

# Trinity Broadcasting Network

## Quarterly Report

October, November, December 2012  
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*

FAMILY  
EDUCATION  
HEALTH  
YOUTH  
SENIORS  
HOMELESS

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**FAMILY**

	<b>Joy in Our Town 538.2</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O</b>	<b>10/19/12 10/20/12 10/22/12 10/23/12 10/25/12</b>	<b>12:00 PM 02:30 AM 10:30 AM 02:30 AM 02:30 AM</b>
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Host Ericka Byrd talked to Frank Harkin CEO and Terri Bolin from the Salvation Army Goodwill Easter Seals about the economic hardship facing families. Economic hard times are impacting families nationwide and the needs are the same here in Mobile. Our Community Centers has the basic essential required for any household. Besides product we provide services from birth through advance age, we accommodates those with disabilities, and assist them in finding employment. The Community center provides early childhood services for special need kids who may not be able to attend regular schools. Families are sometime in need of medical equipment like wheel chairs, hospital beds and walkers these items are often donated to Salvation Army but these are brought to one central location and given out to deserving individuals but one request is made that when the time comes and you no longer need the item to please return it so it may benefit another family.

	<b>Joy in Our Town 540.1</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O</b>	<b>10/26/12 10/27/12 10/29/12 10/30/12 11/02/12</b>	<b>12:00 PM 02:30 AM 10:30 AM 02:30 AM 02:30 AM</b>
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Host Ericka Byrd talked to Ashley Carlock – Mobile County Human Resources Adoption and Foster Care Supervisor and Tonja Smith -Resource Supervisor at DHR discussed insufficient number of Foster Care homes. Mobile County has fewer children than 5 years ago. This is due to the front line workers / investigative work they work with the families to preserve the home and finding alternative homes. There are only 138 registered Foster Care homes, we need more. The approval process and class time is worth the reward of being a Foster Parent. If you are interested in becoming a Foster Parent, talk to everybody in the home because this will affect everybody in the family. Anyone over the age of 19 can be a Foster Parent, with a stable and secure income, and the space in your home for a child. If you have the patience we welcome you always. You will receive a small stiffen but you must be able to support the child financially.

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**FAMILY**

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/02/12</b>	<b>12:00 PM</b>
	<b>541.2</b>					<b>11/03/12</b>	<b>02:30 AM</b>
						<b>11/05/12</b>	<b>10:30 AM</b>
						<b>11/06/12</b>	<b>02:30 AM</b>
						<b>11/08/12</b>	<b>02:30 AM</b>

Ericka Byrd host talked to Tonja Smith & Ashley Carlock discussed finding Foster homes for older children. These children are labeled as being bad kids and they are not any different than any other teenager or young person in the family at that age. They are just missing the guidance and direction a child would receive growing up in a functional family. Some may have emotional needs, which come from being taken away from their biological family. The single most reason a child is removed from the family unit and placed into Foster Care is abuse and/or neglect. A report is filed and investigated, there are times that they case worker may feel the problem can be corrected and sometime the abuse is so severe that the children must come into Foster Care. All children that enter the system are taken in through Foster Care further investigation will reveal whether the child is returned home. There are strict guidelines that direct whether a child is put up for adoption. If the parent's rights have not been terminated then the parents can better their situation and the child can return to the home. Most of them end up Aging Out when they become 21. They are prepared through life skills classes; and taught to live independently. They can either go to work or college; there are Grants and Financial Aid for children in Foster Care to attend a college.

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/9/12</b>	<b>12:00 PM</b>
	<b>459</b>					<b>11/10/12</b>	<b>02:30 AM</b>

Host LaTrynnda Hollins and Makinde Gbolahan from Osanyin Institute of Health discussed diabetes and your health. One of the leading illnesses among African Americans and minorities can be changed through diet and small life style changes. Being a diabetic is not a death sentence you can continue to enjoy sweets, they should be prepared differently with honey and Truvia instead of sugar. The family needs to cultivate good habits which will become part of their day. Parents should take the role and be a leader to them empowering them to do great things. Do not put your care in the hands of others, remember fast food is addictive.

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

Joy in Our Town 535	28:30	13:30	L	PA/O	12/14/12	12:00 PM
					12/15/12	02:30 AM
					12/17/12	10:30 AM
					12/18/12	02:30 AM
					12/20/12	02:30 PM

Host Pamela Ware and Donal Cieutat, Disabled Veteran Outreach Coordinator discussed the Disabled Veteran transitioning from Military to civilian life, The celebrations are good because they assisted in America's freedoms, when the cameras are gone and reality sets in then the real healing begins. Combat readjustment counseling is needed for the veterans and their family you do not readjust immediately after returning from war. VA offers the family aide and support through this transition. For disabled veterans medical care is given according to the degree of the disability. The Disable veterans Administration also assist the homeless veterans. There are many helps out there for all veterans, our goal is to get that information to them and brief them on what services for which they qualify. The GI bill expires after 10 years but there are always new programs coming forth that they are qualified for.

700 Club NewsWatch #100312	CBN	1:00:00	5:00	REC	PA/O/E	10/03/2012	2:00 PM
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**CBN News Reporter, Mark Martin**, reports the United States is the number one producer and distributor of illegal pornography. It's a multi-billion dollar industry, and you may be surprised by what's behind the hard core business boom. While innocently surfing the net, your child can come face to face with a sexually explicit pop-up ad. If parents don't know what to look for or how to protect their kids online, a click of the mouse can usher in a nightmare. The young aren't the only victims. Adults also become intensely addicted while porn executives become incredibly wealthy. Simply clicking on a pop-up ad fills the pockets of the porn industry without the Internet user even buying anything. Internet safety experts say a strong defense at home is the only way to stop this immoral cash flow. Families need to block content and establish safety rules for kids and adults. This can be done through filtering and monitoring software and through accountability partners. Four

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out of five 16-year-olds now regularly access the illicit material online, and more than half of divorces name Internet pornography as a primary reason for the breakup of the marriage.

**FAMILY**

700	Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	12/03/2012	2:00 PM
#120312								

**CBN News Reporter, Paul Strand,** reports when it comes to pornography, no one is immune. It affects men and women of all ages. Today, teenagers are bombarded with these images like never before through the Internet. They're growing up in a world awash in X-rated material. It's a \$97 billion business every year, making more than top tech companies Amazon, Apple, Microsoft, Netflix, eBay, Google, and Yahoo combined. Roughly 12 percent of the world's websites, 4.2 million of them, offer the illicit material. About 2.5 billion pornographic emails whiz through cyberspace every day - a whopping 8 percent of all the world's daily emails. Possibly most astounding of all, 67 percent of men and 49 percent of women now say porn is acceptable. As for young people, the average age they first see it is now 11 years old. Ninety percent of those 8 to 16 years old say they've viewed it online. Many are now becoming addicted. It's an addiction that could ruin their future lives. Every second, 28,258 people are looking at X-rated material online. Every second, people are spending \$3,075 on such material. This hyper-sexualization is hitting just as hard inside the Church as out. It's ruining the way many young men now look at women. Studies show it's making many men and women almost incapable of enjoying sex with their real-life partners. So the teens of today in a world where pornography is available almost anywhere, anytime, need to realize they may be risking their own future marriages.

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**EDUCATION**

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/12/12</b>	<b>12:00 PM</b>
	<b>421</b>					<b>10/13/12</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham-Hollins talked to John Hoyle Communication Coordinator & Audrey (student) from the Alabama School of Math & Science (ASMS); this School is directed toward pre-college classes. ASMS is having a big impact on the community. The school is the only public residential school campus in the state of Alabama. They students must take core classes along with the Math and Science. With NASA and Northrop Grumman in the area we found that there is a lack of Engineers in the United States. This school graduate 100% of their students; the dropout rate is huge in the rest of the community but not at this school. Students going to ASMS have a desire to learn. The school does have genius students but most of the students just have a drive to do better. Parents should push reading and teach them that this is the first steps to greatness.

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/15/12</b>	<b>12:00 PM</b>
	<b>486</b>					<b>10/16/12</b>	<b>02:30 AM</b>
						<b>10/18/12</b>	<b>10:30 AM</b>

Host LaTrynnda Cunningham Hollins and guests Ellen Rawls director of America Reads and Linda Boswell discuss the role literacy plays in education. They discuss the importance of reading during early childhood. It is important to lead by example; if your child never sees you reading a book then they will not want to read either. Encouraging children to read will make a great difference in their learning process. It is never too early to teach your children to learn to read and appreciate reading and writing. These are the basic milestones to knowledge and understanding.

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**EDUCATION**

	<b>Joy in Our Town 538</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/19/12</b>	<b>12:00 PM</b>
						<b>10/20/12</b>	<b>02:30 AM</b>
						<b>10/22/12</b>	<b>10:30 AM</b>
						<b>10/23/12</b>	<b>02:30 AM</b>
						<b>10/25/12</b>	<b>02:30 AM</b>

Host Shaundra Stallworth talked to Ralph Wilson and Phil Tyrus of 100 Black Men of Greater Mobile about the increasing numbers of Suspended and Expelled students. More young men than girls are being kicked out of school and most of them are African American males. School suspension time is for not more than one semester, but being expelled from school is a decision voted on by the Mobile County School Board. Suspended students attend Alternative schools, Expelled students attend Twilight and Stars Academy allowing them to stay current in their classes and this is a win, win situation. The classes are preparing them to return to the school both mentally and academically. Over 5,000 students have been through this program and returned to school.

	<b>Joy in Our Town 543</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/30/12</b>	<b>12:00 PM</b>
						<b>12/03/12</b>	<b>10:30 AM</b>

Host Shaundra Stallworth talked to Martha L. Peek, Superintendent Mobile County Public School System talked about Budget Cuts. Loss of Jobs and Budget cuts were absorbed this year by attrition and 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. Federal funding was cut this year and had to be made up elsewhere. Tighten of the belt was necessary to get through this stage but it was done. The future budgets will be based on the Rolling Reserve Act of 2011 which caps the budget for a period of years instead of year to year.

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**EDUCATION**

<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/07/12</b>	<b>12:00 PM</b>
<b>544</b>					<b>12/10/12</b>	<b>10:30 AM</b>

Host Shaundra Stallworth talked to Martha L. Peek, Superintendent Mobile County Public School System Academic Challenges, Decreasing graduation rate statistics Solution: We 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/nutrition 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.

**HEALTH**

<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/26/12</b>	<b>12:00 PM</b>
<b>540</b>					<b>10/27/12</b>	<b>02:30 AM</b>
					<b>10/29/12</b>	<b>10:30 AM</b>
					<b>10/30/12</b>	<b>02:30 AM</b>
					<b>11/01/12</b>	<b>02:30 AM</b>

Host Pamela Ware talked to Denise Inge, from the Mobile Cancer Society, discussed is your life style causing cancer? There are many cancers that come from life style, not living a healthy life style cause your immune systems not to work the way it should. It is very important to start early do things in moderation if you can’t jog then walk. We know smoking cause lung cancer so if you haven’t started don’t. Lung cancer Colon cancer and Skin cancer from too much sun, these are just some that can be prevented with lifestyle. Men can get some of the same cancers as women and need to start preventive measures. If you are diagnosed with cancer treatment is imperative, if you cannot get to the request someone from the 800 number to pick you up. We will give you wigs not the old wigs but new sassy wigs that the young people are wearing. The support is there, volunteer Cancer survivors are available to talk to you 24 hours a day.



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**HEALTH**

	<b>Joy in Our Town 541</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/02/12 11/03/12 11/05/12 11/06/12 11/08/12</b>	<b>12:00 PM 02:30 AM 10:30 AM 02:30 AM 02:30 AM</b>
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Host Pamela Ware talked to Denise Inge, from the Mobile Cancer Society, discussed breast cancer. One of the leading causes of illness in women in 2011 it was predicted that about 230,000 women will be diagnosed with breast cancer and 30,000 will die. More Caucasian women will get it but more African American women will die from breast cancer, other groups are less likely to have breast cancer. Women should examine themselves frequently and start with a mammogram around age forty. Early detection is the best trigger for surviving. You want to look for tenderness, swelling and discoloration, if you have a lump or something don't look right call the American Cancer society 800 number and let a professional advice you. They can send you information through the mail or direct you to the website.

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Host Shaundra Stallworth talked to Anthony Bondora, MPH, FIMR Coordinator Alabama Baby Coalition Problem discussed, Parental practices that could injure or kill newborns. The solution is the safe sleep program, which prevents sudden infant death, by training parents not to put babies to sleep on their stomach. We recommend that babies sleep in a face-up position while sleeping. We also recommend using safe furniture for sleeping, such as an approved crib with a fitted sheet, to avoid overheating. You want to make sure the crib area is clean. Do not smoke in the presence of your baby, and remove clothing saturated with smoke before holding your baby. Keep the crib in the same room with the parents, but do not put your infant in an adult bed. Do not leave your baby in a car seat for sleeping. As much as 50% of sudden unexplained infant deaths could be prevented through education.

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**HEALTH**

	<b>Joy in Our Town 544</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/07/12 12/10/12</b>	<b>12:00 PM 10:30 AM</b>
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Host Shaundra Stallworth talked to Anthony Bondora, MPH, and FIMR Coordinator from Alabama Baby Coalition discussing Infant Mortality Solution the Alabama Baby Coalition reviews all the cases of infant mortality in Mobile County, 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.

	<b>Joy in Our Town 546</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/14/12 12/17/12</b>	<b>12:00 PM 10:30 AM</b>
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Host Pamela Ware and Markesia Forward, Clinic Manager from the Fresenius Medical Care discussed renal failure and its treatments. There are five stages of renal failure, but once diagnosed with stage five you must enter dialysis treatment. Dialysis is not a cure but a life sustaining treatment and if possible the patient may elect to petition for organ transplant. The symptoms of renal failure are subtle; symptoms could be puffiness around the eyes or feet, high blood pressure or frequent urination. Many people have it and go undiagnosed. There are three types of dialysis In Center, Nocturnal and at home. All must be done at least three times a week and can take anywhere from 3- 8 hours depending on the procedure you choose.

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

	<b>Doctor to Doctor #275</b>	<b>28:30</b>	<b>28;30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>12/02/12</b>	<b>11:30 am</b>
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**Dr. Eric Braverman** talked about metabolism. The secret to metabolism is how you burn your calories. The most important organ in the burning of calories is your brain. Your brain burns twenty-five percent of your calories and directs your entire body. There are four core languages of the brain: dopamine is the language of energy and thinness, acetylcholine is memory, GABA is stability and non-addiction, and serotonin is serenity and sleep. You need to keep the chemical dopamine up to keep burning calories. Eating of a lot of sugar, carbohydrates, or fat, drinking alcohol, using marijuana or other drugs, will hinder the chemical effectiveness of dopamine. The key is nutrient-density to calories. When you drink a glass of green tea, Oolong tea, Roobius tea, white tea or black tea, you have hundreds of nutrients and no calories. These teas are metabolic enhancers. If you are concerned with the amount of caffeine intake, simply use decaffeinated teas. Another key to burning more calories are fresh spices. They contain ORAC (Oxygen Radical Absorbance Capacity) that prevent you from burning out your metabolism. Fresh sage, marjoram oregano, rosemary, thyme, and basil often have more antioxidant or ORAC power than berries, fruits and vegetables. You can use dried spices as a backup. It is important to eat a variety of vegetables and fruits in a variety of rainbow colors to obtain proper hormonal balance. Another key is exercise which revs up your metabolism. Resveratrol, which is found in red grapes and red wine, is a metabolic enhancer. Compounds such as leptin, byetta, rhodiola, tyrosine, and amino acids such as phenylalanine, impact your brain, body and metabolism. Fish and fish oils are also important. Sleep allows your body to rebound and helps maintain metabolism. **Dr. David Cawley** talked about dental truths and myths. Myth #1 is no pain means there is no problem. Visit the dentist regularly. Waiting until you experience pain is the worst time to go the dentist. Truth #1: Many times, dental problems such as gum disease, gingivitis, bad breath; also called halitosis, and periodontal disease are silent health issues that can cause multiple tooth loss. Myth #2 is that dental products purchased over the counter or from TV ads are beneficial to your teeth. Truth #2 is just because you see it on TV does not mean it is safe for your teeth. Many products are not reviewed or approved by the American Dental Association. Myth #3 is that the dentist will hurt you. Truth #3 is that the dentist will care for your dental needs as painlessly as possible. **Dr. Jeffrey Crowhurst** talked about bunions, also called hallux valgus. Bunions are caused by the foot type a person inherits and is a common problem, even among people who do not wear shoes. People with bunions usually have a very flexible arch or a very flat foot. Symptoms of bunions are pain, numbness, and pain on the motion of the joint. You can relieve the pain by removing your shoes, applying a medicated salve over the bunion, using an anti-inflammatory medication, padding to relieve pressure, or wearing wider shoes. As a bunion gets worse, it becomes larger; making it more difficult to walk and to find wider shoes, which is when you should seek podiatric help. The podiatrist will diagnose the problem by looking at the joint function, the mechanics of the foot, and will take x-rays to examine the structure of the foot. As a bunion progresses, a wide angle between the metatarsal bone develops, causing the big toe joint to adapt to the new position which results in arthritic changes. Some treatments include special pads, anti-inflammatory medication such as ibuprofen or

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naproxen. When the nerve becomes involved sometimes a cortisone injection in the area of the inflammation can be very beneficial. Often arch supports and custom-made orthotics can relieve the pressure and slow the progression of the bunion. Surgical correction is performed as a last resort. There are several types of bunion procedures. A simple bunion is the removal of a portion of the bone. This is performed as an outpatient with a 3 to 6 week recovery time. A osteotomy, or surgical fracture, removes bump and places the bone in a more medial or inside position, fixating that fracture with a screw or a pen. This requires 4 to 8 weeks recovery time. Arthritic bunions may require bone fusion or a joint implant. Bunions rarely grow back, however, a small percentage do.

## HEALTH

	<b>Doctor to Doctor #277</b>	<b>28:30</b>	<b>28;30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/09/12</b>	<b>11:30 am</b>
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**Dr. Bob DeMaria** talked about hormonal headaches. They can be caused by tension, a sluggish thyroid, toxins, medications, elevated estrogen levels, a compromised liver, stress and sugar. It is important to exercise, drink plenty of water, take calcium lactate and B vitamins, and get plenty of sleep. **Dr. Ace Anglin** talked about toning shoes, which are a type of walking shoe or sneaker. The midsole helps a person to propel themselves in a rocking motion. Toning shoes are not recommended for those with gait instability, a limp or arthritis, which can put a person at risk for slips and falls. Try a walking shoe instead; one with a flexible toe area, a rigid heel and an Achilles notch. Many toning shoes can cause Achilles Tendonitis, so stretching before any exercise regimen is important. **Dr. Gerard Guillory** talked about Vitamin D and Iodine deficiencies. Most people are deficient in Vitamin D and would not know it unless tested. It is linked to 16 types of cancer, high blood pressure, heart disease, diabetes, osteoporosis, multiple sclerosis and increased risk of heart attack. Vitamin D is actually a hormone and is synthesized from cholesterol. Vitamin D helps prevent respiratory infections, reduces your blood pressure, improves mood and aides sleep when taken as a supplement at night. A natural source of vitamin D is sunshine. Iodine deficiency symptoms are fatigue, cold, constipation, slow metabolism. It is associated with increased risk of breast cancer, fibro cystic breasts, and cysts on the ovaries. A good source of iodine is kelp or or other sea vegetables.

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**HEALTH**

	<b>Doctor to Doctor #278</b>	<b>28:30</b>	<b>28;30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/16/12</b>	<b>11:30 am</b>
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**Dr. R. Michael Ronsisvalle** talked about how to be a real man. The success of society depends on defining appropriate roles for men and men who understand their role. It is more than having the right car, job, income and image. The first priority is to lead and love others. **Dr. Christopher Chen** talked about a heart healthy diet. Avoid animal fat. Keep trans fat percentages close to zero by avoiding partially hydrogenated oil. Eat fruits and vegetables that are deep in color, such as blue, red, and purple. Avoid sodas. Eat less than 1,500 milligrams of sodium per day. Avoid white foods such as white rice, pasta, potatoes, sugar and bread. Take fish oil in the form of an omega 3 supplement. Eat fish, such as salmon, flounder, cod and catfish to reduce inflammation in the body. However, avoid fish that contain high amounts of mercury such as shark, swordfish and king mackerel. Eat dark chocolate with at least 70 percent cocoa. **Dr. Shalaunda Gray** talked about breast cancer. It the most common form of cancer found in women. Breast cancer is a growth of abnormal cells in any part of the breast. Some risk factors include being a woman, aging, genetics, family history, personal history, post-menopausal hormone therapy, use of oral contraceptives, race, having dense breast tissue, inactivity, alcohol and tobacco use. Breastfeeding, physical activity, maintaining a healthy weight and screening can help prevent breast cancer.

	<b>Doctor to Doctor #279</b>	<b>28:30</b>	<b>28;30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/23/12</b>	<b>11:30 am</b>
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**Dr. Eric Braverman** talked about aging. Aging can be summarized in basic concepts such as oxidization, dehydration, inflammation, calcification, and poor circulation. As we age our body goes through various stages. It is important that we take care of our bodies to live a healthy life. **Dr. Kay Spears** talked about quality supplements. There are no FDA regulations for supplements. It is important to look for a Good Manufacturer Practices label (GMP-Certified), which indicates that it is regulated by the FDA and a third party company has tested the product. Be sure to take the proper forms of minerals. Fish oil should smell clean when you open the bottle. The biochemistry of the body is different for each person. It is important that you work with a healthcare practitioner to determine your needs. **Dr. Carl Schmidt** talked about sleep deprivation. A healthy pituitary gland and liver are key to a good night's rest. Potassium, magnesium and B-vitamins are important for adrenal function and works with the pituitary gland. Eat a clean diet. The liver is a filter. Drinking plenty of fluid from morning until 5 or 6 p.m. will help to eliminate waking in the middle of night. Drink two

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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glasses of water before eating in the morning to get a good start on hydration. Being borderline hypoglycemic is an added stress on the adrenal glands. Eating a healthy snack with protein at bedtime can help the body function properly. Herbs known to promote relaxation are valerian, passion flower and chamomile. St John's wart is known to help the brain and mood. Amino acids such as tryptophan, theanine, and tyrosine can also be very beneficial to sleep.

## HEALTH

<b>Doctor to Doctor #280</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/30/12</b>	<b>11:30 am</b>
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**Dr. Don Colbert** talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. Over 50 percent of people who have had heart attacks have normal cholesterol levels. The root cause of heart disease is inflammation which begins in our teen years by eating fatty meats, excessive sugars and the American standard diet. C-Reactive Protein is the marker of inflammation and most of the C-Reactive Protein comes from belly fat, or is made in the liver. It is important to ask your doctor to measure your high sensitive C-Reactive Protein level. To lower your C-Reactive Protein levels, follow an anti-inflammatory diet such as the Mediterranean diet that includes fruits, especially berries and pomegranates, vegetables, fatty fish and extra virgin olive oil. Grill, bake or stir fry your food at low heat to minimize inflammation. If over the age of 50, take a baby aspirin, 81 milligrams, every day to help prevent blood clots, heart attacks and strokes. Lose the belly fat through exercise and plenty of sleep. Eat dark chocolate to reduce inflammation. **Dr. James Mittelberger** talked about Palliative Care, which specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. This type of care permits pain to be managed to provide comfort and allow quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When the nerves near the cervical spine experience trauma, such as a fall or stress, they can tighten up and lead to headaches, allergies and sinus problems. The mid back area of the spine affects the nerves of the mid back muscles, the scapula, the shoulders, as well as the heart and lungs. The low back area, called the lumbar spine, affects the nerves in the lower back, the nerves that go down our legs to our feet, as well the digestive, reproductive and sexual areas. Pay attention to your body. Notice any symptoms you may experience and determine the source of the problem so it can be corrected.

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

	<b>Doctor to Doctor #326</b>	<b>28:30</b>	<b>28;30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>11/06/12 11/20/12</b>	<b>11:30 am 11:30 am</b>
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**Dr. Bob DeMaria** talked about healthy thanksgiving eating. It is important to read the labels on our food. Number 9 means it is organic. Number 8 means it has been genetically engineered. Any other number means it has been conventionally grown with herbicides and pesticides. Eat onions for a good source of sulfur. Minimize soda beverages. Consider a gluten-free diet. Don't drink water with ice cubes during meals. Steam your vegetables. Eat yams and sweet potatoes. Don't eat protein portions larger than your palm and ¼" inch thick. Combine vegetables with protein. Use brown rice as a stuffing. Avoid drinking fluids with your meals. **Dr. Martin Findelstein** talked about destressing for the holidays. Visualize and write down the positive experience you hope to have before you go to your family gathering. At your next event have an appreciation exercise where everyone shares two things they appreciate about each person. Release all bad feelings and forgive. You will be healthier for it. **Dr. Hale Akamine** talked about overcoming holiday blues. To those for whom holidays are sweet: share God's love. To those for whom holidays are bitter, more so, share God's love. Allow people to come into your life.

	<b>Doctor to Doctor #347</b>	<b>28:30</b>	<b>28;30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>11/27/12</b>	<b>11:30 am</b>
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**Dr. Leonard Scott** talked about what's new in dentistry. Invisalign is an invisible orthodontic appliance that fits over your teeth and moves your teeth as needed. It works just like traditional braces. A straight tooth improves your smile, provide better hygiene, and allows you to chew food properly. Laser dental surgery eliminates the need for an oral shot. Implants are the replacement of a tooth. A metal root is placed in the bone and the bone is allowed to integrate into the implant to secure it and a crown is placed on the root. Veneers are porcelain covers for the front of the teeth to give you a great smile. Each time you visit your dentist, get an oral cancer screening. The dentist will look for bumps or spots in the mouth that appear abnormal or that increase in size. If abnormalities are found, a biopsy will be performed; removing a portion of the tissue to be examined for irregularities. Not all tumors are cancerous. Some tumors are benign, which are non-invasive and will not kill you. The cancerous tumors are malignant and grow quickly. **Dr. Bryan Wasson** talked about sports and

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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concussions. A concussion is a violent jarring or shaking resulting in a disturbance of brain function. The symptoms of a concussion injury are an altered level of consciousness, confusion, headache, nausea or vomiting, memory loss, seeing flashing lights, and lost time. Corpus Callosum is the area of the brain that allows the right and left sides of the brain to communicate. When a person is injured, one side of the brain is no longer able to communicate with the other side of the brain. Often it is difficult to process and retain information, and to concentrate. The Immediate Post-concussion Assessment and Cognitive Testing, developed by the University of Pittsburgh Orthopedic and Sports Medicine Divisions, allows a repetitive trauma patient to be evaluated to determine if their brain is responding functionally. A computer program uses various modules such as word discrimination, design memory, visual recognition, visual memory, symbol matching, color matching, and three letter memory. **Dr. David Hope** talked about diabetes. There are two types of diabetes. Type I diabetes occurs in children and is maintained by insulin shots for most of their life. Type II diabetes is adult onset diabetes. It usually occurs in the 40's and 50's. Symptoms are weight gain, fatigue, thirsty all the time, never seem to get full after eating, frequent urination, and high blood sugar levels. To combat diabetes, increase exercise to burn up extra sugar, lose weight to reduce body fat, and use medication to help maintain sugar levels. Monitor your sugar levels at the same time every day and keep a log, write down what you eat, and get support. If you control your sugar levels you will be just fine. Uncontrolled diabetes is one of the major causes of blindness, heart attacks, kidney disease, and peripheral vascular disease; which is poor circulation in fingers and toes. You can be in charge of your health.

## HEALTH

<b>Doctor to Doctor #283</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>12/04/12</b>	<b>11:30 am</b>
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**Dr. Bettye J. Alston** talked about losing weight during the holidays. Eating thermic vegetables such as broccoli, green beans, squash, spinach, asparagus, cabbage, okra, eggplant, greens, mushrooms, onions, bell peppers, and bean sprouts, allows your body to burn more calories than it takes in. Enjoy fish and lean cuts of chicken, beef or lamb. Eat foods that are not high on the glycemic index and limit salt. **Dr. Craig Travis** talked about avoiding holiday stress. Economic difficulties, the death of a loved one, lack of time, visiting relatives, overeating, commercialism and materialism can cause stress. To cope, first acknowledge the stress. Have a strategy for dealing with the holidays. Plan your schedule, engage in healthy behavior; getting plenty of rest, drink lots of water and exercise. Keep important things in perspective. Focusing on what you have instead of what you do not have. **Dr. Martin Finkelstein** talked about the dangers of holiday food.



ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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Unhealthy processed and fried food clogs the body and weakens the immune and digestive system. Healthy carbohydrates, such as fruits and vegetables, are the healthiest foods to cleanse the bodies. The more fruits and vegetables you eat, the less you will crave the wrong foods. Proteins rebuild the body. Eat proteins such as chicken, turkey, or fish, particularly salmon, tuna and sardines that are baked or grilled. Avoid a lot of red meat and pork. Legumes and beans are also a good source of protein. It is good to eat eggs in moderation. Use healthy oils such as coconut oil and olive oil.

**HEALTH**

<b>Doctor to Doctor #387</b>	<b>28:30</b>	<b>28;30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>12/11/12</b>	<b>11:30 am</b>
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**Dr. Bettye J. Alston** talked about sugar-free holiday treats. **Dr. Malcom Hill** talked about preventing holiday stress. Stress means a situation that comes into your life that causes you to make a change. Stress has been linked to high blood pressure, heart attacks, strokes and diabetes. The five main stressors are depression, marriage, finances, job and children. There are many ways to reduce stress in your life. Live within your means. Walk or run for 20-30 minutes daily to create endorphins which are feel good hormones. Get 15-20 minutes of sunlight per day. Breathe fresh, outdoor air. Get at least 8 hours of sleep per night. Drink plenty of water. Eat a plant-based diet. Get a monthly massage. Get a chiropractic adjustment. Think positively and associate with positive people. Go to church. Pray and meditate daily. **Dr. Brian Nimphius** talked about health care vs sick care. Health care means being proactive by eating right, exercising and doing what is necessary to be healthy. Sick care is reactive. Seeking care in response to an illness, depending on chemicals and medication, and being fearful of a certain disease.

**YOUTH**

<b>Joy in Our Town 506</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/08/12 10/11/12</b>	<b>12:00 PM</b>
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Host LaTrynnda Hollins and Jayne Carson from Helping Families Initiative, discuss bullying and the youth’s inability to separate real from fiction; many young people mimic what they see on television. Bullying is sometimes in direct correlation to what is going on in the home. Parents sometime bully their own children, due to problems in the home, show an increase in domestic violence. Children, model themselves from their parents. Bullying is not gender sensitive boys and girls both will bully a person they deem as weaker than them. Bullies get their power only if it is given to them. Bullies assert power they wish they had, through words and their opinions of others.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 506</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O</b>	<b>10/8/12 10/11/12</b>	<b>12:00 PM 02:30 AM</b>
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LaTrynnda Hollins and Jayne Carson, from the Helping Families Initiative discuss how to help kids before they get in serious trouble and help them stay in school. We look at those with serious offenses to see what the stressors are causing the problem. The school system has to report all suspensions and trancies; we use this information to see where we can help. We don't except referrals, we help those parents who are totally unengaged, and we are their only to enforce the mandatory attendance act. They must attend school and behave while they are there. We talk with the parents letting them know that our main purpose is to help your child. Sometimes parents need new parenting techniques or it is financial, sometimes the family is homeless and they don't tell anybody and we try to help. Our approach is the behavior is a symptom not the disease. Better functioning, the family better behaved the child.

	<b>Joy in Our Town 505</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O</b>	<b>11/09/12 11/10/12</b>	<b>12:00 PM 02:30 AM</b>
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LaTrynnda Hollins and Kendrick Dunklin, Admissions Counselor from Springhill College discussed college admissions for seniors. The Program "Nobody left behind" actually hurt the students wanting to attend college because it lowered the grade point average needed to attend college to 2.5 which is a "D" where in the pass it was a 3.5. The point of the program was to have a desire for higher education. The student must secure their own entrance into a 4 year college or university. The youth priority changed they no longer haven't idea of what they want to do they are ready to enter college without a vision of their future. Upward Bound Field trips are taking them into businesses, hospitals, factories and companies that they would have never seen before and expose them to new ideas and putting them through hands on attention that helps them make better decisions.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 545</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O</b>	<b>11/26/12</b>	<b>10:30 AM</b>
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Host Nona Simmons and Judge Naman from James T. Strickland Youth Center discussed: Youth in trouble, kids whose lives are at risk through crime Solution: The first and main thing I would do is put someone important in the lives of every one of these kids. We have over 1100 kids in detention, and 92% of them come from homes where there is just one person caring for the family. Most of the time that person is a mother, or grandmother. We are working very hard to put significant, caring people into the lives of these children. We have adopted the Youth Advocate Program developed by a forward thinking judge in Tarrant County, Texas, twenty years ago. Instead of using grant money to increase detention capacity, they used the funds to implement this program and place mentors in the system. Once we determine the factors that contributed to each child’s truant behavior we can address their individual need. Putting a strong mentor in the life of this child makes a difference in the lives of the family as well. The program also introduces the youth and the family to other interest, gardening, acting, painting, etc. Then the youth start seeing the center not as a place to fear, or give up, but a place of hope for rebuilding their lives.

**SENIORS**

	<b>Joy in Our Town 537</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O</b>	<b>10/05/12</b>	<b>12:00 PM</b>
							<b>10/06/12</b>	<b>02:30 AM</b>
							<b>12/31/12</b>	<b>10:30 AM</b>

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.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**SENIORS**

	<b>Joy in Our Town 537</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O</b>	<b>10/05/12 10/06/12 12/31/12</b>	<b>12:00 PM 02:30 AM 10:30 AM</b>
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Host Shaundra Stallworth and James Robinson, Regional Coordinator for the State Health Insurance Program (SHIP) discussed health care fraud. Medicare Fraud and Medicare Abuse is a serious crime, costing the nation over 60 billion dollars a year recipient can help by reviewing their yearly statement. Medicare Fraud is being charged for something you didn't receive and Medicare abuse is being charged for something twice or billed for services you don't need. Ask your physician questions about things that looks odd, don't let your friends be the only place you share information tell your counselor. The perpetrator is relying on you not to tell the authorities

	<b>Joy in Our Town 486</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O</b>	<b>10/15/12 10/16/12 10/18/12</b>	<b>12:00 PM 02:30 AM 10:30 AM</b>
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Host LaTrynnda Cunningham Hollins and guests Terry Grodsky, director of Retired Seniors Volunteer program and Emelia Gonzalez a RSVP volunteer discuss how important it is for seniors to stay active. One great way to insure a happy active life is through volunteerism. Terry Grodsky says that seniors who volunteer live longer and happier lives. Grodsky encouraged viewers to persuade their parents and grandparents by letting them know the health and social benefits of staying active through volunteering.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**SENIORS**

	<b>Joy in Our Town 483</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/24/12</b>	<b>10:30 AM</b>
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Host LaTrynnda Cunningham Hollins and guest Cara Anne Roberts from Operation Bounce Back discuss the importance of seniors becoming active in their golden year. Ms. Robert states that just because you are getting older does not mean you have to slow down. If you're feeling good and the doctor has given you a clean bill of health there is nothing you shouldn't be able to do within reason. She says that seniors that stretch, exercise, play board games, and do things like dance tend to be happier and more social.

**HOMELESS**

	<b>Joy in Our Town 539</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/12/12 10/13/12</b>	<b>12:00 PM 02:30 AM</b>
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Host Pamela Ware and Shannon Faye, Administrative Assistant from 15<sup>th</sup> Place they discussed the Day shelter verses regular homeless shelters. Many of the homeless are not just standing at the light with a sign. The public has their stereotypes that all homeless does not fit into. The new homeless can be sitting next to you at school or work and at the end of the day they do not have a place to go at night. All are affected by other peoples suffering. The biggest disservice is to forget that they are humans. Most of them just need a job. Unemployment is one of the biggest problems of homelessness. All our guest are registered we are held accountable for our services to the public. The center encourages businesses to hire the homeless. 15<sup>th</sup> Place also offers Mail Service this is a very important step in the recovery process for the homeless having somewhere to receive mail.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HOMELESS**

	<b>Joy in Our Town 545</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/26/12</b>	<b>10:30 AM</b>
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Host Pamela Ware and Shannon Faye, Administrative Assistant from 15<sup>th</sup> Place discussed how they help the homeless? The survey was done this year, and counted 634 homeless in Mobile. Case workers are assigned, to determine the reason for the individual homelessness, whether unemployment or underemployment, addiction or substance abuse, other health issues things of this nature need to be addressed before help can begin. 15<sup>th</sup> Place provides a facility for them to use during the day, and being a partner with agencies that provide services to get them off the street. Organizations like Franklin Primary Health Care, the Career Center, and others provide transportation, medicine, even clothing for job interviews

	<b>Joy in Our Town 547</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/24/12</b>	<b>10:30 AM</b>
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Wanda Rudolph from Women in Crisis talked about the problem of homeless women and who meets their needs. Stereotypically the homeless are viewed as ether strung out on drugs or suffering from mental problems, but this is not true. Some of the stories of the homeless observed over 12 years assisting women are not like that, they have real problem and just need a little help. It may have been a health issue where they parent could no longer pay their bills and now they are on the street or you company downsized and you were laid off the result is the same when you live from pay check to pay check. You would think that there are fewer women because you don't see them as much on the street but the truth is it is about equal the only thing is that many of the women have their children with them. The homeless children numbers are on the rise because of the families situations. Women in Crisis Shelter are designed to be meet this need.