

Trinity Broadcasting Network

Quarterly Report

July, August, September 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

ECONOMY

HEALTH

YOUTH

FAMILY

PUBLIC SAFETY

EDUCATION

CRIME

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

	Joy in Our Town 535.1	28:30	13:30	L	PA/O	07/05/13	12:00 PM
						07/06/13	02:30 AM
						07/08/13	10:30 AM
						07/09/13	02:30 AM
						07/11/13	02:30 AM

Host Pamela Ware and Donald Cieutat, the Disabled Veteran Outreach Coordinator discussed the Disabled Veteran transitioning from Military to civilian life. The celebrations are good because they assisted America with our freedoms, what happens after all the cameras are gone and reality is launched. How does it affect the serviceman or woman? Linger health problems are some of the things that the VA helps with, counseling if you do not re-adjust immediately. Combat readjustment counseling is needed for those returning. Family and support system has to be a strong unit that helps with the transition with marriage and family. Medical Care is offered for veterans according to the degree of the disability, as long as they are veterans and have been on active duty for more than 180 days. Eligible veterans can get help from the American government. The Disabled Veterans Administration also assists the homeless. There are many helps out there. The veterans do not have information on what all is available for them. The GI bill expires after 10 years but there are always new programs coming forth that they are qualified for.

	Joy in Our Town 524.1	28:30	13:30	L	PA/O	08/02/13	12:00 PM
						08/03/13	02:30 AM
						08/05/13	10:30 AM
							02:30 AM

Shaundra Stallworth hosted Kulle McKinney Social Security Administration discusses knowing where you stand before retirement. Benefit calculator show how and when you should retire. Go online and search for your retirement benefits, you can find them in about 15 minutes .What can you learn about your annual statement? Survivor benefits, work history, all can be pulling down your benefits. Search on line with your social security number and a valid e-mail and visit www.mysocialsecurity.com. If you find an error you need to report it and fix the error. Some employers may not have reported you're earning.

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ECONOMY

	Joy in Our Town 524.2	28:30	13:30	L	PA/O	08/02/13	12:00 PM
						08/03/13	02:30 AM
						08/05/13	10:30 AM
							02:30 AM

Shaundra Stallworth hosted Kyle McKinney Social Security Administration discusses identity theft. It is one of the growing crimes. We ask that you protect that number and never freely give it to anybody. Never laminate the card. Never carry your card on you, except for health, employment or benefit claims. If you see where your identity has been stolen contact law enforcement and the Federal Trade Commission (FTC) Their job is to help you get your identity corrected. There are limitations to how many times you can ask for a replacement card. Be wary of scams involving your Social Security card, the Social security office will never call and ask you for your social security number. It is very important to check spelling. If it is not correct go to probate office and get your name corrected. Contact law enforcement, also contact credit bureau, and check your checking account. Put your initial on your check book so the person will not know what the initial stands for.

	Joy in Our Town 571.1	28:30	13:30	L	PA/O	08/23/13	12:00 PM
						08/24/13	02:30 AM
						08/26/13	10:30 AM
						08/27/13	02:30 AM
						08/29/13	02:30 AM

Host LaTrynnda C. Hollins and Joseph Payne, Founder, Director of Biblical Economics. Key things about money: Problem, we live as if we have plenty, but we do not save, we cannot manage our own funds. How do we teach our young people to manage money? We learn our habits from our parents. Bills – 1st thing is to realize where you are, if you don't have an understanding of yourself. Handle impulses. Get rid of the entitlement "I make money; I have the right to spend it any way I want to". Keeping up with the neighbors. Peer pressure. Ignoring check account statements and credit card bills. 1st: get a diary, track purchases. Looking at your purchases. Total them up. Break habits of over spending. Pay off balances every month to avoid interest and service charges. 2nd: stop using debit and credit cards, write checks so you must take more time to think about the purchases. 3rd: do not get trapped into false sense of security (I know my paycheck will be direct deposited by the time this bill is due).

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ECONOMY	Joy in Our Town 571.2	28:30	13:30	L	PA/O	08/23/13	12:00 PM
						08/24/13	02:30 AM
						08/26/13	10:30 AM
						08/27/13	02:30 AM
						08/29/13	02:30 AM

Host LaTrynnda C. Hollins and Joseph Payne, Founder, Director of Biblical Economics. We do not understand the principles of money. We work hard, but some people do not make enough to make ends meet. How do we secure our financial future? We need to be mentored, advised, you can get the background of how people think about money, how they were raised, are they impulse buyers? Do they have budgets, and keep them? 1st: Make a list of debts. Separate your long term debts from short term debts. An example of long term debt would be your house and/or your car. Short term debt would include items like your utilities, etc. Short term debts: we plan to pay bills as we get paid. Piling them up on your table just depresses you. Solution: take the smaller bill, and pay it. Reward yourself. Establish accountability. Save at least a couple of months of income for unexpected expenses. Be responsible for your debt. Resist and break the cycle of impulse buying and ‘keeping up with the Joneses’. Make better decisions. Be disciplined. Start over. Do not condemn ourselves. Be aware of what you are doing wrong, then get serious, make decisions to change. Stop spending. You have been doing the wrong things for twenty, thirty, forty years? It will take time to change. Instead of a credit card, get a secured card: You give the bank an amount of money, and then use that money to establish good credit reports.

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ECONOMY

Joy in Our Town 577.2	28:30	13:30	L	PA/O	09/20/13	12:00 PM
					09/21/13	02:30 AM
					09/23/13	10:30 AM
					09/24/13	02:30 AM
					09/26/13	02:30 AM

Host LaTrynnda C. Hollins, Amber Guy and Gloria Williams from the Mobile Public Library Toulminville Branch. They discussed challenges in finding employment. The Mobile Public Library has free classes that teach the patrons how to build their resume' and how to search for jobs online. There are classes that teach you to use many computer programs for beginners and for those who need to just polish up on their skills. With unemployment on the rise we see more and more people using our services. We have classes teaching you how to use Word Perfect, Excel, and Power Point and how to surf the internet. These classes can help you polish up your skills. The library is a great source for finding jobs. Many families due to the economy had to give up their internet service with the Wi-Fi you can bring in your personal computer which allows a bit more privacy while in the library.

700 CLUB	CBN	1:00:00	5:00	REC	PA/O/E	08/21/13	2:00 PM
#08212013							

CBN News Reporter, Heather Sells, reports a new look at data from the Internal Revenue Service shows that Americans are fleeing states with higher taxes for states with low tax rates. Economists have spent decades researching the effects of income taxes, including the national federal income tax, which turned 100 years old on Feb. 3. But a new review of federal taxpayer 1040 files from 1995-2010 provides a clear pattern of movement out of states with high tax burdens and into states with low tax burdens. The nine states with no personal income tax gained \$146.2 billion in AGI. Those states include Alaska, Florida, New Hampshire, Nevada, South Dakota, Tennessee, Texas, Washington, and Wyoming. Conversely, the states with the highest personal income tax rates lost a total of \$107.4 billion. They are California, Hawaii, Oregon, Iowa, New Jersey, Vermont, New York, and

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Maine. Washington, D.C., was also included. The 10 states with the lowest per capita state and local tax burdens netted \$69.9 billion in AGI. Those states include Alaska, South Dakota, Tennessee, Louisiana, Wyoming, Texas, New Hampshire, Alabama, Nevada, and South Carolina. The 10 states with the highest state and local tax burden lost \$139 billion in AGI. They are New York, New Jersey, Connecticut, California, Wisconsin, Rhode Island, Minnesota, Massachusetts, Maine, and Pennsylvania. Some of the so-called "winner" states like Texas and Florida are well-known for attracting newcomers. But others, like Tennessee, could be considered more of a well-kept secret. From 1995 to 2010, the Volunteer State took in \$8.3 billion in AGI. It received the most from California, Michigan, and Illinois. Governors of Indiana, Kansas, Oklahoma, North Carolina, Wisconsin, and Ohio cut taxes this year. In the Buckeye State, lawmakers approved slashing income tax rates by 10 percent over the next three years. For all families, there's no denying that taxes affect income. Exactly how they affect where they live is debatable. But as the IRS data shows, any community that wants to attract people should consider lower taxes as a draw — just like a beautiful golf course or mountain lake.

ECONOMY

700 CLUB	CBN	1:00:00	5:00	REC	PA/O/E	09/20/13	2:00 PM
#09202013							

CBN News Reporter, Charlene Israel, reports it has been estimated that payday loans cost military families \$80 million in interest and other fees each year. Young, inexperienced recruits can be easy targets for predatory lenders. Fees for payday and other predatory loans can add up to triple digit interest rates - in some cases, even more than 1,000 percent. Some of these lenders even go as far as trying to rent tires or hubcaps to a military family for their car. Nearly one in three enlisted personnel or junior non-commissioned officers have used payday loans, auto title loans, or other risky borrowing practices within the last five years. The strain of military deployments can take a financial toll on military families, making them easy prey for financial predators. Studies show that money problems rank as one of the top three stresses for members of the military. It ranks higher than deployments, family, and even war. The situation is so troubling that the Defense Department recently labeled it a threat to the country's national security. In 2007, Congress passed the Military Lending Act, which established a maximum interest rate of 36 percent on payday loans for military members and their families.

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HEALTH

Joy in Our Town 570.1	28:30	13:30	L	PA/O	07/12/13	12:00 PM
					07/13/13	02:30 AM
					07/15/13	10:30 AM
					07/16/13	02:30 AM
					07/18/13	02:30 AM

LaTrynnda Hollins and Evan Duffy, communication manager for Red Cross & Elizabeth Sanders discussed the *importance of blood donations*. There is 36% of the population that is available to donate but only about 3% of those people actually donate blood. As we stand today we are not at emergency levels, but during the summer the numbers will increase. Summertime problems elevate the need for blood. We have taken for granted that it will be there, but blood is not like a bandage where you go to the store and pick it up. We must rely on volunteers to give blood and there lies the problem. Every family at some point in time will need blood. The solution is to evaluate who is eligible to give and encourage that group of people to donate at least three times a year. If you are over 110 pounds and 17 years or older and have good health then you can give blood. If you are unable to give, help get others to donate, support a blood drive now instead of getting to one pint. Now you have several donating. There is a lot of fear in donating blood, but education will help relieve those fears. The blood drives are going to be our bread and butter drives through the drives at high school and churches we get our biggest donations. One platted donation helps 3-6 patients. Get motivated! You will save lives! Then seek information out on the web site and that may put you at ease regarding donations. How do we get young people involved? Break the ice. You can give blood every 56 days and platelet donors once a month.

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HEALTH

	Joy in Our Town 567.1	28:30	13:30		L	PA/O	07/19/13	12:00 PM
							07/20/13	02:30 AM
							07/22/13	10:30 AM
							07/23/13	02:30 AM
							07/25/13	02:30 AM

Host LaTrynnda Hollins and Mary Reed, Regional Director for the Southeast Division of T.O.P.S. (TAKE OFF THE POUNDS SENSIBLY) discussed the growing problem of obesity in the family and how to make the problem end today. Obese parents will more than likely have an obese child. It is important for parents to see the problem. It is important to teach the children to eat right now. The Regional Director has seen many things that cause people to overeat, stress and depression. There is no such thing as generational curse of obesity. Obesity is an individual problem that can be changed through making an effort to change one thing a day. Read your labels, check nutritional value on each item. Eating out at a fast food restaurant can be done. Restaurants are offering healthy meals, make smart choices. We need to change those pleasure sensors instead of eating out take a walk. Small changes can soon become a habit that changes the quality of life.

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HEALTH

Joy in Our Town 567.2	28:30	13:30	L	PA/O	07/19/13	12:00 PM
					07/20/13	02:30 AM
					07/22/13	10:30 AM
					07/23/13	02:30 AM
					07/25/13	02:30 AM

Host LaTrynnda Hollins and Mary Reed, Regional Director for the Southeast Division of T.O.P.S. (TAKE OFF THE POUNDS SENSIBLY) discussed the physical and emotional challenges of being obese. As a nation we are overweight or obese one good way to start is to plan ahead, learn to make small changes, plan meals ahead of time and make the serving size smaller and eat fat free. Make small starts and great choices. Start by keeping only healthy choices in the home. Shop for smaller sizes and keep them available and the individual sizes are better than the whole package of chips or cookies. There is no magic pill the pounds didn't come on over night and it will not go off overnight. The optimum loss is two pounds a week. It is important to know your weight and keep up with your progress. Drink 8, eight ounce glasses of water a day. Eat fruit instead of the candy bar. Get moving and walk it cost you nothing and finally SEEK support to give you accountability.

Joy in Our Town 514.1	28:30	13:30	L	PA/O	07/26/13	12:00 PM
					07/27/13	02:30 AM
					07/29/13	10:30 AM
					07/30/13	02:30 AM
					08/01/13	02:30 AM

Host Pamela Ware and Cindy Lane Ross discussed childhood obesity. Parents are now admitting that they cannot teach what they don't know and that is how to train their children to make healthier choices. First, introduce fun activities such as jump rope, hula-hoop and AB crunches. These are only a few ways to make an investment in their future. Healthy food is not cheap; prepare a well balanced meal that the children will eat. Shop from the outer isles fresh fruits and vegetables and less processed food.

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HEALTH

Joy in Our Town 514.2	28:30	13:30	L	PA/O	07/26/13	12:00 PM
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					07/29/13	10:30 AM
					07/30/13	02:30 AM
					08/01/13	02:30 AM

Host Joseph Mass, Dr. Beaumont & Dr. Henry discussed the nutritional needs of the body. Most medicines came from herbs and natural ingredients; the medication was boosted through chemicals to rush the process. Clinical nutrition is not a cure but a way to tap into the body's own way to cure itself. Nutritional testing was developed over 20 years ago but generally is not used. Proper nutrition can even change cancer tissue through several years of treatment. The body wants to survive and will seek nutrients from other places in order to survive. Choose healthy foods instead of processed foods to help boost the immune system.

700 CLUB #09252013	CBN	1:00:00	5:00	REC	PA/O/E	09/25/13	2:00 PM
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CBN News Medical Reporter, Lorie Johnson, reports an estimated 5.4 million people in the U.S. have been diagnosed with Alzheimer's disease and that number is expected to increase exponentially as baby boomer generation enters their golden years. But for some people, coconut oil has proven to slow the progression of Alzheimer's and may have even prevented it. In this case, insulin problems prevent brain cells from accepting glucose, their primary fuel. Without it, they eventually die. But there is an alternative fuel — ketones, which cells easily accept. Ketones are metabolized in the liver after you eat medium chain triglycerides, found in coconut oil. Just make sure it's pure, in other words, non-hydrogenated. Avoid any hydrogenated oil, including coconut oil, because hydrogenated oils are the same thing as dangerous Trans fats. Check the list of ingredients for the word, "hydrogenated." Some people are afraid to eat coconut oil because they think it's bad for your heart. But it's actually very healthy. But scientists have since learned there are two kinds of cholesterol LDL, the bad kind, and HDL, which is very good for you. HDL, the good cholesterol, is the kind that coconut oil raises. Coconut oil also kills bacteria, making it a natural antibiotic without the negative side effects. As always, consult your doctor before making any dietary changes and ask about the addition of coconut oil to your diet.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
HEALTH	DOCTOR TO DOCTOR #308	28:30	28:30	REC	PA/O/E	07/09/13	11:30 AM

Dr. R. Michael Ronsisvalle discusses stressed out marriage relief. Commit to your commitment. Real lasting commitment is due to something called meta-commitment, which is a commitment to commitment. Your spouse is your mission. Be humble and be at peace with one another. **Jessica Setnick**, a registered dietitian, discusses calories. A calorie is a measurement of how much energy your body could make after eating food. The number of calories a person should eat, as well as the number of calories a person will use, is different for each person each day. Your body's ability to sense how much energy you need happens automatically. Calories do not correlate in any way with nutrients, so eat a wide variety of foods to get the most nutrients in the calories you eat. **Dr. James Mittlberger** discusses hospice care. Hospice is a multi-disciplinary program that provides an array of resources for people facing a life threatening illness. Programs are available that address the spiritual, physical, emotional, and social needs of patients and families. Bereavement programs are also available. A myth about hospice is that it means giving up. The philosophy of hospice is to support the person to live their life fully every single day of their life. Another myth about hospice is that it is a place. Hospice is not a place; it is an approach that focuses on bringing the resources so that people can die with their loved ones around them. Another myth is that hospice is always sad. A hospice team will often help a family find laughter, stories, grace, meaning and hope.

DOCTOR TO DOCTOR #309	28:30	28:30	REC	PA/O/E	07/16/13	11:30 AM
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Dr. Doreen A. Lewis discusses the thyroid. If you have symptoms of constipation, hair loss, cold hands and feet, weight gain, weight loss, nervousness, and anxiety, you need to get your thyroid checked. Often, the first gland to shut down in the body is the thyroid, as it very sensitive to imbalances. It is common for people to have nodules on their thyroid, which often times is mercury toxicity. Sugar problems occur when you overdose with sugar. It shuts down your whole immune system. Eighty percent of your immune system is in your colon. When you eat sugar the bad bacteria flourishes and the good bacteria die off. Deficiency of hydrochloric acid is very common, resulting in constipation, gas and belching. This is very common among blood type "O"s. We need lots more protein, but don't digest it very well. Just adding a bit of betaine hydrochloric acid can really improve that. People who have chronic yeast overgrowth and ulcers, also need hydrochloric acid. A constant

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low body temperature, below 97 or 96 degrees, especially in the morning, is indicative of iodine deficiency. Chlorine, fluoride, and bromide in white bread deplete the body of iodine. If no iodine, the first thing to shut down is going to be our thyroid. It will also affect our breast tissue, and if you are a man, it can actually give you prostate problems. Checking your iodine level is absolutely essential, as well as, getting the proper amounts of iodine in you. There are simple tests you can have done in a clinical nutritionist's office and a functional medicine specialist office to test for iodine. One of the simplest things you can do to address viral issues is to take coconut oil. Coconut oil has caprylic acid and lauric acid in it, which is antiviral and antibacterial and will take care of the problem very easily. Every single person out there that has thyroid problems most likely has a hydrochloric acid deficiency, a sugar handling problem, and is totally allergic to milk. As a baby chronic ear aches, chronic bed wetting, chronic constipation, colicky babies, are classic symptoms of milk allergies. Almost every single person with Hashimotos (autoimmune disease) has an underlying problem with the genes for celiac and handling gluten. Gluten is one of the proteins found in wheat, barley, rye and oats. It is almost always the underlying cause of every single thyroid problem. When you go to your doctor, be sure to check your T3, T4, T7 and TSH levels. Your thyroid makes T4 and it goes to your liver to be converted to the active form T3. If you don't have enough active form T3 you could have all sorts of thyroid problems if it has a low conversion rate. That doesn't mean you need thyroid medication, it means you need to have your liver cleansed. The TSH level tells you if your thyroid is running too fast or too slow. Also check your TPA or TPO. **Dr. George Rhoades** discusses forgiveness. Forgiveness has two sides. One side is "I am sorry" and other the side is "I forgive you." The first step to forgiveness is to know what actually hurt you and caused your pain. The second step is to determine what you need to close that door so you can let it go. The third step is being able to confront the situation. Realize that you may not get what you want. However, be willing to let go of the situation. If you don't let go of something that you are angry or hurt about, you are trapped by that and the past, and cannot move forward in the future. The fourth step is being able to forgive; being able to say to someone "I forgive you." This process takes time. Finally, maintain the decision to forgive. Whenever you think about what happened to you don't bring it up again or use it against someone. The first step to saying "I am sorry" is realizing that you did something wrong to hurt someone and be willing to say you were wrong. The challenge is if you are not willing to humble yourself and say to someone "I am sorry and I didn't mean to hurt you" then you need to be willing to lose that relationship. The second step is to express how important that relationship is to you and that you want to keep the relationship and you want them to have reconciliation with you. The third step is saying to them "Share with me what I did to hurt you. Share with me how I hurt you." Then listen to what the other person needs to let go of it. Next, apologize for your actions. Finally, do not repeat the behavior. It is important that we are able to forgive and that we are able to receive forgiveness when someone has hurt us or when we hurt someone else. **Dr. Mark Sheehan** discusses the prevention and treatment of heart disease. Heart disease is the number one killer of men and women in our culture and worldwide. The major non-modifiable risk factors are family history, age and your

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sex. The major modifiable risk factors are smoking, hypertension, high cholesterol, diabetes, and physical activity. Scientific data has shown that by lowering your cholesterol, one can prevent the onset and development of coroner disease. Today it is recommended to have total cholesterols of less than 200 and "bad" LDL cholesterols less than 100. A diet should include a low fat low cholesterol diet 90% of the time, which includes small lean cuts of meat and at least three servings of fish per week. Stop smoking. Smoking cigarettes cuts seven years off your life. Hypertension is the third major risk factor where the blood pressure is greater than 140 over 90. It is treated with exercise and going on a no-added-salt diet and trying to be as lean as possible. Usually, medications such as beta blockers and ACE inhibitors (angiotensin converting enzymes) are used to treat hypertension. The fourth major risk factor is exercise. It is recommended to exercise aerobically for forty minutes four times a week. This will cut your risk of heart disease in half and raises your good "HDL" cholesterol. The next major risk factor is diabetes. The key to preventing diabetes is to follow a lifestyle of being fit and lean and decreasing the amount of fat on your body. The more fat you have around the waist, and the more fat tissue you have, the higher blood circulating insulin. Insulin can damage the inner linings of the arteries. Preventing heart disease is more than just taking a pill, it involves a lifestyle of being fit, being physically active, and lean. Patients with a strong faith do better. Patients who perceive themselves as being loved by their spouse or husband do better, and those in loving relationships have less heart pain.

HEALTH

DOCTOR TO DOCTOR #310	28:30	28:30	REC	PA/O/E	07/23/13	11:30 AM
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Dr. Rita Hancock discusses how hidden stress can turn into physical illness through the mind, body, spirit connection. Women tend to manifest stress more in terms of physical illness than men do. Often patients have alignment problems and muscle spasms which don't even show up on an MRI. If you have fibromyalgia, migraine headaches, shingles, ulcers, irritable bowel syndrome, abdominal pain, bloating, diarrhea, constipation, insomnia, unexplained rashes, multiple food allergies, unexplained pains, consider that maybe hidden stress is your issue. If you feel you need counseling, see a counselor. **Dr. Randy Brinson** discusses Celiac Disease. In general, Celiac Disease is a disease of the intestine. It is an immunologic disease where if you have the disease and you ingest a protein called gluten, which is found in wheat, that would cause direct damage to the small intestine and cause a variety of symptoms. These symptoms include diarrhea, bloating, distension, abdominal cramping, constipation, and a variety of other diseases such as osteoporosis, thyroid disease, and even bone disease. It is important to diagnose celiac disease because it can cause a loss of nutrients over a long period of time and a variety of symptoms as a result of that. The reason celiac disease occurs is because wheat that is ingested in the diet is associated with an inflammation of the small bowel. As a result, when the wheat binds to the small bowel, it creates an immunologic reaction where the white cells of the body attack the intestine and damage the mucosa.

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There are two ways to diagnose celiac disease. Test for endomysial antibodies and antigliadin antibodies during a routine blood screening. The gold standard test is to have a biopsy of the small bowel. Treatment of celiac disease is simply an avoidance of gluten. After six to eight weeks, patients feel much better and dramatically improve. See your doctor or your local gastroenterologist for further information on celiac disease. **Dr. Jeffrey Crowhurst** discusses diabetes and the foot. According to the Centers for Disease Control, in the year 2000 one out of three children that were born will have diabetes. As a result, diabetes is going to be a very prevalent disease for many years to come. One of the biggest complications of diabetes is foot problems. Thirty percent of all diabetics will develop peripheral neuropathy or nerve damage, leaving them without feeling in the bottom of their feet, which can develop sores and infections. Diabetics also develop poor circulation. Decreased blood flow to the foot leads to breakdowns in the skin, infections, and ultimately amputation. Diabetics also experience infections of the skin (cellulitis), infections of the bone (osteomyelitis), a poor immune system, ill-fitting shoes, and a very arthritic foot. It is important for diabetics to have regular professional foot care. A Podiatrist will examine the foot, assess your pulse for adequate circulation in the foot, and educate the patient. The podiatrist will educate the patient on how to inspect their feet every day and make sure they have proper foot and shoe gear. Statistics show that if you have an amputation on one foot or leg, within the next five years you are likely to have an amputation on the corresponding foot or leg. Early diagnosis and treatment by your podiatrist, your physician, and diabetes healthcare team (dietitian and physical therapist) working together is critical to prevention of problems. Diabetes is a life-long disease.

HEALTH

DOCTOR TO DOCTOR #311	28:30	28:30	REC	PA/O/E	07/30/13	11:30 AM
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Dr. Bill Williams discusses TMJ dysfunction. The signs and symptoms of TMJ disorders are headaches, a clicking jaw, jaw aches, neck ache, dizziness, blurred vision, ringing ears, overclosed bites, grinding teeth, sinus problems, or stuffy ears. The dentist will use a Jaw EMG study, a sonography, a motion study, a K7 neuromuscular analysis, a 3D cone beam dental CT scan, to examine the jaw and joints. The diagnosis is the foundation for treatment. Treatments include a pain release splint, MORA (Mandibular Orthopedic Repositioning Appliance), trigger point treatments, vapocoolant spray and stretch, and moist heat hydrocollator. The stabilization phase includes treatments such as polishing of the teeth, orthodontics, crown and bridge, and implants. Rarely is TMJ surgery necessary. **Dr. Charles Simmons III** discusses safeguarding your home for toddlers. Parents should do a crawl and search of their home. Whatever they can see, a child can get into.

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Electrical plugs and cords can be pulled, as well as things set on low tables. Children can also run into glass tables that they may not be able to see well. The kitchen and the bathroom are the most unsafe areas. Avoid using containers to store harmful products that may be mistaken for something else. Secure pots and pans and cleaning products by placing locks on cabinet doors or placing them up high out of reach. Keep children on a mat on the floor in a closed-in area. Block access to stairs. Although children can easily climb stairs, it's much more difficult for them to come down on their own, which often results in children falling, breaking limbs, and head injuries. Secure all doors. For pool safety, install a gate around your pool that is locked. During bath time, use very little water, or a basin, to prevent drowning. Keep matches and lighters out of reach. Monitor television viewing, as children often imitate what they see. Secure all weapons and firearms. Examine toys for small parts that can detach and be swallowed. Also, avoid small finger foods, such as popcorn and peanuts, that children may choke on. Never leave children alone with pets. **Dr. Jill Westkaemper** discusses metabolic syndrome. Forty-seven million people in the United States have metabolic syndrome. There are five criteria for metabolic syndrome: 1) An abdominal circumference greater than forty inches for a man, and thirty-five inches for a woman. 2) Elevated blood pressure; specifically 135 over 85. 3) Elevated fasting blood sugar greater than 110 or if you are a diabetic. 4) A fasting triglyceride level over 150. 5) An HDL less than forty for a man, and less than fifty for a woman. (LDL is bad cholesterol. The higher your LDL level and triglyceride level, the greater your risk for heart attack and atherosclerotic disease. HDL is good cholesterol. The higher your HDL level, the healthier you are. An HDL greater than fifty for a woman, and greater than forty for a man is good). If you meet these criteria, you are at a much higher risk for having a heart attack. The good news is metabolic syndrome is fixable. By losing weight, reducing your blood pressure, reducing your cholesterol level, and reducing your sugar level, your risk for heart attack improves significantly. If you ignore the symptoms of metabolic syndrome you also increase your risk for a stroke and atherosclerotic disease, the plugging of the arteries. You could also develop a fatty liver and peripheral artery disease, resulting in pain the bottom of your legs.

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Dr. Bettye J. Alston discusses how important your blood type and eating is to your health and to your body. Your blood type determines a lot about the body: potential diseases, vitality, emotional endurance, even the types of food you should eat. There are four specific blood types: Type A, Type B, Type AB, and Type O. Your blood is your life. Each blood type contains a genetic code to your ancestors. Type A is universal donor for giving blood. Although not all inclusive, here some very important things to know about Type O blood. We process meat very well. We carry antibodies against the Type A and Type B blood types. We're prone to arthritis. We should avoid night shade vegetables because of the lectin in them. For instance, eggplant, potatoes, white potatoes, red potatoes, corn. Corn causes weight gain. Type O's are prone to become diabetics. We need lots of green leafy vegetables like kale, broccoli, spinach, and romaine lettuce. However, cabbage, cauliflower, and mustard greens should be avoided as they inhibit the thyroid function of the body. Other foods that should be avoided are whole wheat, cantaloupe, honeydew melon, mushrooms, oranges, strawberries, grapefruits, corn and wheat cereals, cheese, coconut, coconut oil, and catfish. Some highly beneficial foods for Type O blood types are pinto beans, black-eyed peas, olive oil, walnuts, pecans, okra, broccoli, onions, tomatoes, sweet potatoes, beets, figs, pineapples, and grapes. If you want to lose weight, it is important to know your blood type. **Dr. I. A. Barot** discusses sleep apnea. Many people suffer from sleep apnea and don't even know it. Snoring is a sign of disturbed sleep, causing brain arousals, and risk for high blood pressure and coronary artery disease; including heart disease, strokes, and sudden death. Snoring, struggling to breathe during sleep, and sometimes just general complaints of insomnia actually result in not only compromised sleep, but also as a result, compromised wake or daytime function, and an overall compromise in quality of life, which results in things like chronic medical conditions. The circadian rhythm, which is the day-night cycle, allows us to sleep for approximately 8 out of 24 hours, being sound asleep when it is dark and then being wide awake or alert for approximately 16 hours out of the day. Sleep has a profound impact on overall quality of life and quality of wake. Sleep by definition is a reversible state of unconsciousness, so whatever happens during sleep carries over to what happens to us when we wake. Sleep apnea is the number one identifiable cause of high blood pressure per the Joint National Congress of Committee on hypertension version 7. Sleep apnea causes diabetes, obesity, metabolic syndrome, heart attacks, cardiac arrhythmias, congestive heart failure, strokes, and sudden cardiac death. In total, the conditions that sleep apnea is linked to in a first degree relationship costs the United States over a Trillion Dollars a year.

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Dr. David Hope discusses a healthy diet during pregnancy. When you are pregnant you want to eat more calories and a variety of higher quality foods. Before becoming pregnant, during child bearing age, taking folic acid (folate) can help to prevent a common birth defect called neural tube defect. Folate can also be found in fresh green leafy vegetables. The number of calories needed during pregnancy depends on your metabolism and how large you are. Your prenatal advisor can help you maintain the proper weight gain during pregnancy. You should eat about 300 extra calories per day. Things to avoid while pregnant are alcohol, smoking, caffeine, foods that contain mercury, and raw, undercooked, or unpasteurized foods. Increase whole grains, breads and starches, fruits and green vegetables. Dairy, meat and other protein sources are excellent. Drink more water. You need about ten eight-ounce glasses every day. Vitamin supplements such as folate, iron, prenatal vitamins, calcium and vitamin D are good. Be sure to have prenatal examinations.

HEALTH

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Dr. Jill Westkaemper discusses stress and your weight. Stress can be good to help motivate and inspire us. However, long term stress can have devastating effects on the body. When you experience a perceived stress, your andrenaline increases and your body releases a hormone called cortisol. Its job is to increase the energy level of your body in three ways: it creates glucose (sugar); it speeds up the metabolism and helps in the breakdown of fats, proteins, and carbohydrates; and it blocks insulin. However, if your blood sugar is high day after day, your insulin level will increase and that sugar will begin depositing into your fat cells around the belly. This is called central adiposity. Cortisol also affects the brain. Long term it can deplete your serotonin levels causing you to feel tired, worn out, exhausted, and a little depressed. To combat this, begin by reducing your stress levels. Change your habits, exercise, get good sleep, and maintain good nutrition and supplementation. Omega 3 fatty acids, magnesium, and vitamin C are important. Get the right support system. **Dr. Frank Miesse** discusses herbs for women's health. Many women experience hot flashes. Two herbs that are very effective for menopausal hot flashes are black cohosh, which acts as a natural estrogen for women, and Dong quai. Mid-wife herbs include false unicorn, cramp bark, squaw vine, red raspberry, and goldenseal or bitter root, which are beneficial for menopausal or premenopausal women. The herbs wild yam and uva ursi, as well as the B6 and B complex vitamins, are very helpful for morning sickness. Feed the nerve system with magnesium, ginkgo, L-arginine, and lecithin. It is important to feed the brain as you mature. **Dr. Robert Snyder** discusses total knee replacements. The number of total

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knee replacements is rising exponentially in this country. Last year, using Medicare data, over 750,000 total knee replacements were performed in this country. We replace a damaged arthritic knee to provide someone with more function and mobility. If we can increase a patient's mobility, allowing them to be more active, the patient will be healthier and able to enjoy life much better. Initially, arthritic knee pain is treated with anti-inflammatory medications, occasional injections into the knee, and sometimes arthroscopic surgery. Once the arthritic knee becomes bone on bone, total knee replacement is considered. The newest innovation is custom or patient-specific knee replacements. This technology reduces the amount of bone removed from the knee, reduces the amount of pain and the hospitalization stay, and ultimately leads to a faster recovery. In addition, we are able to restore motion and function to a younger more active population.

HEALTH

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Dr. Peter Bhiri discusses going back to school and what you can do perhaps to aid and support your immune system to combat the predominant illnesses plaguing the flu season, otherwise the fall season. A lot of studies have shown that vitamin D perhaps can modulate our immune system. Vitamin D is a great immune enhancer, fights against autoimmune disease, and is also called the sunshine vitamin. Have your physician check your vitamin D25 hydroxy level and replace it with vitamin D3. Studies have shown that Vitamin D has been very effective against autoimmune disease and can perhaps fight against diabetes and heart disease. Look for an integrative pediatrician or internist who is well versed in the area of integrative medicine and holistic applications. Probiotics are a natural bacterial agent meant to re-populate and supplement your intestinal bacterial flora. Studies have shown that the immune system begins in the gut, so get a good probiotic. Discuss these suggestions with your physician. Omega fish oils are very healthy for brain health, cardiovascular health, joint health, and immunity. In children DHA has been shown to be very powerful as a brain enhancer for intelligence. During the fall season studies have shown higher incidences of depression. Exercise to fight against obesity. Practice healthy eating. Wash hands often. Take a good multi-vitamin. **Dr. Jim Smith** discusses the connection between autism and food allergies. Historically, autism was determined to be a brain or neurological disorder which influenced the behavior of the child. Recently, doctors have learned that there are comorbid conditions that exist with primary conditions of autism. The new evolving definition of autism is a syndrome of varying conditions that are commonly present with autism and yet not traditionally considered to be

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a part of a neurological disorder. One common comorbid condition in autism is food allergies. The symptoms of food allergies are dark circles under the eyes, a runny nose or cold that never goes away, digestive disorders, constipation, diaherra, asthma, problems staying focused, hyper activity, mood swings, and bed wetting. Commonly, we crave the foods that we are allergic to. Foods most commonly related to food allergies are milk, cheese, peanuts or nuts of all types. Food allergies present themselves with an immediate reaction or a delayed behavior reaction. To identify food allergies, keep a record of everything ingested and the symptoms exhibited each day, take an autism assessment test, and have blood lab tests completed. **Dr. Jennifer Satterfield-Siegel** discusses children's oral health and shares tips on how to prevent tooth decay or cavities. There needs to be four things present in order to have decay: a tooth, bacteria, sugar, and time. It is recommended that everyone brush their teeth with fluoride toothpaste twice a day and floss. Be mindful of the snacks children are eating. Avoid chewy, goeey, sticky foods, and hard candies. If you must have candy, chocolate is the best choice because it melts. It is important to drink tap water that contains fluoride. Be aware that reverse osmosis systems remove fluoride from the water. It is important to check the source of your water and to use reusable containers to ensure your water contains fluoride. Visit your dentist every six months. Sealants are a protective coating that is painted on the top of the teeth to protect your teeth. There is a specific bacteria for cavities, or decay, that if left unfilled, can be passed from one family member to another. So, make sure all family members have their decayed teeth filled. If you follow these tips you will probably see less decay in your children's teeth and your teeth too.

HEALTH

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Dr. Bob DeMaria discusses female hormones and increasing your metabolism. Statically, ninety-five percent of all breast cancer is precipitated by too much estrogen in the body. It comes from soy. To get rid of estrogen you want to have optimal liver function. The liver makes bile which cleanses the body. Chlorine compromises thyroid function. The thyroid is the gas pedal to the body. How your thyroid functions is how your metabolism is going to operate. A body mass index takes your height and your weight to determine a number. If you have poor thyroid function your metabolism will slow down. A shower dechlorinator is a good option to remove chlorine. In the human body minerals act as spark plugs to help your body function at peak performance. If you have large pores on your face or crave salt, those are body signals that you need minerals. You want the

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right oils in your body. Your liver processes oil. You can improve your metabolism by adding a tablespoon or two of coconut oil to your everyday lifestyle. Use coconut oil as a replacement for butter. Coconut oil is a vegetable oil that promotes health in your body and it is very close to female hormonal fat. It promotes female hormone function. Optimal liver function is critical for your body to function optimally. Olive oil is also important. Virgin, pressed, organic olive oil is preferred. When the liver is not functioning optimally, it causes more estrogen to build up and a greater potential for breast cancer. Individuals who have freckles tend to have more copper. Copper is antagonistic to zinc. Zinc is important for metabolism. If you have a history of adhesions from surgeries or scarring on your body, these are body signals that you have too much copper and not enough zinc. Soy in wheat depletes the body of zinc. Large pores on the face are a body signal for not enough zinc. Minerals are important. Zinc is a mineral. Zinc is going to help your memory also. Women have a greater potential for breast cancer because they are exposed to so many estrogens. Ladies whatever you put in or on the body is absorbed by the body. Body signals for poor thyroid are cold hands and cold feet, wide spaced teeth, constipation, elevated cholesterol levels. Body signals for compromised liver function are tender breasts with your menses and heavy menstrual flow. Little red bumps on your body called cherry hemangiomas are body signals for too much estrogen. To improve body function and improve metabolism add one tablespoon or two of coconut oil to your diet. Eat half a red apple every day, one third cup of beets, four or five baby carrots. That is going to promote optimal liver function and optimal health. Coconut oil is going to help your metabolism. We promote unrefined minerals and unrefined salts. You control the destiny of your own ship. Drink water from a pure source and eat organic vegetables. **Dr. Carolyn Reid** discusses visiting the chiropractor. A chiropractic physician is a doctor who specializes in treating the nervous system. Chiro is Greek for hand. Chiropractors are practitioners who use their hands to help remove interruptions from the nervous system. The basic foundation is that if the nervous system is healthy, your body has an amazing ability to heal itself on its own. There are many specialties within the chiropractic profession that treat many conditions such as pediatric chiropractors; doctors who specialize in neurology as well as radiology; sports medicine chiropractic physicians; and nutritional counselors. If you are having pain, stiffness, a burning sensation, or numbness, a lot times these adjectives point to something being wrong with the nervous system and it's a good idea for you to visit your chiropractor. Always be specific as to why you are there and provide your past medical and family history. Chiropractors get to the heart of what is causing your problem. After a consultation, the next step is a good physical examination which consists of orthopedic testing, neurological testing, muscle testing, and the reflexes are checked. X-rays are specific for looking at the spinal column. Diagnosis and treatment are given after test results. There are so many variables that are used such as the chiropractic adjustment, where hands are used to apply force to take pressure off of the nerves, which will help to heal the tissues. Physical therapy, such as the electrical muscle stim, helps to increase blood flow to the area. Blood carries oxygen and nutrients and it's helpful to heal your tissues. Neuro muscular therapists are also used

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that are within their scope of practice. Deep tissue massage is very helpful in breaking up muscle spasms. Re-examinations help determine if treatment is working. **Dr. Frank Miesse** discusses gastrointestinal issues and herbs. Cascarasagrada is a liver herb that helps to flush the liver and helps the liver produce bile, which will soften the stool and help the bowel cleanse without damaging the bowel. Buckhorn is an herb that promotes normal bowel function and is used in cleansing programs for people. When the gastrointestinal system gets congested and doesn't cleanse properly, that poison leaches out through the lining of the gastrointestinal tract, the small intestines, and the large colon, and on down through the system. Then that poison has to be leached back into the liver to be purified to purify the blood and cleanse it. So you've got to keep the gastrointestinal system clean and functioning well and working. It's what keeps the debris out and nutrients coming into the system. Another very strong herb is senna, which is a gastrointestinal cleanser. A soothing herb to the bowel is slippery elm. It will also stop nausea and motion sickness, as well as the herb ginger. The bulk fiber that re-coats the lining of the colon is an herb called Psyllium Hulls. It is an excellent source of fiber. Treated charcoal in capsule form relieves most gas problems. Take enzymes to help the body during a cleanse. Something good to take quick is to get off heavy solid foods and start drinking red raspberry tea. It is very soothing and helpful for this cleansing process. It is one of the most excellent teas you can put through the system at that particular time. This is a bowel cleanse, a cleansing out of the system and this is what we need.

HEALTH

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Dr. Christopher Williams discusses bladder cancer. Bladder cancer is approximately the fourth most common cancer in the United States. The primary cause of bladder cancer is cigarette smoking. Bladder cancer is a very deadly cancer and is very expensive to treat. In terms of bladder cancer, a doctor will routinely perform a urinalysis to check for blood in the urine, which is the most common symptom for bladder cancer. If found, the doctor will refer you to a urologist. A cat scan or an MRI is then ordered to determine if the blood is coming from the kidneys; the ureters, the tubes that drain the bladder; or the urethra. The next step would be to evaluate the bladder by looking directly into the bladder using a small telescope to detect tumors, or any other potential causes for blood in the urine, like stones. If you are diagnosed with bladder cancer, the next step would be to remove the tumor out of the bladder and determine if the cancer is deeply invasive or not. Superficial tumors in the bladder return often, as much as 60 to 70 percent of the time. This requires surveillance of the bladder for a lifetime, with ongoing periodic examinations. Medicine is put inside the bladder to prevent the tumors from coming back. The primary treatment for invasive bladder cancer is removal of the bladder, which is an operation

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called a cystectomy; rerouting the urinary system to allow the person to urinate. Sometimes chemotherapy is added to the treatment for bladder cancer. Decrease your risk for bladder cancer by stop smoking and monitoring your urine. **Dr. Dale Peterson** discusses asthma. Asthma is a condition that affects the bronchial tubes, through which air moves in and out of the lungs. The bronchial tubes become swollen and congested and the muscles surrounding them tend to contract and tighten, making air movement more difficult. It's most difficult to get the air out of the lungs, so stagnate air becomes trapped and breathing becomes a series of brief shallow quick gasps that can't really provide the oxygen that is required by the body. Asthmas is distressing at best, however, it can be fatal. Symptoms of asthma include intermittent attacks of wheezing or shortness of breath, with periods of symptom free intervals in between. It is important to recognize that the disease may be progressing although no symptoms are present. There are many asthma triggers such as allergic reactions to mold, dust, animal dander, and air pollutants such as secondhand smoke; inhaling cold air, respiratory infections with colds and bronchitis, emotional stress, and even exercise. The mechanisms that cause asthma are inflammation, oxidative damage from free radicals, and the loss of the ability to manufacture antioxidants. There is currently an asthma epidemic in the United States. A pediatric lung specialist, Dr. John T. McBride, suggests the reason for this is the use of the drug acetaminophen. Acetaminophen depletes the body of important nutrients. Asthma can be managed in many ways. The diet should be rich in fruits and vegetables, low in refined foods that contain sugars and white flour, choose physical activities with rest periods. Asmatics tend to perform much better and have fewer problems if their bodies are horizontal. It is important to use air purifiers, avoid secondhand smoke, and don't introduce pets into the home. Maintain a dust-free environment. Use allergy free pillows; limit the use of stuffed animals. Supplements that help to manage asthma are omega 3 oils, vitamin C, vitamin E, grape seed extract, and magnesium.

HEALTH

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Dr. Tom Garzillo discusses back pain. According to the World Health Organization, back pain is a leading cause of physical disability everywhere. According to the American Chiropractic Association 33% of adult workers in the United States had back pain within the last five years that required back treatment. Fifty percent of adult workers in the United States reported having some back pain in the last year and 80% percent of us can anticipate having back pain at some time. One of Dr. Garzillo big back pain mistakes is when you think you have back pain because it runs in your family. Back pain is really the end result of what your back can or cannot do. The more you work on what your back can do, the less back pain you are going to have. If you experience back pain see your physician or chiropractor. Some back pain can be a

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symptom of a serious disease or condition and the sooner you know what is going on the easier it can be to fix. The longer you wait to find out what is going on the more difficult it could be to fix. Whatever you do, do not spend two days in bed. Research studies have shown that bed rest prolongs back pain and can increase the severity of the back pain. The best back pain exercises that you can do at home have you up on your feet duplicating the movements and conditions that you actually use during the day. The best way to get rid of back pain is to take control of what your back can do. **Dr. Lorie Johnson** discusses surviving menopause. By definition menopause is the absence of your menstrual cycle for a full twelve months. It is a time when the ovaries stop producing your daily female hormones. Your estrogen and progesterone levels sharply decline and eventually go away. Some effects of this loss are hot flashes, mood changes, depression, weight gain, hair loss, loss of interest in intercourse or sexual activity, vaginal dryness, emotional upheaval, anxiety and stress, loss of concentration, loss of focus, and decreased memory. Every woman is different and treatment is not the same for everyone. Find a good healthcare provider to help you navigate through these issues who will listen to you and work with you to get you back to optimum health. Maintain as healthy a lifestyle as possible. Eat well, getting sufficient fruits and vegetables. Drink plenty of water. Get enough sleep. See your healthcare provider regularly and discuss optimizing your health. Avoid alcohol, tobacco and cigarettes, and sugary sweets. It is very important to exercise. Sometimes you may need hormonal therapy. Dr. Johnson recommends bio-identical hormones. They are able to replace what your body has been lacking through your transition. Don't be afraid to ask for help if you need it. **Dr. Ace Anglin** discusses the dangers of acrylic nails. In the past, some of the substances used in acrylic nails have been banned by the FDA; the M.M.A. chemicals since 1970. They have been replaced by the E.M.A. However, there are still respiratory and skin problems that are associated with the use of these chemicals. M.M.A. or methyl acrylic chemicals tend to be a glue, or adhesive, that once they begin to loosen, can cause the nail to separate from your natural nail. Those gaps can create a breeding ground for bacteria and fungi growth. In some hospitals, particularly in surgery, nurses or technicians are not allowed to use acrylic nails because of the dangers of transmitting infections onto the patients. The pros for using acrylic nails are that they are beautiful, resilient or more durable, and longer lasting. They are also expensive. One alternative are gels. The benefit of using gels is that they tend to be safer for the nail bed, as well as the nail technician. They are also a little more natural. The nail technician has had a lot of exposure to chemicals over and over again which have been linked to memory loss, cognitive function, and asthma. There have been reports of M.M.A. being used from the black market and there is no way to really know if it is being used. Using acrylics can make the nail bed thinner and more likely for a patient to develop an infection, such as a fungal infection. Signs of infection are the nail becoming yellow in color, the nail may become thicker, the nail can begin to curve or become distorted in shape, and increased pain. To get rid of the infection you want to remove the nail covering or receive treatments prescribed by your physician. The only medication that is FDA approved for the treatment of fungus is penlac 8%. It is used by physicians, podiatrists and dermatologists.

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HEALTH

	DOCTOR TO DOCTOR #349	28:30	28:30	REC	PA/O/E	09/17/13	11:30 AM
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Dr. Eric Braverman discusses ways to have a younger brain and a sharper mind. The decline of the brain begins at the age of 40 and sometimes even at age 30 for women. Symptoms include forgetfulness; concentration challenges; impulsiveness; sleep deprivation; an inability to remember verbal instructions, faces, or numbers; an inability to learn or reason; slower processing speed; slower driving; and more accidents. The brain has a slower pulse, brain testing shows a decline in cells and processing speeds, and the brain begins to get tired and starts to shrink on MRI. Other tests on the blood vessels in the brain called MRA indicate a loss of insulation, micro strokes, and loss of metabolism on pet scan. The good news is hormones such as testosterone, estrogen and glucagon, vitamin D, natural T3 and T4, and ten other hormonal breakthroughs are now available to repair the brain. Niacin, fish oil, garlic, and new herbs such as irvingia and neuro-magnesiums, help to build up the brain, improve circulation, and lower cholesterol. Choline powders help rebuild the brain and help the brain to produce more dopamine. Lifestyle changes such as eliminating sugar and fatty foods; drinking teas and spices; drinking pomegranate juice; and eating fresh tarragon, sage, rosemary, and basil all benefit the brain. Stretch your mind through reading. **Dr. Michael McCabe** discusses children with chronic disease, which is simply a reoccurring health issue. Many children with a disability or chronic illness have had it all of their life and do not know anything different, so they do not understand why others see it as a problem. Some children have had a life with no disability up until a particular event when they are diagnosed with a health problem, or are involved in an accident leaving them disabled. As a result, the child often feels as though they are different, or the only one with their burden or barriers to goals they are trying to achieve. Pay attention to when the child or the family is not dealing with the illness or disability well; when there are angry outbursts, sadness, or depression. Allow everyone in the family to express and verbalize their frustration. Do not allow the child or your family to become isolated. Engage the whole family and create a family centered approach to caring for the child. Learn about the disease or disability, and educate your family. Incorporate the information into your family structure. Normalize it as best as you can in your day to day routine. Teach the child that everyone has challenges. Encourage and develop realistic goals for the child and allow the child to serve in the family as well. Introduce the child to other children with a similar illness or disability. Use the illness or disability as an opportunity to grow, become more flexible, and become more creative in loving your family. Don't let fear

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paralyze you. Find health providers who can help. **Dr. John Calcagno** discusses ADD and ADHD. Medical doctors consider ADD and ADHD as the same general disorder. However, the difference is the H: hyperactivity, and inattentiveness without the hyperactivity, which is ADD. ADD and ADHD are not only childhood conditions, but can manifest into adulthood. ADD and ADHD are genetically inherited and can manifest itself at different points in a person's life span, at which time it is called the expression of the disorder. Typically doctors will ask about your family history. However, only recently have ADD and ADHD been accurately diagnosed. Currently ten percent of children and five percent of adults have been diagnosed with ADD or ADHD. Symptoms include an inability to complete extended tasks, easily distracted, and not able to remember things. There is a tendency for ADD or ADHD to have comorbidities with it, such as depression, anxiety and even bipolar illness. In addition to medication, there are lifestyle changes, dietary changes, and counseling that can be beneficial. ADD and ADHD are very complex disorders, so it is important to find a doctor who specializes in ADD and ADHD.

HEALTH

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Dr. David Hope discusses nutrition for kids. This information is from the Mayo Clinic and is available on line at www.mayoclinic.com. All information provided depends on the child's activity level and how they are growing. Girls and boys ages 2 to 3 should have a caloric intake of 1,000 to 1,400 calories per day. Their daily diet should consist of 20% protein with about half of that consisting of carbohydrates, 30% fats, one gram of sodium (about the size of a dime), 20 grams of fiber, 700 milligrams of calcium, and 600 units of vitamin D. Girls ages 4 to 8 should have a caloric intake of 1,800 calories per day and boys should have 2,000 calories per day. Both girls and boys should have a daily diet that consists of 30% protein with 60% carbohydrates, 25% to 30% percent fats, 1,200 milligrams sodium, 25 grams of fiber, 1,000 milligrams of calcium, and 600 to 800 units of vitamin D. The caloric intake for girls ages 9 to 13 is 2,200 calories that consist of 30% protein, 40% to 50% carbohydrates, about 30% fat, 30 grams of fiber, 1,300 milligrams of calcium, and 600 to 800 units of vitamin D. The caloric intake for boys ages 9 to 13 is 2,600 calories that consist of 30% protein, 40% to 50% percent carbohydrates, about 30% fat, 36 grams of fiber, 1,300 milligrams of calcium, and 800 units of vitamin D. The caloric intake for girls ages 14 to 18 is 2,400 and for boys ages 14 to 18 it is 3,200 calories. Their daily diet

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should consist of 30% protein, 40% to 50% carbohydrates, about 30%, 30 grams of fiber, 1,300 milligrams of calcium, 800 units of vitamin D, a maximum of 1,500 milligrams sodium, but the less sodium the better. The key to diets and kids is to make sure they are not eating a lot of junk foods, are eating several meals a day, and getting plenty of physical activity. **Dr. Lisa Akbari** discusses scalp and hair dehydration. Many men, women, and children suffer from scalp and hair dehydration. It is a disorder of the scalp and hair where the moisture level has dropped and the hair is not able to continue holding that moisture level. The hair becomes dry, brittle, and will start to separate each strand and literally fall apart. The scalp will then become dry, brittle, itchy, and flakey. Many people assume scalp flakiness is dandruff. About 98% of our hair is composed of protein called keratin. A very dry cold, or very dry hot, climate can cause the hair to dry out resulting in hard, dry brittle hair, as well as hair loss. Examine the whole strand of your hair. If you have light colored hair, place the strands on a dark piece of paper then expose it to light. If you have dark colored hair, place the strands on a light colored piece of paper and expose it to light. If you have a strand that is thin but on the end there is no bulb like tissue, then you probably have dehydrated strands. What is happening is that part of the strand is peeling off. This is called layer peeling; where the strand has separated itself from the actual body of the main part of the strand. That peels away and the hair becomes very dehydrated. The strand changes its size and the texture begins to change as the hair dries up. Your hair will feel rough and dry, and appear dull even in light or sunlight. To combat this there is a delicate protein and moisture level that must stay balanced. Stop using protein conditioners as a stand along conditioner, as they will actually dehydrate the hair. Instead use protein and moisture conditioners to provide protein for the strength and moisture for hydration. In addition, do plus conditioning by feeding the hair what it needs. Simply apply conditioner to the hair; start with the ends going close to the scalp, moving it down the hair shaft. Put on a plastic cap. Sit under a warm dryer, on medium setting, for optimum penetration for about five or ten minutes. Examine your hair. If the hair has absorbed the conditioner, then reapply conditioner and repeat the process until the hair stops absorbing the conditioner, then rinse clean. Daily use a light cream on the ends first and the areas of the shaft that are dry feeling. Scalp dehydration comes from a damaged cuticle or damaged cornea layer of the scalp. The actual cornea layer, which is the top layer of the skin will hold 20% of its weight in moisture. It is really important to keep the top layer of the epidermis healthy. Avoid overheated dryers and blow dryers. After you shampoo and condition the hair, apply a light oil and let it dry into the hair to seal in the natural moisture and help to repair the problem. A lot of people get chemicals. If your chemicals cause burning, stop using them for a period of time to allow the skin to renew itself. The skin is resilient and has a wonderful way of renewing itself. You will find that if you stay away from chemicals for 30 to 45 days the renewing process will occur and you will have brand new skin. Allow the conditioners to rest on the scalp as they rest on the air to help with hydration. If the problem persists see your dermatologist. **Dr. Thomas Staner** discusses spinal stenosis. Stenosis comes from an ancient Greek

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word which means narrowing. Stenosis can affect blood vessels, the bowel, and the spine. Stenosis usually occurs in the neck and in the low back area. Symptoms include tingling or numbness in the hands, arms, or legs; pain from the neck down through the arm, or from the low back down through the foot; paralysis; heaviness in arms; that you are tripping on one leg; and difficulty passing urine. Stenosis can affect the whole spine and nerves. It is very difficult to diagnosis stenosis by using x-rays alone. It is usually diagnosed by cat scan or a MRI scan. Stenosis can be hereditary. Treatments include anti-inflammatories, muscle relaxers, cortisone injections, and decompression for more definitive treatment. Talk to your spine specialist about this.

YOUTH

Joy in Our Town 506.2	28:30	13:30	L	PA/O	07/05/13	12:00 PM
					07/06/13	02:30 AM
					07/08/13	10:30 AM
					07/09/13	02:30 AM
					07/11/13	02:30 AM

LaTrynnda 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 stresses are causing the problems. The school system has to report all suspensions and truanancies; 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 there 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 their child. Sometimes parents need new parenting techniques or it is financial. Sometimes the family is homeless and refuses to tell anybody and we try to help. Our approach is the behavior is a symptom not the disease. The better functioning the family, the better behaved the child.

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YOUTH

	Joy in Our Town 573.2	28:30	13:30	L	PA/O	08/16/13	12:00 PM
						08/17/13	02:30 AM
						08/19/13	10:30 AM
						08/20/13	02:30 AM
						08/22/13	02:30 AM

LaTrynnda Hollins and Natasha Harris discussed mental health and young people. We find youth acting out through anger, lashing out, etc. The child wants attention. They run away from home, misbehaving at school. Often times it is a cry for attention because they have suffered a trauma, or they have mood disorders. They may have mental health issues. The parent knows what is normal for their child, if their behavior becomes different from what they are accustomed to. The term bipolar has been applied to adult mental health behavior, and parents are often times afraid to hear the diagnosis. Sometimes we are over-diagnosing and over analyzing our children. We should look into their health, look into their experiences. Seek help from healthcare providers and counselors for mental health issues. Encourage the children to do their best. As adults, we have to get over feeling we have failed, and find skills to address the problems. Therapy can correct illness. Parents can become a part of the support system for their children. Do not look away. Have the courage to speak to another parent if you see a problem. Do not wait until the child becomes truant. Start in your church, in your school, pick up the phone for a free consultation. Get information. Find the resources in your community that is a safe place for them to talk about things that matter. Our success program allows people to share coping strategies and skills, tools, and how to use them.

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						09/14/13	02:30 AM
						09/16/13	10:30 AM
						09/17/13	02:30 AM
						09/19/13	02:30 AM

Host LaTrynnda C. Hollins and Marie Chastang- from Mobile County Health services discuss teen pregnancy. Parents need to know that teens start thinking about sex around the age of 9 and 10 years old. Are parents and grandparents in denial in thinking when the right time to talk to their child is? No, most parents don't know how to begin the conversation regarding to sex. Many teens are getting their information from their peers and the community. Children need a comprehensive evidence based program to help them address their reproductive health. Children don't leave home thinking I am going to have sex tonight. They find themselves in a position that they cannot navigate their way out of. This one

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impulsive act can lead to a child that will be with them for life. At the Teen Center, we are teaching teen base prevention program. Where we go out into the community, go the middle schools and try to provide information that the adolescent population may need. We will help with the decision of birth control if the client decides they are going to engage in sex. Mobile has some of the highest STD cases in the state. The youth are now finding themselves with diseases that they are not informed of and don't know how to treat. Getting the community involved in helping the youth understand the consequences. Most of the time it is a generational issue and it becomes repetitive if not addressed. That same child will have to drop out of school and their future is bleak. Destined to be on welfare and not achieve future goals. The Teen Center is Helping our adolescent become a more responsible and productive part of the community.

YOUTH

Joy in Our Town 577.1	28:30	13:30	L	PA/O	09/20/13	12:00 PM
					09/21/13	02:30 AM
					09/23/13	10:30 AM
					09/24/13	02:30 AM
					09/26/13	02:30 AM

Host LaTrynnda C. Hollins, Amber Guy and Cherold Rhodes from the Mobile Public Library discuss the importance of learning to read. The children that learn to read are more efficient in life. They learn problem solving and skills that allows them to do better as adults. The staff at the Mobile Public library encourages parents to bring children early and often or go to the website and research the available programs. Studies have shown that Children learning to read and finding information on their own are eventually better adults. In regards to dropout rates, the library has non-traditional things to get the teens and pre-teens involved. Video game tournaments once a year and the opportunity for the teens to volunteer and get school credit. We also have things for teens struggling with their studies/homework where they can go online and receive tutoring from certified teachers. Program through Alabama Public library service, www.tutor.com or www.homeworkhelpalabama Where you can get help from certified instructors, Sunday through Thursday night from 3:00 – 10:00 pm.

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YOUTH

	Joy in Our Town 579.1	28:30	13:30	L	PA/O	09/27/13 09/28/13 09/30/13	12:00 PM 02:30 AM 10:30 AM
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Host LaTrynnda C. Hollins, Nikeland Nichols, Founder of P.U.S.H (Persevering Under Severer Hindrance) and Clarissa Phalo, Administrator discuss teen violence in the community. The only light some of the young people will ever see is from other Christians. Many mothers are working 2 and 3 jobs and they are not at home because they don't want to be but because they have to. This is a cry for help from the young people and the issues they are dealing with at their homes. The violence among our young people directed this organization. In 2008 there were 5 major murder cases by youth in the city of Mobile. The killings were senseless and we wanted to know where the church was in this community? The most heavily populated areas are where the most violence was. We went inside the school to meet them where they are. Violence even broke out in the midst of the meetings. We tried to make them realize that they are the change agents for their community. We have not taught them how to express anger and then we want them to act like they are grown up. We are not teaching them to express themselves. Some are angry because they see families with both fathers and mother then I get mad and want to attack you. Their way of handle anger now, is through the internet and CYBER bullying through social media. In the past this was not a problem but today it is a major problem. Youth will lash out over something as simple as the type of phone you have, clothing or possessions is all it takes to start a fight. Over 10% of our teens have committed suicide due to CYBER BULLYING. We are about prevention seeing the first sign of anger or lawlessness and stop it there, we have interventions ANGER MANAGEMENT to teach them how to empower themselves. We found that connecting youth with other youth as mentors works. Teaching them to be men and women of purpose, in the past it took a village now it takes the whole country to get our youth back and take them by any means necessary.

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FAMILY

	Joy in Our Town 573.2	28:30	13:30	L	PA/O	08/16/13	12:00 PM
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						08/20/13	02:30 AM
						08/22/13	02:30 AM

LaTrynnda Hollins and Natasha Harris discussed mental health problems for adults. We ignore problems, we associate needing help with failure. We fail to deal with emotions. We ignore family situations. What things cause people to find or seek help? How do we overcome the idea that going to a psychiatrist does not mean you are crazy? One problem can be chemical imbalances, only corrected by doctors, health assessment. We may have a family history of mental or medical issues. You have to find someone you can trust. Get health care providers involved. Find the right counselor, the right facility. Find one that is tailored to your needs, that makes you welcome. Signs, things that make people realize they need help, not wanting to go to work, not wanting to socialize, the problem has become so big and beyond what I can deal with. If you are asking yourself that question, you can look at that as the sign you do need help. We do not ignore a heart condition; we should not ignore a mental health condition. Low self esteem, poor self confidence keeps people from seeking help. Admitting and seeking help is the first step. In a private, confidential setting you can discuss your problem/issue without being judged. We begin working with the individual; we end up working with the family. Especially with addiction problems, depression, etc. The family has to learn together, learn coping skills. We can also offer counseling based on sliding scale fees. We can also connect people to other agencies or sources that can provide services they can afford.

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FAMILY	Joy in Our Town 574.1	28:30	13:30	L	PA/O	09/06/13	12:00 PM
						09/07/13	02:30 AM
						09/09/13	10:30 AM
						09/10/13	02:30 AM
						09/12/13	02:30 AM

Host LaTrynnda C. Hollins, Makinde Gbolahan from Universal Childhood Enlightenment Counsel and Darrius Bell from the Transformation & Transition Coalition discuss the challenges of ex-offenders and re-entering society. I was a latch key child. I was presenting anti-social behavior, stealing alcohol and other drugs, experimenting with cocaine, acid and other things. At age 17 I was sentenced to 25 years. I turned to God and He transformed my life. Re-entry is so difficult. They return to their old neighborhood. The re entry concept or re-integration, is for a person to become a working part, have equal opportunity to be a productive citizen. Often they will reconnect with old friends, take up old habits, and having needs that cannot be met, homeless, etc. People reject and refuse the ex-offenders, so they resort back to the only people who will accept them and become repeat offenders. Solution: Connecting the ex-offenders with mentors, with employers, with agencies that help with housing, etc. Help to establish them with social security, telephones, training in industries. We must help them regain their drivers' license, and restore these ex-offenders with their families. Transitioning into the parole program, and finding a support system. The most important relationship the ex-offenders is their relationship to God. Learn to be humble. Learn submission to authority. Learn obedience to their jobs. Learn accountability to probation officers.

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FAMILY

Joy in Our Town 574.2	28:30	13:30	L	PA/O	09/06/13	12:00 PM
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Host LaTrynnda C. Hollins, Makinde Gbolahan from Universal Childhood Enlightenment Counsel and Darrius Bell from the Transformation & Transition Coalition discuss the lack of involvement in assisting ex-offenders to get re-established in the community. The communities are not prepared to be involved with re-entry. They are scared; they want to stay separated from the ex-offenders. Lack of knowledge causes people to have uninformed decisions regarding the offenders, once they are incarcerated, there is shame. The US spends 8 billion dollars annually on prisoners. We have the largest prison population in the world. We have to remove the inequalities in the system. We have to inform the communities that these ex-offenders can return and become productive citizens. They have skills, gifts and talents, but the community must reach out and provided mentors. The community must change the way they think about these ex-offenders. We have to work to work with what we have, use the resources and direct the resources towards those who are re-entering. There must be some in the community who will take on some responsibility towards helping those re-entering society to get established. We need to build bridges to restore them to their families. We also need to practice intervention.

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FAMILY

	Joy in Our Town 579.2	28:30	13:30	L	PA/O	09/27/13 09/28/13 09/30/13	12:00 PM 02:30 AM 10:30 AM
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Host LaTrynnda C. Hollins, Nikeland Nichols, Founder of P.U.S.H (Persevering Under Severer Hindrance) and wife Ebony Nichols discuss Teen pregnancy. Teen pregnancy should not be glamorized and glorified among the other teen mothers at Strickland youth center, the youngest mother there was 13 years of age and on her third baby. It is a repetitive cycle of babies having babies. Many have sex because they believe there is not another option. We have to redirect them and show them other ways to grow besides having a boyfriend or girlfriend. There are positive things they can take up like a hobby that they can be doing to increase their learning and social skills. Social Media is paying a big part because reality TV is not reality it is a show. Don't get into relationships learn yourself first and then there is time for dating. It is glorified so much and it is so appealing to them. The internet is a vital part of the decline of morality with our youth. The young ladies have lost the respect of their male counterparts. There is a possessive abuse among the youth because they don't understand relationship rules. They don't understand boundaries either physical or emotional because they have seen it in the home and they take this as a familiar standard as what they saw at home. You must implement your boundaries, respect starts from within.

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PUBLIC SAFETY

Joy in Our Town 570.2	28:30	13:30	L	PA/O	07/12/13	12:00 PM
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					07/15/13	10:30 AM
					07/16/13	02:30 AM
					07/18/13	02:30 AM

LaTrynnda Hollins talked to Evan Duffy; Communication Manager for Red Cross & Elizabeth Sanders discussed the problem of complacency when it comes to hurricane preparedness and public safety. Don't think just because it has been several years since a hurricane has hit that you should not be preparing each season. Technology has given the Gulf Coast the opportunity to prepare, predict and evaluate. It is dangerous to be complacent. A survey was done to determine the sense of security people have in regards to hurricanes. Over 65% of the people are concerned about it but only 21% had done something to prepare for a hurricane. Now is the time to prepare during the quiet time, and not be drawn into a false safe place or complacency. We should prepare now. The Red Cross recommends three steps: Be RED CROSS ready 1. Get a kit. 2. Make a plan. 3. Be informed. Customize your own kits per your individual needs. The Red Cross recommends after a disaster to be prepared for three days on your own. Practice what your plan is going to be. Heed the warnings. When your officials are saying, "evacuation is mandatory", then evacuate. Take in all outside furniture; leave nothing that can become a projectile. Check your insurance coverage and make certain that it is up to date.

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PUBLIC SAFETY

	Joy in Our Town 572.1	28:30	13:30	L	PA/O	08/09/13	12:00 PM
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						08/15/13	02:30 AM

Host LaTrynnda Cunningham-Hollins and Mitchell Sims, director from Baldwin County Emergency Management Agency, explained the chain of command for an emergency in regard to EVACUATIONS. Only the governor can order a mandatory evacuation. After careful evaluation of the information regarding, the state of emergency, but before they make that request they consider how it will impact the community. How long would it take to move thousands of people? What it would cost the county and state to evacuate? What does it cost the local business owner? What does it cost an individual to leave? Fuel- gas all of this is immeasurable when it comes to a life. Local municipalities are consulted and if they cannot handle an emergency, then they contact the county, if that county is unable to handle the problem then they contact the state and the governor will assist in making that decision. The flow of the command will start at the local levels, logistics officers will coordinate whether other resources are needed.

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PUBLIC SAFETY

	Joy in Our Town 572.2	28:30	13:30	L	PA/O	08/09/13	12:00 PM
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						08/15/13	02:30 AM

Mitchell Sims, director from Baldwin County Emergency Management Agency, discussed hurricane preparedness. If you survived a hurricane 10 years ago that does not mean that you can survive one today. Hurricanes are like people every one is different. Heed the warnings and act responsibly. The EMA manager is good at preparedness. Every family needs to prepare for their family. You will need 1 gallon of water per person a day. Bring your medicine. Bring batteries for the flashlights/radios. Bring oil for your lanterns. Be Careful when using them. Have your generator checked ahead of time; learn where your shelters are. Be prepared to sustain yourself for at least three days.

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						09/19/13	02:30 AM

Host LaTrynnda C. Hollins talk to Jerry Folse, director of Vector Control for Mobile County Health Department about mosquitoes control and how to stop it. The most visible part of the program is the spray truck, but we do light traps and work all year long. We test the chickens for mosquito born viruses. The mosquitoes are the most prevalent of diseases. The female is the carrier of diseases and not the male mosquitoes. Everyone is at risk but those with compromised immune systems are more affected by the bite of the mosquitoes. Pools are not the villain, any standing water that is there for more than four to five days and can live in a thimble size body of water. The mosquito's life span is about two weeks. The tiger mosquitoes are most popular this year and are one of the big carriers of WEST NILE VIRUS and EEE VIRUS. The worst of the two is the EEE its mortality rate 35-75% and at least 50% of the survivors having some type of neurological disorder.

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EDUCATION

Joy in Our Town 522.1	28:30	13:30	L	PA/O	08/30/13	12:00 PM
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					09/03/13	02:30 AM
					09/05/13	02:30 AM

Host Shaundra Stallworth and Latitia McCane, PH.D Interim **Academic Dean of Bishop State College** discussed the how to save money securing a college degree. Let’s stop letting 18 year olds whom you made decisions for all their lives, suddenly make a financial decision that will affect them for the rest of their lives. The students graduate from college with an average debt of \$25,000.00 because more and more families need help to get a degree. Parents should take advantage of dual enrollment, while in high school, get college credit and that is free to every student in Mobile County. Look at vocational colleges. There are some who are not going to be strong academically. They may want to get training in auto body, welding or mechanics and get college credit for the classes while in high school. Two year colleges are low and affordable; the cost is a fraction of the cost of four year colleges. The STARS program allows student to take courses at a two year college which will transfer to a four year college saving more money. Parents are more likely to be able to afford \$2,500 versus \$25,000.

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					09/05/13	02:30 AM

Shaundra Stallworth and Latita McCane, PH.D Interim **Academic Dean of Bishop State College** discussed poor academic scores. The problem is the student’s lack of strength in math/science. The countries that out teach us will out compete us tomorrow. The students come in with an idea of what they want to do and then later find that they are not strong enough in that course they will drop out. Assessment is needed to help the student find their gifts and talents and if they enjoy what they do they will stick with it. We must push mathematics and technology, and integrate them more into the Science, Technology, Engineering and MATH (STEM) educational training must change a key point in moving forward. This will empower the students to be globally competitively we are number 34 nationally when it comes to Math and Science.

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

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CBN News Medical Reporter, Lorie Johnson, reports Identity theft. It is a crime that hits millions of Americans each year and thieves are coming up with new ways to rob consumers every day, including using the latest technology. In 2011, the Federal Trade Commission received more than 1.8 million complaints from consumers. Fifteen percent of those complaints involved some type of identity theft. When it comes to shopping, just swiping with a credit or debit card is the way to pay in today's fast-paced world. According to the FTC, identity theft has topped the list of consumer complaints 12 years in a row. Nearly 27,000 complaints had been filed or identified in 2011 alone. Something known as skimming at ATM machines and gas stations has become all too common. Identity thieves purchase the devices right off of the Internet. Some thieves even make them. Police told CBN News that thieves usually target the gas pumps that are nearest the outside of the gas station or far away from the attendant. They then insert a skimming device over the card reader and when you go to swipe your card to pay for gas, your personal information has just been stolen. The consumer's stolen information is then transferred onto unused-pre-approved credit cards or blank gift cards. For example, thieves can now use heat generated from your fingertips on ATM key pads to steal your card pin number using high-tech infrared cameras. They can also tap into accounts via credit cards that contain a radio frequency identification or RFID chip. This chip allows consumers the ease of just waving the card at the register. Scam artists can buy parts that increase the frequency or the strength of the antenna in the card. This allows them to pick up your credit card information from a foot or more away. Security consultants suggest using credit cards instead of debit cards to prevent such scams, that way you're risking the credit card company's money instead of your own. Here are a few other ways to protect against being scammed: 1. Freeze your credit. This allows you to lock your credit data, which makes it virtually impossible for an identity thief to open any new accounts in your name. You can un-freeze it at any time. 2. Hire a company to monitor and protect your credit. 3. Cut up pre-approved credit card offers that come in the mail. Don't just throw them away. 4. When at the ATM, make sure no one is looking over your shoulder. Consider using a pen or pencil to key in your number. 5. Alert bank officials if you notice a hidden camera or if the card reader appears loose.