young people face blindness. Many young people are taught early that blindness is not a life ending situation and that no shame should accompany being blind. The parents and instructors instill in the youth that their confidence and determination comes from within and your goals are attainable. With instructions you can do things just like everyone else. Teaching young people daily task and routines early will help them improve their techniques later in life. There are many competent mentors available to help them along the way.

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YOUTH

	Joy in Our Town 559.1	28:30	13:30	L	PA/O	05/10/13 05/13/13	12:00 PM 10:30 AM
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Host LaTrynnda C Hollins and Harold Goodloe discussed the problem of the young people committing robberies, homicides, and other crimes. Parents should be instilling in the youth an understanding of who they are and why they exist. Their identities have been stolen leading to life defeating activities causing self destruction of mass proportions. Most youth have been educated by the media, they spend four to eight hours a day watching and learning from the TV and their peers. Adults have given up on parenting, the schools have stopped educating our children, our churches are not involved with the communities, and the Government is spending on things that are not important. The solution starts in first in the home with the parents, Parenting Classes are needed. Talking with the parents and children offering them an encounter with life discovering things outside their neighborhood, showing them plays, shows and a visit to the museums it is more out there than the thug life.

	Joy in Our Town 559.2	28:30	13:30	L	PA/O	05/10/13 05/10/13	12:00 PM 10:30 AM
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Host LaTrynnda C Hollins and Harold Goodloe discussed the lack of places for to entertain young people. The youth need a safe, clean environment for our young people to go where they can feel comfortable, not worried about violence, drug activity, and gang activity. Parents should get them involved in extracurricular activities, take them places, expose them to things that will unlock their mind and choose how they could make a difference in the future. Adults need to be more compassionate, sympathetic, and understanding to what youth are facing, the pressures that youth face is 100 times greater than what their parents faced growing up.

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YOUTH

	Joy in Our Town 569.1	28:30	13:30	L	PA/O	06/14/13 06/15/13 06/17/13 06/18/13 06/20/13	12:00 PM 02:30 AM 10:30 AM 02:30 AM 02:30 AM
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Host LaTrynnda C Hollins and Andy Citrin from Alive at 25 foundation discussed problem of distracted driving. The most common is the cell phone. They are not the only guilt ones but they are the most important ones. Cell phones they have grown up with and are a great challenge and distraction. The same way we all became accustom to wearing our seatbelt the belief is that we can plant the seed about a new way of driving, with the next generation. The brilliance of the program is that we use so many modes, visual, storytelling, the skits they use the funny to Improve on drunk driving, and texting each part appeals to different kids. Talking about ALIVE AT 25; children learn what they live, we need to set a good example because life isn't easy; your children learn from watching you. In South Carolina there are 103 high schools in the state and all students who desire to receive a parking pass allowing them to drive to school must participate in the course "Alive at 25".

EDUCATION

	Joy in Our Town 543.1	28:30	13:30	L	PA/O	04/01/2013	10:30 AM
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Host Shaundra Stallworth talked to Martha L. Peek, Superintendent Mobile County Public School System they discussed Budget Cuts and Loss of Jobs. The loss of jobs was absorbed this year by arbitration, retirements, personnel relocations, etc. The State Financial Officer guided the Mobile County Public System through the very difficult downturn in the economy so we did not have the Impact that other districts did because of that conservative budgeting and expenditure on our part.

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EDUCATION

	Joy in Our Town 556.2	28:30	13:30	L	PA/O	04/12/13	12:00 PM
						04/13/13	02:30 AM
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						04/16/13	02:30 AM
						04/18/13	02:30 AM

Host Ericka Byrd and Rev. Tony Allgood & John Eads discuss the impact the suspensions are having on the community. The long term effect of school suspension on the community it aggravates an already volatile system. In the lower income areas there is already a breakdown of the family, suspensions adds to the problems. Parent in lower income area may not have the resources to stay off work and go to the school to investigate the child's problems many of these families do not have paid time off. There is no such thing as a bad child, only a child doing something bad and this will follow them and without other options they may end up in prison. Each child have their own individual problems the main problem is the lack of faith, love and hope, being there not to offer excuses but provide help to get them out of their current situation. Programs are being set in place to break the chain, tutorial program is to help them in school, counseling program to help them work through their mental issues.

	Joy in Our Town 544.2	28:30	13:30	L	PA/O	04/26/13	12:00 PM
						04/27/13	02:30 AM

Host Shaundra Stallworth talked to Martha L. Peek, Superintendent Mobile County Public School System (MCPSS) discussed the Academic Challenges and Decreasing graduation rate. MCPSS have taken steps to ascertain the needs of each student in the Mobile County Public School System, Socioeconomic, English as a second language, and health/nutritional needs. Getting help with these issues improves the student's ability to learn. We have found that all children can and do learn when given the structure and opportunities. We have had great results in the No Child Left Behind programs, especially in our special education classes. We are also establishing multiple levels of testing, instead of one high stakes annual test, to determine how students and schools are doing. We are improving elementary and middle schools, in order to gain better results in High schools.

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EDUCATION

	Joy in Our Town 562.1	28:30	13:30	L	PA/O	05/17/13 05/20/13	12:00 PM 10:30 AM
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Host LaTrynnda C Hollins and Terrance Smith, director of the EEOP program discuss the high dropout rate among students and how to change those numbers and impact their life. The students who are 1 or 2 years behind has a 25% chance of graduating, the dropout rate is now at 70%. EEOP brings students in and teach them on computers by retired school teachers. Students are taught what they need to catch up and return to school and graduate with their senior class. Many come with a plethora of issues, EEOP come to meet them where they are. Many Students dropout because they are not mentally challenged; some have adult issues, maybe a child at home or responsible for other siblings/ family members. With that much responsibility they arrive at school not feeling like a kid. This program teaches life skills, college prep and career prep, the students leave with a sense of self and a resume in hand.

	Joy in Our Town 562.2	28:30	13:30	L	PA/O	05/17/13 05/20/13	12:00 PM 10:30 AM
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Host LaTrynnda C Hollins and Terrance Smith, director of the (EEOP) program discuss *what to do when your community and school is too traditional in their way of thinking and not reaching the students.* In our area dropout rate has reduced and we are on our way we wanted to have 80% by 2020 and since we are currently at 70% that appears to be a goal in sight. We encourage the community leaders to get involved is to understand that many are deficiency start small literacy program. And rethink our way of thinking. EEOP removes the barriers that stopped the children from learning When they graduate they have clear cut directions on what they are going to do. The research that went into the development of EEOP grew from the young adult girl center in New York. The teachers and student ratio are one. Schools don't create better communities, communities create better schools. Behavioral problems are not an issue but a symptom of an issue. Many students are the first in their family to graduate and are afraid to go forward.

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HEALTH

	Joy in Our Town 563.1	28:30	13:30	L	PA/O	05/31/13	12:00 PM
						06/04/13	02:30 AM
						06/06/13	02:30 AM
						06/28/13	12:00 PM
						06/29/13	02:30 AM

Host LaTrynnda C Hollins and Dr. Lightfoot of Victory Health Partners (VHP) discuss the problem of the increasing numbers of uninsured. Our mission is to help the widows, poor and the children. The clinic in Mobile was structured after a clinic in Memphis, TN. VHP open in 2003 with 12 patients and today seeing 18,000 patients a year. The facility now has dentist, surgeons, oncologist, counselors and nurse practitioner along with other volunteers seeing from 80-100 new patients a month. The numbers increased with the higher numbers of those unemployed. The stress of being without a job has caused a spike in patients with high blood pressure and then we find that they are depressed and the counselors are there to help them during this emotional time. VHP repairs the mind and the body of their patients.

	Joy in Our Town 563.2	28:30	13:30	L	PA/O	05/31/13	12:00 PM
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						06/28/13	12:00 PM
						06/29/13	02:30 AM

Host LaTrynnda C Hollins and Dr. Lightfoot of Victory Health Partners (VHP) discuss the problem of not having enough doctors to see all the patients. Discovering that we need to grow, we are looking for full time positions/physicians the need is getting larger; more patients and not enough doctors. Is the solution to build satellite clinics in different counties, remodel or locate a larger facility? The need is always going to be there to help those sick people, we need the churches and communities to come aboard and support the vision of the clinic. Everybody knows someone without insurance. VHP does not care for Children; the state of Alabama has an awesome system set up for children. Victory Health Partners do not care seniors on Medicare but can assist those on Medicare with their dental needs.

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HEALTH

	Joy in Our Town 544.1	28:30	13:30	L	PA/O	04/26/13 04/27/13	12:00 PM 02:30 AM
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Host Shaundra Stallworth talked to Anthony Bondora, MPH, and FIMR Coordinator from Alabama Baby Coalition discussing Infant Mortality the Alabama Baby Coalition reviews all the cases of infant mortality in Mobile County, then we put that information into a data base, determine the cause and reduce infant deaths through community education. The Alabama Baby Coalition is printing the messages and distributing pamphlets, posters and tee shirts in Mobile County. In the last ten years, we have seen the rate of infant mortality drop 50%. We have found that most of these cases fall into two groups: infant safety, and the health status of the mother. We are now realizing that the mother's health preceding pregnancy and prenatal care is of vital importance. Seventy percent of the cases I see are from low birth weight babies that are preterm.

	Joy in Our Town 520	28:30	13:30	L	PA/O	05/03/13	12:00PM
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Host Joseph Mass talked to Sam Murphy, President and John Richardson, Executive Director of "R PLACE", discussed how addictions does not receive the same attention as other illnesses in the community. The center was created to support newly recovered addicts after their completion of the 12 weeks program. Where was the person to go after rehab? Seeing patients cleaned with no directions and no skills to take them forward in life. The center sees over 1200 patients a day. Most people do not understand it, even thou all are affected by it. Addiction doesn't differentiate between males or females, thou more males will seek help for their addiction. The solution is more support from outside sources in the community. There are some churches/businesses helping but there is a need for more help. The jails are overcrowded and 75% of the criminals incarcerated are there because of drug crimes. Selling drugs or stealing trying to get drugs to support their addiction.

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HEALTH

	Joy in Our Town 520.2	28:30	13:30		L	PA/O 5/3/13	12:00 PM
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Host Joseph Mass and Danny Budd, Men program manager for Mission of Hope discussed the casual user. Just *taking drugs* casually and being *addicted to drugs* is two different things. Ask yourself the question if what you are *taking* is causing you a problem, and then they are no longer casual but an addiction. Have drugs begun to affect the family and your day to day work; have you been kicked out of your home or arrested for DUI then you need help. Casual user does not have problems with family or the court systems. Men and women both die when they do not enter into that glorified life through healing. The Solution **to** healing when intense damaged has occurred you have to receive the forgiveness from Christ and break the chains and move on. Come to personal relationship with Christ and be set free.

	700 CLUB CBN #053013 -HEALTH	1:00:00	5:00		REC	PA/O/E 05/30/2013	2:00 PM
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CBN News Medical Reporter, Lorie Johnson, reported we would all like to know the secret to staying healthy and living longer. Doctors tell us it's largely about making smart food choices about what to eat and what to avoid. They're now raving about the new super food, chia. Yes, the same chia used in those novelty gifts, "Chia Pets." For years, those amusing little items have been tickling our funny bone. When you spread chia seeds on a toy animal, the seeds grow and look like hair. It turns out, instead of laughing at chia seeds all this time; we should have been eating them! They're incredibly healthful. Most of us have never heard of eating chia seeds, but the idea is actually very old. Hundreds of years ago Aztec warriors ate chia seeds to stay strong in battle. At just 70 calories these remarkable little seeds bring you six times more calcium than milk, three times more iron than spinach, and eight times the omega-3s found in salmon. Omega-3s are essential for good health but is often missing from most diets. Chia also contains magnesium, selenium, fiber and protein. That's important because believe it or not, overweight people are often malnourished. In fact, that's how we get fat. We stuff ourselves with junk food, thinking it will satisfy our needs. The truth is our bodies know what we need is healthy food. Mostly we are eating way too many refined carbohydrates like desserts, starches and breads. Refined carbohydrates raise our blood sugar level, also known as our glucose load, which makes us want more refined carbohydrates and the cycle, continues. Eating too many refined carbohydrates not only makes us fat, it can also lead to disease. The sugar and starch overload causes inflammation, which is blamed for health problems ranging from heart attacks to

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cancer. So by avoiding those carbs, you'll reduce inflammation, lose weight and feel more energetic. Refined carbohydrates are also low in nutrition and high in calories. Replace them with foods that are just the opposite, low in calories but high in nutrition, foods like chia. More grocery stores and health food stores are now carrying chia, or you can purchase it online. A one-pound bag usually costs about \$10. The mostly flavorless seeds can be added whole or ground to just about any food or drink. So by replacing refined carbohydrates with foods high in nutrients and low in calories — foods like the new super food chia — you'll be on the road to weight loss, increased energy and quite possibly a longer life.

HEALTH

Doctor to Doctor #359	28:30	28:30	REC	PA/O/E	04/09/2013	11:30 AM
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Dr. Bryan Wasson discusses high blood pressure and heart disease. Many doctors use the Framingham Heart Study as a guide to treat their patients. This study followed the people of Framingham for several generations to determine contributing factors for cardiovascular disease. One leading cause of cardiovascular disease is hypertension. Optimal blood pressure is 115 over 75. High blood pressure is the number one cause of stroke, congestive heart failure, as well as kidney failure. Symptoms of high blood pressure are headaches, blurred vision, and fatigue. There is no pain associated with high blood pressure. Other contributing factors for heart disease are cigarette smoking, obesity, physical inactivity, and high cholesterol. Balloon angioplasty and bypass surgery are commonly used to combat heart disease. **Dr. Ben Young** discusses dental health. Take responsibility to learn how to manage your health. You are responsible for daily care; flossing and brushing daily, not smoking, and limiting your consumption of alcohol. Establish a reasonable exercise plan, eat good foods and follow medical instructions concerning your health condition. Use healthcare professionals wisely. Do not put off routine checkups. Ask questions and require answers that you can understand. **Dr. Bridgett McKnight** discusses anger management. Recall the last time you were angry. Can you remember the issue, the way you felt, your words, the volume, your tone, your breathing, or the stress you felt? Was there another emotion that you felt, perhaps fear? A theorist, Albert Ellis, states that human reactions can be measured as simply as A, B, C, D, E and F. A is an activating event that you have no control over. B is your belief system. Your thoughts control your belief system and your belief system controls your actions. C is consequences, both emotional and behavioral. D is disputing your belief systems. Are your belief systems rigid, or are there exceptions? E is an effect. What do you feel after you dispute your belief system? F is to create a new feeling, shifting from anger to another emotion. With God, F stands for forgiveness. Remember, be quick to listen, slow to speak and slow to anger.

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HEALTH

	Doctor to Doctor #360	28:30	28:30	REC	PA/O/E	04/16/2013	11:30 AM
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Fitness expert Lisa Lynn discusses losing weight and getting lean. Eighty percent of the problem with obesity is what we eat and not just a lack of exercise. If you want to be lean you have to eat your greens and beige; lots of green leafy vegetables with fish or chicken, and start your day with a protein drink, to boost your metabolism. Although healthy, foods such as oatmeal and almonds are actually beneficial for weight gain. Keep your food pure and simple, and the less fat the better. Lightly steaming your food will help speed up your metabolism. Move every day. Lift free weights twice a week to reduce bone loss and reshape your entire body. Take a multi-vitamin that is GMP certified to improve your health. Be consistent and you will see results. **Dr. Andrew Leach** discusses headaches. The brain controls every cell in your body. It sends messages down through your spinal cord, then throughout the various parts of the body. Whenever pressure is placed on any of the nerves in the spinal cord, that area is affected. The lower part of the neck controls the hands, the arms, the heart and the lungs. Headaches are usually in the upper part of the spine. The nerve supply around this area goes through the head, to the sinuses, the eyes, and the ears. Although medication can offer temporary relief, it is important to get your system checked. **Dr. John Seibel** discusses thyroid cancer, which constitutes less than one percent of the total cancers in the United States. There are approximately 17,000 new cases of thyroid cancer in the United States every year. There are over 200,000 thyroid cancer survivors in the United States. Usually, if found and treated early, very good results can be anticipated. Despite this, annually, approximately 1,300 die people from thyroid cancer. The least dangerous types of thyroid cancers are papillary and follicular cancer. Papillary cancer occurs about seventy percent of the time. Follicular cancer occurs fifteen percent of the time. Medullary carcinoma occurs about 7 percent of the time. The worst and most devastating thyroid cancer is anaplastic carcinoma, which occurs 1.5 to 2 percent of the time. Most thyroid cancers do not have symptoms associated with it and often go undetected for quite some time. If there are any symptoms, they tend to be compressions in the neck, a hoarse voice, or just pain in the back of the neck. Occasionally, people will have difficulty swallowing. Usually the patient, or the patient's doctor, will find the thyroid cancer, however, a nodule is not usually detected until it becomes about one centimeter in size. Once detected, the first step is to have a thyroid ultrasound. Thyroid nodules are not uncommon. In fact, about ten percent of the population is going to have some type of thyroid nodule and it is much more common among women than men. However, if a nodule is larger than one centimeter in size, has flecks of calcium scattered through it, or is solid, the next step is to perform a fine needle aspiration of the thyroid. This procedure obtains a specimen of the thyroid to determine whether or not it is a thyroid cancer. If it is a thyroid cancer, usually a partial or total thyroidectomy is performed; removing half or all the thyroid. This is sometimes followed up with radioactive iodine to kill off the excessive thyroid tissue left behind. The thyroid is then checked on a six to twelve month basis using a blood test and often an ultrasound to detect any thyroid tissue reoccurrence. Anaplastic carcinoma is treated with external radiation. Check your neck on a regular basis for any nodules.

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HEALTH

	Doctor to Doctor #361	28:30	28:30	REC	PA/O/E	04/23/2013	11:30 AM
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Dr. Bob DeMaria discusses the gallbladder. In the United States there are 500,000 gallbladders taken out of people every year. If you had your gallbladder removed, some healthy things you can do is eat half a red apple each day to thin your bile. All men should eat broccoli every day or at least three or four times a week, to remove the extra estrogen in the body. Beets will lower your cholesterol up to forty percent and promote liver function. The liver makes bile. If your liver is not producing bile, you are going to have digestive distress and may feel bloated an hour or two after eating. Symptoms of liver distress or liver congestion are a metal taste in the mouth, varicose veins, spider veins, hemorrhoids, and cherry hemangiomas. Cherry hemangiomas are little red bumps on the body as a result of the body not processing the extra estrogen. People who have their gallbladder removed have a greater chance of experiencing heart disease and even cancer. To improve liver function, minimize sugar and trans fatty acids, take milk thistle, dandelion root, eat whole food, minimize processed food, and talk to your healthcare physician to minimize the amount of medications you are taking. **Dr. Dino Prato** discusses diabetes. The problem with diabetes is that it destroys the circulation, making the blood vessels very fragile. To combat diabetes, change the way you eat and live. Take alpha lipolic acid, eat breakfast, lunch, and dinner that include healthy proteins and vegetables, drink lots of water, and exercise daily. One of the best and inexpensive antioxidants is Vitamin C. It helps the blood vessels, decreases inflammation, and improves the immune system. You can turn things around by the way you live. **Dr. Carl Schmidt** discusses men's health. Today's topic is low "T" or low testosterone. Be aware that you cannot just take testosterone by itself. If you do take testosterone, it needs to be in the transdermal cream. When you use a lotion, it makes us aware that anything that comes in contact with our skin can get into the body and have an effect; positive or negative. Some causes of low testosterone are hand lotions that contain chemicals called parabens and exposure to plastic products. These products can release plastic molecules that mimic estrogen and have a negative effect that interrupt normal hormone function. Mercury is one of the most common toxins in our lifestyle and is often found in dental work and vaccinations. Another common contaminant or heavy metal is cadmium, which is found in paints, soft drinks, and in the colors of dishes and accessories in the home. Aluminum is another preservative often found in vaccinations, antiperspirants and other personal care products. High levels of nickel can also be a contaminant. It is important to measure the levels of all of your hormones including T4, which is the main thyroid hormone, the T3 free and the T3 bound, and TSH (thyroid stimulating hormone). Taking a variety of nutritional supplements such as vitamin C, vitamin D, selenium and vitamin E, and B vitamins, can help improve testosterone.

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HEALTH

	Doctor to Doctor #343	28:30	28:30	REC	PA/O/E	05/07/2013	11:30 AM
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Dr. Mark Brown discusses obesity. Statistics estimate that 75% of all Americans will be overweight by the year 2015. Visceral fat, which is carried in the stomach, is very dangerous. It impacts the way the liver processes fat. Visceral fat is an active organ that secretes poison into the body as it surrounds the liver, the kidneys, the pancreas, and the small intestines. It also turns the fat into cholesterol, which can clog and inflame the arteries, potentially causing heart attack, stroke, aneurysms, diabetes, and high blood pressure. It can also cause insulin resistance in the body, as well as premature death. The pancreas releases insulin to manage blood sugars in the body. However, when the body has too much sugar in its system, the sugar is stored as fat in various parts of the body. If the sugar levels are too high, the sugar can also be converted into a poison called sorbitol, which can destroy tissues, arteries, cells and nerves in the body. Every year it costs \$870 Billion Dollars to treat symptoms that are caused by visceral fat. It kills 1.8 million people every year. Decide to take action to overcome this problem.

Dr. Leonard Scott discusses oral health. We need all of our teeth. If you experience any bleeding in your gums see a dentist immediately. If you lose your teeth, a dentist can make false teeth; however, they are never as good as what God gave you originally. Digestion begins in the mouth. You need all of your teeth to chew and pulverize food properly for good digestion. If you experience pain in your teeth you don't necessarily have to have them removed. Another option is a procedure known as root canal therapy that can help alleviate the pain. If you have tooth decay, gum disease, or a hole in your tooth, a dentist can help you. Regular dental check-ups and dental x-rays can provide early detection of cavities. When found early, treatments, like fillings, can help prohibit further tooth decay. A crown can be placed on a tooth for added protection. The enamel on the teeth is the hardest substance in the entire body. However, if tooth decay is left untreated, it can spread. Once it penetrates the enamel to the substance underneath, called dentin, pain can develop. Even if you have a tooth pulled, you can have it replaced with an implant. You were meant to have your teeth for a lifetime. Be good to your teeth and they will be good to you.

Dr. Glen Steele discusses vision problems. Myopia, sometimes called nearsightedness, is a condition where it is difficult to view objects at a distance. Hyperopia, often called farsightedness, is a condition where the eyes have more difficulty focusing up close. Astigmatism, sometimes called stigmatism, is a condition where focusing is not clear at any distance. Amblyopia, sometimes called Lazy Eye, which is a slang term, is a condition in which both eyes do not work well together and the brain shuts down one side or the other, causing reduced vision in the eye. Some ways to manage these conditions include early detection beginning at six months of age, prescribing eye glasses for correction, guidance activities, and therapy.

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HEALTH

	Doctor to Doctor #344	28:30	28:30	REC	PA/O/E	05/14/2013	11:30 AM
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Dr. Doug Weiss discusses getting control. Controlling behaviors continue without successfully overcoming them for long periods of time, which do not make sense to the individual or anyone around them. Be honest with yourself first. Denial is the biggest part of the process. Become accountable and communicate with someone daily for at least ninety days. Don't let pride get in the way of your seeking help. Take a look at your past and acknowledge the pain in your life, then work through the pain. Deal with your anger. Forgive whoever hurt you, whether they ask for forgiveness or not. Forgiveness is a gift you give to yourself. Whatever happened to you does not define you. Set up consequences or rewards for your progress. If you have these steps in place, you can probably get a grip on whatever is trying to control you. **Dr. Michael McCabe** discusses managing asthma. In the United States there are nine million children diagnosed with asthma. The condition is quite common. Currently there is no cure for asthma. Although the condition can be lethal or mild, it can be managed. The symptoms of asthma are shortness of breath, wheezing, frequent coughing, chest tightness, or chest pain. Exertion sometimes makes these symptoms worse and sometimes they can happen when asleep. The hallmark of asthma is inflammation. Something causes the lungs to become inflamed and then to spasm; these triggers can be allergies, cigarette smoke, perfumes, powders, environment, humidity, dust, change in weather, and exercise. Treatment of asthma is medications that are inhaled through the lungs to relax bronchioles, as well as medications that are inhaled through the lungs or taken orally to decrease the inflammation. You should have a management team and a management plan. Let your family members, and teachers, know if your child has been diagnosed with asthma, as well as the signs and symptoms. Have asthma medications available and let everyone know how to administer them. Have an action plan to treat the asthma by discussing with your doctor when and how medications should be taken. Monitor the asthma to see how things are going. **Dr. Melanie Lowe** discusses women's health issues. Today her topics include the Pap smear, the mammogram, bone density screenings, and supplemental calcium and vitamin D. The Pap smear checks changes in the cervix which may become cancer. Women should get pap smears three years after they begin having vaginal intercourse, or no later than the age of twenty-one. Women, ages twenty-one to thirty, should get annual pap smears. Women, ages thirty and above, if they have had three normal pap smears in a row, may opt to have a pap smear every three years, and women ages sixty-five to seventy, may choose not have vaginal screenings anymore. Talk to your doctor to determine what is appropriate for you. Another screening is a mammogram. Mammography is used to detect early breast cancer. According to the American Cancer Society, annual screenings of mammograms should occur in women ages forty and above. It is important when a woman goes to have a mammogram to make sure that on that day she does not wear any deodorant, powder, lotion or cream on her breasts or under her arms, as these can influence and leave

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shadows on the mammogram. It is also important for women to know their own breasts; what they look and feel like. If they find any abnormalities or changes, they should promptly contact their doctor. Bone density scans are usually performed in women ages sixty and above. It is an x-ray that is compared with an average thirty year old healthy adult. Once a screening score is established, a person is diagnosed with normal bone density, osteopenia; which is considered the beginnings of osteoporosis, or actually given the diagnoses of osteoporosis. Osteoporosis is characterized by porous and fragile bones. In the United States 1.5 million fractures occur every year as a result of osteoporosis. The bone density screenings allow doctors to diagnose and treat women with supplemental calcium and bone medications to strengthen the bones and decrease the degradation of the bone. Osteoporosis has many risk factors such as being female, being of advanced age, being thin, usually weighing less than 125 pounds, being inactive, smoking, and having a family history of osteoporosis. Taking certain medications can also put you at risk. Having adequate vitamin D and calcium, along with engaging in weight bearing exercises such as walking, running, jumping rope, or jogging, is very important. These all promote good bone health. The average recommended daily allowance of calcium in women, ages 19 to 50, is 1,000 milligrams. In women ages 50 and older, the recommended calcium allowance is 1,200 milligrams per day. The sources for calcium can be obtained through food or supplementations. The recommended daily allowance for vitamin D for ages 70 and below is 600 IU, and for those above age 70, it is 800 IU (International Units). A simple blood test can determine if a patient is deficient in vitamin D. Talk with your healthcare provider to ensure you are receiving the age appropriate screenings for you and determine if there are other things, including supplementation, you would need to maintain optimal health.

HEALTH

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Dr. Bob DeMaria discusses power lunches. Today, Dr. Bob shares “Dr. Bob’s Power Salad.” Each day Dr. Bob prepares a salad for himself and he encourages us to do the same. Use a glass container. Avoid using plastic containers; particularly those that are marked recycle number 7 which contain BPA – bisphenol A. Dr. Bob’s ABC’s include half a red apple every day to help lower cholesterol by thirteen percent. Beets help lower cholesterol up to forty percent. Eat at least 15 grams of beet fiber daily, which is about 1/3 cup. Broccoli is the number one health food for men. Broccoli contains sulfur which helps neutralize the estrogen in the body. Estrogen is everywhere. It’s in the water we drink and the food we eat. Avoid canned food. If men or women have little red bumps on the abdomen, called cherry hemangiomas, extra estrogen could be the primary cause for

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them. Broccoli will help to eliminate the extra estrogen. Cabbage is one of the cruciferous vegetables. Cabbage contains vitamin U which is very important for digestion. Cabbage, cauliflower and broccoli are all cruciferous vegetables. You can eat your vegetables raw, or you can sauté them, steam them, or stir fry them. If your budget is tight, consume vegetables that you do not peel organically. Tomatoes contain lycopene and are a great source of minerals. Use a variety of greens, such as lettuces, spinach and kale. Spinach and blueberries are very powerful antioxidants. Kale is a great source of calcium and magnesium. Magnesium helps with bowel function. If you are not having a bowel movement every day, start your day with hot water and lemon, and increase your intake of water and vegetables. Cilantro and parsley are very good for kidney health. The kidneys help purify the system. It's the essence of the oil in the leaves of the herbs that promote health. Life and death in the cellular level comes from having the proper fluid or oil inside of it, which is very significant. Dr. Bob shares his chicken meatball recipe, which he adds to his salads. You can add your choice of protein to your salad. Dr. Bob combines olive oil, balsamic vinegar and beets for his salad dressing. Make sure you have oil on your salads. Read the labels on the salad dressings that you use. Let food be your medicine and medicine be your food. You can save fifty percent on your food budget simply by preparing your own meals. **Dr. Tina Tillis** discusses Glaucoma. Visit the eye doctor at least once a year. Eye doctors can determine a lot of things about high blood pressure, diabetes, and other systemic diseases, including heart disease, just by looking in the eye. Glaucoma is one of the leading causes of blindness in America. There are two major forms of glaucoma. One is called open angle glaucoma and the other is called angle closure glaucoma. Glaucoma results in elevated pressures in the eyes, which causes damage to the nerves in the back of the eyes, which leads to a loss of vision. The treatment for Glaucoma is making sure the pressures in the eye are controlled. The most common way to do this is by using drops. If the drops do not work, other options are laser treatment or surgery. Additional measures include testing the vision, specifically the peripheral vision, on the side of the eyes. This is called a visual field test. Pictures are also taken to document any damage found in the eyes. Glaucoma is the number one cause of blindness in Blacks and is very common among other races of people. It is not a disease you can actually feel. Visit your ophthalmologist to get tested. **Dr. John McPhee** discusses bike helmet safety. Helmets are the chief protector of a child while they are on a bicycle, skateboard, in-line skates, scooters, tricycles, horseback riding, all-terrain vehicles, off-road and on-road motorcycles, snow mobiles, and snow skiing. We all need to wear helmets. Set the example for your children, by wearing a helmet yourself. Without a helmet, even in a very minor fall, a child can incur a traumatic brain injury. Although a traumatic brain injury can be mild, it can cost a hundred thousand dollars in the first year and cause a permanent learning disability. If there is a major brain injury, the child can be paralyzed for life at a cost of over one to two million dollars for the lifetime of the child. It would require a lifetime of care for the child. The child may no longer be able to attend school, get married, have a job, or have a normal life of any kind, and the parents will be required to take care of that child for the remainder of their lives. Many people are not aware of this because generally those who are paralyzed are not seen in public and are at home. Helmets are very inexpensive and are available on line through a number of companies or at major department stores in your local town. Make sure the helmet is buckled at all times and that it is secure. Children will outgrow the helmet, so make sure they

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have a helmet that fits them. You should not be able to place any fingers between the headband in the helmet and their head when it is secure and reasonably snug fitting. If a child comes home from an accident with a bump or a laceration on the head, watch for symptoms of a concussion such as dizziness, blurred vision, loss of memory, and headaches. If the headache continues for any length of time, persisting into the second or third day, take the child immediately to the hospital.

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Dr. R. Michael Ronsisvalle discusses emotional eating. Although summer time is associated with more outdoor activity, many people struggle with weight gain during the summer months. It comes down to emotional eating; using food as a reward or as a way to manage stress. This leads to extra calories and weight gain. Here are some tips to curb emotional eating. First, write your weight loss goals on paper. People who set specific goals have principles in their mind that will help them think clearly when they are tempted to eat mindlessly. Secondly, embrace radical change in your diet and exercise. People who do this usually succeed because they reap the immediate benefits of change early on in the change process, which leads to motivation. Determine in your mind that you will not compromise your goals for any reason and pursue them with a passion. **Dr. Shirley Hill** discusses sleep deprivation. Brain cells, like every other cell in the body, do not operate properly on a lack of sleep. There are two cycles that are disrupted when we neglect to get the rest that the body needs; the wake-sleep cycle and the healing cycle. Both cycles occur at night during specific hours and the body cannot get the rest that it needs when you miss those hours of restful sleep. The wake-sleep cycle is regulated by the neurotransmitters serotonin and melatonin. Serotonin is produced and regulates during the daytime hours. Melatonin is produced and it regulates the body and the brain during the evening hours. The dark signals the production of the melatonin. When the cycle is disrupted by sleeping during the day or by staying up all night, the body becomes sleep deprived and the brain cannot function. The healing cycle takes place between 11 pm and 2 am. During these hours the body heals itself, relieves the stress of the day, repairs the body, and resets the body's cycles. When you do not have restful sleep during these hours, the body, including the brain, cannot perform these processes. This is one of the reasons you wake up and feel as though you had no sleep the night before. Stimulants disrupt the process and production of melatonin and serotonin, including coffee, caffeinated beverages, and cigarettes. Around 9 pm try drinking chamomile tea, turning down the lights and playing soft music to help relax the body, diminish stress, and get a good night's sleep. Your diet can also disrupt your rest in the evening. Refined, enriched flour products are stimulants, as they break down into sugars. One of the best things you can do if you are hungry during the night or after six p.m. is to eat raw fruits or vegetables. They initiate and help that healing process to take place in the body and will also help you rest and get a wonderful night's sleep. **Dr. Rick Boden** discusses various ways to stay healthy and safe as you travel. Travel clinics are now available to the

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general public. One of many services offered is a comprehensive history and physical examination, based upon your travel itinerary. Various immunizations are also provided based upon your travel. Allow at least four to six weeks prior to your trip to get the immunizations that you need. Potential diseases and protective strategies are also discussed, including safe drinking water, filtering water, understanding safety measures for food consumption, prophylactic medicines to prevent diarrheal diseases, and hand sanitizers to impede potential exposure to infecting organisms. Remember, if you have problems when you return, seek a travel clinic to help diagnose potential diseases you may have encountered. It is very important to have embassy phone numbers and opportunities to get out of the country safely. A great resource are websites: www.who.int/ith/en/index.html and www.cdc.gov.

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Dr. Ace Anglin discusses ingrown toenails. The cause of ingrown toenails is inappropriately cutting the toenail the first time. The nail should be cut straight across. Be sure to use proper instruments that are clean and disinfected. Often ingrown toenails are extremely painful. When an ingrown toenail becomes infected it is called a paronychia and requires professional care. What's the difference between an ingrown toenail and an infected or paronychia? A regular ingrown toenail is painful and the border of the nail grows into the corners of the skin and usually on the inside corner of the nail. It is important to have your shoes measured and to wear proper shoes at the proper length; allowing about a half inch distance between the longest toe and the shoe. Make sure the shoes are not tapered too much or narrow in the front. An infected ingrown toenail will have redness, swelling, and extreme pain. Take your temperature. If your temperature is above 100 degrees, see your physician immediately. He or she will put you on antibiotics and perhaps refer you to a podiatrist. A podiatrist may discuss surgical removal of the ingrown toenail. **Dr. James Krystosik** discusses pH system or the acid alkaline balance in the body. It helps to regulate all systems in the body. The scale of measurement used for pH is called the acid alkaline scale, which starts from 0 to 14. Seven is neutral and pure water is seven. Levels below seven are acid and levels above seven are alkaline. Scientists use this scale to determine how foods will affect the body. Foods we eat are transformed into an acid ash or an alkaline ash. The body is alkaline by design, but acid by function. When we eat the wrong types of foods, the body builds up acids in the body which scientists call a low-grade acidosis. When cells are bathed in more of an acid solution, then chronic disease develops. Bacteria, viruses, yeast and parasites love to live in an acid and poor oxygen environment. Healthy bacteria living inside the intestines like to live in an oxygen rich environment. The immune system is the body's defense against all diseases. Hippocrates, the father of modern medicine, said "Let your medicine be your food and your food be your medicine." Take more responsibility for your health. Do something good for yourself every day. Exercise

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every day and drink pure water. Avoid refined carbohydrates, refined flours, white sugars, and processed foods, which discourage the growth of healthy bacteria. Instead eat whole foods, whole grains, lots of fresh fruits and vegetables, less animal protein and more fish, and raw nuts and seeds. **Jannie Wolff** discusses how to read nutrition labels. First look at the Nutrition Facts Label on the back of the package. When purchasing juice, make sure the label says 100% juice. Next, look at the serving size and the servings per container. All of the information is listed by the serving size. Check the total fats; 5% or less is low and 20% is high. With each food we have, we want to make sure our daily value is below a certain amount. Polyunsaturated and monounsaturated fats are goods fats that come from healthy oils, avocados, nuts, and seeds. Saturated fats raise our cholesterol. Even when the label says “0 Trans fats” it does not mean there are no trans fats in the product. Look at the ingredients list. If it says hydrogenated or partially hydrogenated oil, it means there are trace amounts of trans fats in the product. If there is less than 1% per serving, the manufacturer can say that it contains 0 trans fats. Next, check the sodium. Try to keep it less than 5% and in the single digits. Next, check the sugars. Take the total number of grams and divide it by four to determine the number of teaspoons of sugar in a product. Finally, look at the fiber and vitamins. You want to be sure you keep those totals in the double digits.

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Dr. Valerie Saxon discusses the essential amino acid called Phenylalanine. Many benefits of Phenylalanine include the alleviation of inflammation, energy production at the cellular level, increased efficiency of the adrenal glands, the alleviation of pain associated with backaches and fibromyalgia, increased alertness, increased assertiveness, decreased anxiety, and it helps people with ADD and ADH, as well as depression. A deficiency in phenylalanine can cause cataracts. When purchasing phenylalanine get the DLPA form. **Dr. Bill Williams** discusses laser periodontal therapy, the non-surgical intervention for periodontal disease. Seventy-five percent of people have some form of gum disease. The infection related to the bacteria, the genetics of the patient, and the presence of poor dental hygiene, equals gum disease. Gum disease is caused by inflammation. Bleeding gums is a sign of chronic inflammation. The pocket depths over four millimeters are not cleansable by the patient at home. There are five kinds of periodontal disease. The first kind is called Gingivitis, where the gums are inflamed. Often the teeth appear long; the bone and gums have receded and the roots of the teeth are visible below the crowns of the teeth. Deep cleaning is an example of treatment for early periodontitis. The laser

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dentistry that goes with periodontal care can be broken into non-surgical care of 3, 6, or 12 months of therapy. Periodontal surgery is rarely necessary; however, flap surgery and bone grafts are still necessary for some people, sometimes. The new protocols for periodontal disease include a whole realm of nutritional support that was not previously available. Ultrasonic scaling and root planning continue to be a staple in dentistry, however, the addition of laser decontamination has revolutionized the results. Antibiotics are still used. The specific protocol for laser periodontal therapy is this: when a person comes in, we do not want them to have any pain or discomfort. Regular dental anesthetic is used. The pockets of the teeth are measured, and then treated using a laser; removing a small amount of tissue which lines the pocket to allow a fresh growth to occur. The toxins on the tooth, such as tartar, plaque, and calculus, are removed. When the root is smooth it's like it's fresh. When the gums have been treated and the inflammation has been removed it's like it's fresh. Once the teeth and gums are treated and cleaned they can come together. An average of 1-2 millimeters of pocket reduction occurs after every treatment; there is bone repair and bone growth, in many cases; and there is no bleeding. The gums become tight, healthy and pink. The patient is able to maintain their own health at home and they feel better and live longer. If you want healthy gums, the bleeding is the number one thing to eliminate. **Dr. Dale Peterson** discusses food borne illness. There is virtually no food on the market that is not subject to contamination that could possibly lead to what is called food poisoning or food borne illness. Some of the symptoms of food borne illness are nausea, vomiting, abdominal cramping, diarrhea, and in some cases fever. The impact of food borne illness has been approximately 325,000 hospitalizations annually, 5,000 deaths, and 152 Billion Dollars in economic damages. Some types of food borne illnesses are infections, chemical contaminants, and toxins. There are over 250 known types of food borne illnesses. One of the most common infections is from bacteria called campylobacter. It lives in the intestines of healthy birds, so most raw poultry has campylobacter in it. The onset of illness is usually two to five days, although it could take up to ten days. It can cause something called Guillain-Barre Syndrome where the body starts becoming paralyzed. It can also trigger arthritis in susceptible individuals. The key is that poultry must be cooked to raise the temperature to 160 degrees Fahrenheit to kill the organism. One common mistake is not changing or cleansing the cutting board after cutting raw poultry before chopping lettuce for a salad. Another is salmonella. It is widespread in the intestines of birds, reptiles and mammals and it can spread to humans by various foods of animal origin. The name of the disease is Salmonellosis. It causes up to 1,000 deaths annually. The only way to reduce the risk of salmonella poisoning is to hard fry or boil the egg to be safe. Another is E coli 157:h7 which is carried by cattle and other animals. It is passed in their droppings. If those droppings contaminate water that is irrigating crops it can get into the crops. There is a common virus called Calicivirus which can cause food poisoning. It is typically spread from person to person. A person has the infection, gets the organism on his or her hands, and it gets into to the food. We can also get food poisoning from contaminated raw oysters, Hepatitis-A, and Giardia. Giardia is passed from beavers that can get into water and fresh flowing streams and get on food. We are at a much increased risk of developing food poisoning and food borne illness because of the challenges of corporate farming and the mixing of food. Here are five C's to help prevent food poisoning. Clean. Wash your hands or use a disinfectant before starting food preparation. Rinse fresh produce

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and then remove or discard the outer leaves. Don't prepare dinner if you are sick. Contain. Wash hands, utensils, and cutting surfaces after contact with raw meat or poultry. Place cooked meat on a different tray than the uncooked. Cook. Heat the food to an internal temperature of at least 160 degrees. Heat jars above that temperature if canning. Chill. Refrigerate leftovers promptly. Colonize. There are protective bacteria called probiotics. Using a probiotics supplement periodically can protect your intestinal tract from food borne illness.

HEALTH

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Dr. Edmund Chein discusses longevity. We should check for the presence of pollutants and toxic substances in our lives. Check your body all of the time. Keep it in good shape. Annually, check your chemistry, CBC, blood cells, and hormones. Hormones are very important and the key to longevity. Hormones control telomere and telomerase. Telomere is the portion of your DNA that controls lifespan. Telomerase is the protein that lengthens telomere. This research won the Nobel Prize of 2009. It is important to also check your hormones for toxins. Many environmental pollutants, upon entry into the body, damage the endocrine glands, which produce hormones. **Dr. Gilles Beaumont** discusses the mechanics of a whiplash injury or a rear-impact car collision accident. It happens in a third of a second. Upon impact the body will go forward and then go backward in that period of time. Research has shown that a whiplash injury or rear-impact collision can create at five miles per hour enough damage to have symptoms developing in the spine and even mild traumatic brain injury. Five to six miles per hour can create about 9 G's of force on the neck. As the force comes through the car, the body goes back into the seat and that loads it up like a springboard. When that happens, your shoulder goes underneath your head and your head compresses down, and it locks the vertebra. As the snapping seat, which has been back is now going forward, it shoves the shoulder forward and the neck goes backward. It is a tearing force, damaging tissues, usually in the mid cervical spine, because this is where the hinge of the injury will happen. A lot of tissue can be damaged in that area such as joint capsule, nerve tissue, muscle, capsular tissue, the disk, and the blood vessels. The trauma can take a few seconds to develop symptoms, or it may be a day later, or it can be up to 72 hours later. It takes about 72 hours for the body to fully develop the inflammatory process that comes following a car accident or a rear-impact collision. If you have symptoms immediately after an accident that means you probably have damaged the ligaments. The muscles have been sprained, but it will probably take about 72 hours to go into spasm. The body will try to reabsorb the inflammation by sending collagen liquid to the area of damage to create fibers to start the healing process. The impact can be severe enough to cause permanent damage if not taken care of right away. With chiropractic care or someone who specializes with those types of injuries, proper treatment can recover flexibility. Certified Clinical Nutritionist, **Kay Spears**, discusses dehydration. We need water to cleanse ourselves and to make sure that our bodies are hydrated. Our body is 75% percent water

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and our blood and lymphatic system is 90% water. We need eight glasses of water a day. Coffee, tea and soda contain caffeine, so they act as a diuretic causing water loss. We lose one to two quarts of water each day, so we need to replenish that. Water is important for hormones and the cellular activity in the body. Histamine is a neurotransmitter. One of its functions is to control water. When the body becomes dehydrated, it starts pulling water from the body causing histamine levels to increase. When this happens, it creates allergies, asthma, and migraine headaches. We need to make sure that we're drinking water for the histamine levels to stay balanced in the body. When you're diabetic and you have certain illnesses you need more water. When you have diabetes you lose sugar in the urine and when you lose sugar in the urine you are also losing water. That is why when you're diabetic you become thirsty all the time. Also, if you are working outside or exercising, it's important to stay hydrated as well. Constipation. The intestines' job when the body is dehydrated is to hold back water so that you don't lose any water in the intestines. This creates hard stools. When we have these hard stools, it breaks down the colon wall and we start getting all kinds of intestinal issues like diverticulitis and IBS. A lot of intestinal health has a lot to do with simply being dehydrated. Did you know that depression could simply be a state of chronic dehydration? Your body needs water to make tryptophan, which tryptophan then converts to serotonin, and serotonin converts to melatonin. These are all important neurotransmitters for sleep and for mood. Serotonin is very important for our overall sense of well-being. Melatonin is important for sleep. Dehydration prevents the tryptophan from producing the other neurotransmitters. Often diets cause water loss. Be sure to consult with a health-care practitioner before beginning any weight loss program. How do you know if you are dehydrated? If your urine is clear then you are probably hydrated. You can also pinch your skin and if it returns to the way it was, then you are hydrated. If your skin stays up, then that means that you are chronically dehydrated. You don't want to just start drinking eight glasses of water right away. You need to make sure that you are gradually increasing this water. Set a timer each hour to remind yourself to drink more water. When you are dehydrated, your body stops sending messages of thirst. We need to get the body trained back to knowing that the body needs water and that it's time to drink water. It will take time to build these reserves back up. Add fruit to your water. You can add freshly squeezed orange, lemon, or lime to your water. Drink mineral water. Avoid artificially-flavored waters, as they contain artificial sweeteners. Simply stick with water to help your body adapt to water and get your body hydrated.

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HEALTH

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Dr. Scott Hannen discusses food and suppression. The word suppression means stopping or prohibiting a function. Symptoms of suppression are fatigue, pain, and feeling overwhelmed. These symptoms often mimic symptoms of depression, but in fact, your energy levels are not sufficient. Avoid foods with sugar in it. Sugar steals energy from the body. Foods such as crackers, chips and other refined foods like white bread, when digested, turn into sugar. Caffeinated foods such as chocolate, coffee, tea are artificial stimulants that steal away from your energy reserves. Fruit juices are concentrated and steal energy from the body, as well as, honey and syrup. When excitotoxins, like aspartame, nutritisweet, or other artificial sweeteners, and MSG (monosodium glutamate) are eaten, the brain cells are excited to death; actually killing the brain the cells. MSG is found in hydrolyzed vegetable protein, hydrolyzed protein, plant protein extract, and sodium. Although these foods don't say MSG on them, there is MSG content in them. Be sure to read your labels. Histamine foods either create histamine or they have histamine in them. Avoid foods such as tuna, wine, cheese, seafood, sausage, sauerkraut, spinach, and tomatoes, as they cause histamine reactions that stimulate the immune system and cause energy to be stolen from the body. Make sure you activate. Go walking, jogging, move your arms and legs, or do any activity that will cause your heart rate to increase to about 138 beats per minute for twenty minutes at least three times a week. This will help to build energy in your system. Remember, health is a choice. Choose life. **Dr. Ross Dorsett** discusses stroke, which is the number three killer in the United States. Strokes are areas of damage to the brain, and it can also be in the spinal cord. It is due to the lack of blood flow to a certain part of the brain. There are three types of stroke. Ischemic stroke, the most common, is the blockage of one blood vessel which can happen slowly over several minutes to hours. It is the inclusion or narrowing with blockage of a blood vessel. A sudden plugging of a blood vessel by a foreign body, usually a blood clot, is called an Embolus type of stroke. A brain hemorrhage is where a blood vessel ruptures causing a blood clot to form inside the brain. Warning signs of stroke include weakness of an arm or leg, or an entire side of the body; numbness on one side of the body; double vision; balance in coordination; and prominent headache. Treatments include clot-busting or clot dissolving drugs. It is important to get to the emergency room within three hours of the onset of the symptoms. Get immediate medical attention if a stroke is suspected, as this can be function saving, if not lifesaving. The five most common and most important risk factors include uncontrolled high blood pressure, known heart disease, a history of diabetes, smoking, and high cholesterol. Stroke is largely preventable by modifying risk factors. **Dr. Mason Savage** discusses teeth whitening. There is professional whitening, which is performed in a dental office,

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and over-the-counter whitening, where something is purchased off the shelf. Both use very similar chemicals to whiten teeth, which is a base of peroxide. No one should do tooth whitening before having a dental exam. Whitening should not be performed if you have any active tooth decay or periodontal disease in the mouth, as it can worsen it, or it can make it more sensitive. Some people have discoloration of their teeth, which cannot be corrected through whitening. For example if you have intrinsic stains, which are more internal, you may not get the greatest benefit from whitening. In the dental office, a mold is made of an individual's teeth to create trays to custom fit the individual. Whitening gel is provided that is placed in the trays, then placed into the mouth. During the day, the trays are worn for approximately thirty minutes to an hour every day for about seven to fourteen days to achieve the desired whiteness of the teeth. Over-the-counter trays do not adapt as well, nor do they release the same concentration as the whitening gels provided in the dental office. If time is of the essence, in-office whitening is also available for select patients. The gel is placed directly on the teeth and a light is used to whiten the teeth. Nighttime gels are also available. If you are prone to tooth sensitivity, you may find that tooth whitening may cause greater sensitivity. It is recommended to use tooth sensitivity toothpaste. If you are pregnant, wait until after you have the baby and are done breast feeding before doing whitening. We all have a genetic predisposition to how white our teeth are going to be. Fillings and crowns do not lighten. Teeth whitening is one the best and easiest ways to enhance your smile.

ECONOMY

Joy in Our Town	28:30	13:30	L	PA/O	05/24/13	12:00 PM
561.1					05/27/13	10:30 AM

Host LaTrynnda Cunningham-Hollins talked to Dwight Nichols Urban Impact Ministries about Surviving Foreclosures. Once you receive a foreclosure it will be on your credit record for seven years, it is important to set priorities and try not to get into that situation. Purchasing a home is one of your most expensive purchases of your lifetime and being approved for that purchase is exciting but, you to need to plan for more than the monthly note. Urban Impact teaches the homebuyer to pay themselves first, start a monthly saving plan build up a surplus. Once you have a saving, we instruct you to purchase a home that has equity and then pay that home off in 10 years or less. You have to have a surplus account, and learn to manage the resources that you have to be able to weather the financial storm when it comes.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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ECONOMY

	Joy in Our Town 561.2	28:30	13:30	L	PA/O	05/24/13 05/27/13	12:00 PM 10:30 AM
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Host LaTrynnda Cunningham-Hollins talked to Dwight Nichols Urban Impact Ministries talked about Bankruptcy. There is life after bankruptcy; the first step is to identify what caused the problem, pull your credit report and start rebuilding your credit and then start a surplus/saving account. If you do not correct the spending problem then you are doomed to repeat it. There are two types of bankruptcy they are Chapter 7, no income and all your debts is wiped away and Chapter 13 is a debt recovery with a payment plan, set up to repay through small attainable payments. If you find yourself in the situation, don't start by using credit cards to stay afloat. Avoid Pay Day and Title Loans, they are the biggest culprits once you get there it is hard to recover from these situation leavening you unable to cover the bills that you have. The main concern during bankruptcy is to change what caused you to be in this situation. Pay for items needed to sustain life -usually it start with shelter and transportation; then select your utilities and credit cards in order of importance.

	Joy in Our Town 565.1	28:30	13:30	L	PA/O	06/07/13 06/08/13 06/10/13 06/11/13 06/13/13	12:00 PM 02:30 AM 10:30 AM 02:30 AM 02:30 AM
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Host LaTrynnda C. Hollins and Teresa Bettis, director of the Center for Fair Housing discussed, the problems with Landlord tenant discrimination. If you feel that you have been discriminated against give Center for Fair Housing a call. Sometimes the discrimination starts with the first handshake and a smile. If you are having problems getting your mortgage approved and your friends got hers approved in a week or less there could be a problem. Looking for an apartment, and you have children and the tenant offers you a sister facility that has many children because the only unit available is an upstairs unit, you have just been discriminated against term, familiar status or you have a disability and they are not equipped with handicapped equipment and they direct you to another facility you have just been discriminated against. Once you have been discrimination against, you only have one year after the event to bring your case before the Center for Fair Housing and another year to file a civil law suit. The center is seeing more cases on disability since more veterans are returning with disabilities. The war also left the community with more mental disability; the housing authorities not knowing how to handle this situation choose their only option and that is to evict. You are now creating another category of homelessness. There is a real need to educate tenants on how to deal with disabilities.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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ECONOMY

Joy in Our Town 565.2		28:30	13:30	L	PA/O	06/07/13	12:00 PM
						06/08/13	02:30 AM
						06/10/13	10:30 AM
						06/11/13	02:30 AM
						06/13/13	02:30 AM

Host LaTrynnda C. Hollins and Teresa Bettis, director of the Center for Fair Housing discussed “*The increase of loan modifications scams*” If you see the Ads and video disregard them. Never pay for a loan modification. Taking time to learn about your loan and avoid foreclosure scams, seek the legitimate companies that are there to assist in loan modification. Seek a HUD certified loan modification counselor that has been trained to assist you through this crisis. If you have someone that wants to charge you report them as a scam and they will be dealt with. Consult your HUD representative before filing for bankruptcy. Homeowners are taught that filing for bankruptcy only covers the arrearage on the home not the whole home loan. Counselors help you avoid the mistake than comes with filing, instead of one note you have two a house note and a bankruptcy loan note. The trained counselor can help you navigate through this scary process.

700 CLUB #052813	CBN	1:00:00	5:00	REC	PA/O/E	05/28/2013	2:00 PM
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CBN News Reporter, Heather Sells, reports faced with rising costs, huge loans and poor job prospects, today's prospective college students are reevaluating their future and many universities are re-inventing their offers. In the last 25 years college tuition has risen more than 400 percent. Nationally the average student graduates with well over \$20,000 in debt. Combine that with a tough economy and poor job prospects and it creates a perfect storm. For parents, even those with dual incomes, there's plenty to worry about. That concern stretches too many college campuses where administrators are trying to cut costs, keep quality high and compete with a new array of online offerings.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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	700 CLUB #062413	CBN	1:00:00	5:00	REC	PA/O/E	06/24/2013	2:00 PM
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CBN News Reporter, Charlene Israel, reports when it comes to growing old in America, there's good news and bad news. Workers are living longer, but they are not saving much, which could mean an unpleasant retirement because the government can't take care of them all. When it comes to retirement, most Americans work until around age 65, with some staying on the job even longer. But when it comes to saving for retirement most workers come up short. According to research by the Center for Retirement Research at Boston College, more than half of American households risk not having saved enough to maintain their standard of living in retirement. Twenty-eight percent of Americans have no confidence they will have enough money to retire comfortably, according to a report by the Employee Benefits Research Institute (EBRI) in Washington, D.C. Many expect to live on Social Security benefits and depend on Medicare to cover doctor's bills. Experts, however, predict Social Security will run out by 2033. When the Social Security Trust Fund was introduced in the 1930s, life expectancy didn't even reach the retirement age of 65. Life expectancy in 1930 was only 58 years for men and 62 for women. That formula quickly became outdated and over the next 60 years the number of seniors exploded. In the 1930s only 6.7 million Americans lived to be 65 or older. By the year 2000 that number had grown to almost 35 million. Millions of Americans receive Social Security benefits and the government is not prepared to cover the country's growing cost of retirement.

SENIORS

	Joy in Our Town 537.1		28:30	13:30	L	PA/O	04/01/2013	10:30 AM
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Host Shaundra Stallworth and James Robinson, Regional Coordinator for the State Health Insurance Program (SHIP) discussed how seniors are missing out on New Programs being offered by the state. There are more than 10, 000 people turning 65 everyday. The most common question asked, "Can I keep my current health plan while on Medicare"? They all may have concerns regarding the transition to Medicare; the SHIP can help navigate this change. The client can be Educated on the current available cost saving methods. Some have income requirements find out which ones you qualify for; if met could cause you to pay less for your prescription medications. Medicare Savings, like you pay PART B premiums, then the state will pay that monthly premium for you, this is just some of the things seniors may be eligible for. The SHIP's wants you to make your own decisions after reviewing all the information.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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SENIORS

	Joy in Our Town 558.2	28:30	13:30	L	PA/O	04/19/13	12:00 PM
						04/20/13	02:30 AM
						04/22/13	10:30 AM
						04/23/13	02:30 AM
						04/25/13	02:30 AM

Host LaTrynnda Hollins and Minnie Walker & Ivan Walker discussed how blindness affects the elderly. Diabetes is one on the leading cause of blindness among the senior adults. Once their vision is lost it is very shocking and hard for them to deal with, they feel like it is the end of the world, but they have to learn how to accept it and live with it and get the necessary help. Seniors receive training to excel in their new reality. They are taught brail and how to use a cane or Seeing Eye dog. The main need of a blind senior is the support of their family.

	Joy in Our Town 568.1	28:30	13:30	L	PA/O	06/21/13	12:00 PM
						06/22/13	02:30 AM
						06/24/13	10:30 AM
						06/25/13	02:30 AM
						06/27/13	02:30 AM

Host LaTrynnda Hollins and Beth Reinert, founder of Caregivers Unite discuss the journey of living with someone with Alzheimer disease and its treatments. The issue is that the Baby Boomers began to turn 65 years old in 2011 and we now have a huge population of people transitioning into the senior's category, 1 in 3 that die over 65 have some sort of form of dementia. Signs to look for with Alzheimer patients, Memory loss that disrupts life, problems and challenges in balancing the checkbook, difficult in completing normally tasks, losing track of time and dates, trouble recognizing familiar places, constantly losing things, poor judgment in purchases (often victims of telemarketers), not being able to identify common things, not taking care of personal grooming and getting upset easily. If you see these symptoms the first thing to do is to pray and alert the family that this is a time to come together and make decisions for your love one. The main caregiver must first learn how to receive help and connect to the family. Discuss with the family how to proceed then get a durable power of attorney, otherwise you cannot make health or financial decisions for your love one without it. Caregivers have a lot to learn

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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and nobody knows it all, with the blog site caregivers have been able to gather information from other Caregivers because nobody in the past had written a guide for Caregiver.

SENIORS

Joy in Our Town 568.2	28:30	13:30	L	PA/O	06/21/13	12:00 PM
					06/22/13	02:30 AM
					06/24/13	10:30 AM
					06/25/13	02:30 AM
					06/27/13	02:30 AM

Host LaTrynnda Hollins and James Robinson from Area Agency on Aging or the S.H.I.P. discuss the challenges facing seniors today the seniors or looking for ways to save money. With finances being tight many seniors are having to return to work, Area Agency on Aging have groups called **Mature Staffing** and **Senior Aide** and we are helping seniors find employment because we are aware of the nation's economic state. The center also wants to help you get enrolled. If you or love one is coming up to their 65th birthday then you need to get enrolled, there are three times within the year to enroll in Medicare, the first is **Initial enrollment Period**, this is 3 months before and after your 65 birthday. Then **General enrollment** it is every year from January 1 through March 31, next **Special enrollment** is those who are Medicaid eligible. The last is Open Enrollment which occurs October 15 through December 7 each year. And if you are uncertain about your benefits Area Agency on Aging offers a free benefit check, and free screening for SNAP formerly Food stamps the application process has changed and is much easier.

PUBLIC SAFETY

Joy in Our Town 435	28:30	13:30	L	PA/O	04/06/2013	02:30 AM
					04/8/2013	10:30 AM

Host Joseph Mass and Ray Pelt, Mobile County Health inspector discuss how the health department helps the community through SUMMERTIME SAFETY. The Mobile County Health Department inspects all public pools located in public parks, hotels and condos. When swimming, some water will get into your mouth but, swallowing that water can make you sick. The chemicals are used to kill germs but it takes time. If an infant or toddlers is in the pool and have a bowel movement or an adult has diarrhea then don't swim. If these take place the pool manager should close down the pool and allow it to be cleaned.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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PUBLIC SAFETY

Joy in Our Town	28:30	13:30	L	PA/O	04/06/2013	02:30 AM
435.2					04/08/2013	10:30 AM

Host Joseph Mass talked to Ray Pelt regarding the significance to the numbers seen on the restaurant ratings score cards. The score card is there to let you know that there was something wrong, not necessarily telling you not to eat there. You can lose five points for one employee not having a food handler's license. Another five points for the manger not being informed on procedures there are many reasons to lose points and still be a good place to eat. Receiving a score below 84 can cause you not to get your license if this is the first time applying for a license. A score of 60and the establishment is closed down.

Joy in Our Town	28:30	13:30	L	PA/O	06/14/13	12:00 PM
569.2					06/15/13	02:30 AM
					06/17/13	10:30 AM
					06/18/13	02:30 AM
					06/20/13	02:30 AM

LaTrynnda C Hollins and Andy Citrin from, Alive at 25 Foundation discussed the legal ramification for distracted driving. The human brain is not fully developed until age 25 and you would think that the law would cut them some slack because they are not developed. The law will forgive oops, but it does not forgive choices to ignore safety rules. Choices are not accidents. When you text, you are taking your eyes off the road and the hands off the wheel and directing a 3000 pounds vehicles. Talking to the kids about the charges being brought against those who text and drive. Vehicular homicide is one of the biggest causes of death for this age under 25. Safe driving is a matter of the law and faith. Our neighbors are those innocent people that are on the roads with us. It is okay to be inconvenient for just a moment. Please look out for the other driver.