

Trinity Broadcasting Network

Quarterly Report

October, November, December 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

HEALTH

YOUTH

ECONOMY

CIVIC AFFAIRS

DRUGS & ALCOHOL

HOMELESS

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

	Joy in Our Town 575.1	28:30	13:30	L	PA/O	10/04/13	12:00 PM
						10/05/13	02:30 AM
						10/07/13	10:30 AM
						10/08/13	02:30 AM
						10/10/13	02:30 AM

Host LaTrynnda C. Hollins and Ruby McMillian, from the Common Touch, Inc. talked about Diabetes - Type I and Type II Diabetes. Type I Diabetes - Pancreas is not secreting insulin. Type I Diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin, a hormone needed to allow sugar (glucose) to enter cells to produce energy. Type II- diabetes, once known as **adult-onset or noninsulin-dependent diabetes**, is a chronic condition that affects the way your body metabolizes sugar (glucose), your body's main source of fuel. Untreated, type 2 diabetes can be life-threatening. Type II diabetes is the dysfunction of the pancreas to be able to produce the correct amount of insulin. Patients should stop eating all white food, increase regular exercise and movement, eat more stir fry, and get off the diet food. There is a huge benefit in oxygenating the blood through deep breathing. Meditating is important to diabetics. If not reversed Type II diabetes will blow out your kidneys. It can be reversed through diet and exercise. Start by making slow smart changes. Change one bad thing and substitute it with one good thing and watch the changes. Slow changes are better - make one change per week.

	Joy in Our Town 536.2	28:30	13:30	L	PA/O	11/01/13	12:00 PM
						11/02/13	02:30 AM

Host Shaundra Stallworth and Charles White, CEO of Franklin Primary Health discuss the medical challenges of living in a hurricane prone area. Living in Mobile, the question is not will a hurricane hit Mobile, but when will it hit Mobile. Knowing the needs of your family and if they are in need of electricity to support a ventilator or person in a coma then you may need to contact your doctor to get permission to take them by ambulance to the hospital. Do not try to transport them by yourself. Many of the special needs shelters will have a generator but will not have a special needs care person there to handle emergencies. Call your Primary care physician and get a list of the medications you take and try to have at least two weeks' worth of medication on hand.

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HEALTH

	Joy in Our Town 536.1	28:30	13:30	L	PA/O	11/11/13	10:30 AM
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Host Shaundra Stallworth and Charles White, CEO of Franklin Primary Health Center discussed the problem of the Medically Underserved Areas (MUA). The Medically Underserved Area is classified as an area with high infant mortality, large senior population, low number of primary health physicians and high poverty. The area received the score of 62.0 entitling us for extra benefits. The MUA areas also have working poor, individuals who maintain a full time job but are unable to secure health insurance at reasonable or affordable rates. Franklin is a one stop shop that handles your office visits, prescriptions, eye exams, dental exams and pediatric care all at the same time. All the doctors are accredited and the center is Accredited by the Joint Commission the same agencies that handle the performances of major hospitals.

	Joy in Our Town 499.1	28:30	13:30	L	PA/O	12/30/13	10:30 AM
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LaTrynnda C. Hollins and Dr. Gilles Beaumont from Mobile Chiropractic Group discussed Diabetes. There are over 300 million people diagnosed with diabetes and 26 million of those are in the United States. Many young people are inheriting bad habits passed on to them from their parents. The solution is to reduce the intake of carbohydrates to 120 grams a day. To control cravings, eat small snacks in between meals. A half of an apple and a stick of cheese will help eliminate cravings. Educate yourself and learn to identify the harmful foods. Stay away from process foods.

	Joy in Our Town 499.2	28:30	13:30	L	PA/O	12/30/13	10:30 AM
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LaTrynnda C. Hollins and Dr. Gilles Beaumont from Mobile Chiropractic Group discussed the process of detoxing the body. We ingest into our body chemicals from the soil and the water where our food is grown. Sometimes our food comes from unregulated countries where the FDA is not inspecting them. Water purification is only done for certain chemicals and other chemicals are not tested. Genotoxins in our water supply began to act like antibiotics, estrogen, or progesterone. These are toxins and other foreign matter that our body doesn't know what to do with. The liver and the kidneys which are the body's filters can only clean so much and the remainder of this product is placed back into circulation again. A healthy diet including cauliflower, Brussels sprouts, kale, and turnips all will assist with detoxing.

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HEALTH

700 Club CBN NewsWatch 10072013	1:00:00	5:00	REC	PA/O/E	10/07/2013	2:00 PM
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CBN News Reporter, Lorie Johnson, reports carbohydrates give us energy. When we eat more carbohydrates than our body's energy requirements demand, those extra carbs are turned into body fat. Body fat is simply fat that is being stored for later use. When we eat fewer carbohydrates than our energy needs require, such as in times of famine, our body gets its energy by burning the stored body fat. The good news is we don't have to go without food to burn the stored body fat. We just have to go without carbohydrates. But carbohydrates aren't just desserts. They include whole grains and fruit. For example, a piece of whole wheat bread has 20 grams of carbohydrates and one banana has 27. The key to giving up carbohydrates is replacing them with some protein, and a lot of fat. That includes monounsaturated fat like nuts, avocado, salmon, and olive oil. It also includes saturated fat like eggs, cheese, butter, coconut oil, and bacon. However, stay away from vegetable oils, also known as Omega-6 fats, and steer clear of Trans fats, both of which cause inflammation. Many doctors, and even the government, tell us to avoid saturated fat because they say it causes heart disease. A growing number of physicians say saturated fat is good for you. Not only is saturated fat the optimal fuel for your brain, it also provides building blocks for cell membranes, hormones, and hormone-like substances. It acts as carriers for important fat-soluble vitamins A, D, E and K. It is required for the conversion of carotene to vitamin A, and for mineral absorption. It acts as an antiviral agent. It modulates genetic regulation and helps prevent cancer. Inflammation comes from eating too many carbohydrates, not from high cholesterol. HDL cholesterol is good, as well as some LDL cholesterol, but only the large, fluffy particles, known as Pattern A. On the other hand, the small, dense LDL cholesterol, known as Pattern B, does indeed cause heart disease. Those small, dense LDL particles come from eating a diet that's high in....not saturated fat....but high in carbohydrates. Most people get blood work at their doctor's office that reveals their HDL and their LDL cholesterol levels. The problem with that is that knowing your total LDL number is not helpful. You need to know the number of your small, dense particles. Fortunately, you can know and it's easy. You just have to ask. Tell your doctor you would like to have the NMR lipoprofile test. That test gives you the total LDL number and also how many small particles you have. You want the small particles to be 20 percent or less of the total LDL. It's easy to get and all major labs offer it. Most insurance policies cover the test as well. Best of all, even if your doctor were to refuse to order it, you can order it yourself via a third-party, or you can order the test online and get blood drawn locally. What if your number of small, dense LDL particles is greater than 20 percent of your total LDL number? You need to make changes in your diet. Remember, those small dense particles are caused by eating too many carbohydrates, Trans fats, and industrialized Omega-6 fats, found in cooking oils like vegetable oil, soybean oil, corn oil, etc. So eliminate those harmful fats, drastically reduce your carbohydrate intake, and watch those small, dense LDL particles disappear. You will be amazed how fast it happens. While we are on the subject of tests your doctor runs, make a note of your triglycerides and your HDL. According to recent research, a high triglycerides number combined with a low HDL number is a predictor for a very high risk of cardiovascular disease. Your triglycerides should ideally be under 100 and optimally under 70. Your HDL cholesterol should ideally be over 50 and optimally over 70. Consume less carbohydrates in your diet to drop your triglycerides enough and eat more fat, especially saturated fat, to raise HDL. High sensitivity C - reactive protein (hsCRP for short) is a simple blood test any doctor can have run to measure for inflammation. Your target for this one is under 1.0. A low-carbohydrate, high fat diet is controversial among doctors, and goes against conventional wisdom. But a growing number of doctors say success stories are making them take a closer look at how a low-carb, high fat diet might help their obese patients.

700 Club CBN NewsWatch #10172013	1:00:00	5:00	REC	PA/O/E	10/17/2013	2:00 PM
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CBN News Reporter, Lorie Johnson, reports for the first time, the Centers for Disease Control is warning you could get an infection that even our most powerful drugs can't kill. There might not be a thing doctors can do if it happens to you. For 70 years, we've relied more and more on antibiotics to fight infections -- so much that some bacteria have strengthened to the point that drugs can no longer kill them. An alarming CDC survey reported that these bacteria infect around 2 million Americans each year, killing 23,000 of them. At the top of the list is C-Diff, a bacterial infection that targets the intestinal tract and kills 14,000 people a year. That's followed by drug-resistant gonorrhea, an infection making up about one-third of the cases of this sexually transmitted disease. Then there's CRE, a respiratory bacteria infecting 9,000 hospital patients each year, killing half of them. The CDC blames this resistance on the overuse of antibiotics, to the extent that half of the prescriptions given by doctors aren't even necessary. Antibiotics kill only infections that are bacterial, not viral. However, most of the time when sick people go to their doctor's office, they have a viral infection and therefore, they don't need an antibiotic. The problem is, there's no reliable way for doctors to instantly know whether an infection is viral or bacterial, so doctors tend to give all their sick patients antibiotics to help the few patients who actually need it. Antibiotics aren't just overused in humans, they're also

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unnecessarily given to animals raised for food. In fact, animals receive 80 percent of all antibiotics, and much of that goes into their food. It becomes a health issue for humans when antibiotic resistant bacteria gets passed from animals to people. The Food and Drug Administration has asked livestock producers to voluntarily stop adding antibiotics to feed, but not many have complied. Antibiotic overuse is only part of the problem. To make matters worse, drug companies aren't making many new antibiotics to replace the old ones that aren't working any more. Drug companies need to make a profit, and these days there's not much money in antibiotics. As a result, only two new antibiotics have been developed in the last five years. Compare that to the mid-1980s, when during a period of just four years drug companies developed 16 new antibiotics. So while using antibiotics less and developing new ones slows down the spread of drug resistant infections, we can also better protect ourselves from getting them. Hand washing, avoiding people with infections, and getting a good night's sleep go a long way. Hospitals also need to reduce infection. Check with your state health department to see which hospitals have the lowest infection rate. Many hospital infections strike at contact points where devices go into your body. So the sooner they are out, the better. While antibiotic-resistant bacterial infections pose a critical health threat, the trend can be reversed.

HEALTH

700 Club CBN NewsWatch #10222013	1:00:00	5:00	REC	PA/O/E	10/22/2013	2:00 PM
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CBN News Medical Reporter, Lorie Johnson, reports fourteen million young people between the ages of 20 and 40 take the prescription drug Adderall, or one like it, to treat Attention Deficit Disorder. Many who take it and even those who prescribe it believe it's helpful, or at least harmless. But that's not always the case. Adderall is prescribed for people with Attention Deficit Disorder, or ADD. It works on the brain to help them focus. But some people who don't have ADD believe Adderall helps them focus, too, and take it to help them study. An estimated one in five college students take Adderall, largely unaware of the physical danger and the legal danger. It's a felony to give your prescription to someone or use someone else's prescription. Adderall is a Class 2 Narcotic, an amphetamine similar to cocaine. It can be very addictive.

700 Club CBN NewsWatch #10232013	1:00:00	5:00	REC	PA/O/E	10/23/2013	2:00 PM
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Robin Mazyck and Jennifer Wishon, Washington, D.C. Bureau Chief and CBN White House Correspondent, reports you can't go wrong with the perfect pair of shoes. The right color and style can make you feel like a star --but put on the wrong pair, and its sheer agony. Many women spend a lot of money on shoes that may not see the light of day. The average American woman owns 17 pairs of shoes, but only wears three on a regular basis. But not everyone can walk in the store and buy shoes off the rack. Some women choose fashion over sensibility and eventually end up in the office of a podiatrist. Most people will walk some 75,000 miles by the time they're 50 -- that's like walking around the Earth five times, which is why it's so important that we take care of our feet. And although millions of men and women suffer from foot problems, many won't bother to see a doctor. The most common problems: Pain in the heel, arch and ball of the foot. Tendon issues in the ankles, bunions, hammer toes. Problems with toenails, ingrown and otherwise. And we make these worse by wearing the wrong shoes. If you have fallen arches, you'll need more support than the typical shoe may give. What about those painful bunions and hammer toes? They're usually hereditary, but wearing the wrong shoes can also cause those problems. And when it comes to ingrown toenails, you can usually prevent those by cutting them yourself, straight across. If you must wear a dress shoe, look for one with a heel that's two inches or less. If you walk a lot, choose shoes for comfort such as a sneaker that gives you nice arch support. An orthotic in your shoe is always an option. There's nothing worse than walking around in an uncomfortable pair of shoes, no matter how good looking they are. But trends are changing and that's good news for your feet.

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HEALTH

	700 Club CBN NewsWatch #11252013	1:00:00	5:00	REC	PA/O/E	11/25/2013	2:00 PM
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CBN News Medical Reporter, Lorie Johnson, reports November is Alzheimer's Awareness Month. Today an American develops Alzheimer's disease every 68 seconds. Its victims are often younger than you might think. So little is spent on Alzheimer's research: only \$500 million a year. Compare that to \$6 billion for cancer research, \$4 billion for heart disease research, and \$3 billion for AIDS research. Even though Alzheimer's hits its victims and their caregivers the hardest, the cost hits us all, and it's going to get worse. This year more than \$200 billion will be spent treating our 5 million Alzheimer's patients. And as Americans age, the number of Alzheimer's patients is expected to hit 16 million by 2050, along with \$1 trillion a year in medical costs. Although there's no cure or effective treatment for Alzheimer's, scientists say our everyday lifestyle choices can make a big difference. Studies show diets high in sugar raise your risk of Alzheimer's. Also, seniors who ate lots of trans fats had smaller brains, one of the hallmarks of the disease. That same study found that seniors with the largest brains ate diets high in vitamins B, C, D, E and Omega-3 fats. Coconut oil may also help prevent Alzheimer's. It reportedly reversed the symptoms in hundreds of patients. So while nourishing your brain may help, challenging it can, too. For instance, people who speak more than one language have lower rates of Alzheimer's. Doctors also recommend doing crossword puzzles and other brain-teasing games. They also advise staying mentally engaged in life, like working. In fact, a recent study found that those who delay retirement decrease their risk by 4 percent each year they stay on the job

	700 Club CBN NewsWatch #12122013	1:00:00	5:00	REC	PA/O/E	12/12/2013	2:00 PM
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CBN News Medical Reporter, Lorie Johnson, reports about cell phones and cancer. It's a connection that's been discussed for years, but we still don't know for sure if there's an association. But one possibility does appear to exist, at least among some women. It all depends on where they carry their phone. Millions of women, especially young ones, choose to keep their cell phone in their bra. It's convenient because it allows women to ditch their purse and remain hands-free. Also, many women's clothes are without pockets. So without a purse, the bra is the obvious choice for many for storage. Furthermore, in noisy environments, when they ordinarily wouldn't hear cell phone ring tones, women like placing their cell phones on vibrate mode and placing it in their bras to continue receiving calls. A recent survey reveals 40 percent of college females place their cell phone in their bra at least some time during the day. Three percent report doing it for more than 10 hours a day. But since cell phone technology is fairly new, evidence from critical long-term studies simply isn't available yet. Women carrying cell phones in their bras is, if anything, becoming even more popular. In fact, bras with pockets for cell phones are now on the market. Most cell phone companies acknowledge some risk. For example, Apple advises keeping the iPhone more than a half-inch from the body. But such safety guidelines are often overlooked. So according to some breast cancer survivors and the doctors who treat them, women should declare the bra a "no phone zone" before it's too late.

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HEALTH

700 Club CBN NewsWatch #12182013	1:00:00	5:00	REC	PA/O/E	12/18/2013	2:00 PM
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CBN News Medical Reporter, Lorie Johnson, reports it sounds strange, but people are starving themselves into obesity. Our bodies crave the nutrients found in healthy foods. But if you eat food that's missing those vital nutrients, you'll just keep craving more food. Unfortunately, our food supply is sorely lacking micronutrients, the vitamins and minerals we need to live healthy lives. Even fresh fruits and vegetables are a lot less nutrient-rich than they were a couple of generations ago. Micronutrient deficiency can lead not only to obesity but a whole host of other health problems. Everyone knows that going without food causes malnutrition. But people who eat plenty can also suffer from it and become very sick. According to government statistic, micronutrient deficiency affects 90 percent of Americans, which means nearly all of us lack at least one critical vitamin or mineral necessary for good health. Topping the list of micronutrients most people are lacking are potassium, calcium, magnesium and vitamins A, D and E. Processed food is the major culprit. It's estimated that one quarter of the calories the average person consumes is completely void of any nutritional value whatsoever. Those are called "empty" calories. But it gets worse: some foods even take away micronutrients. For instance, the phosphoric acid in carbonated drinks interferes with your body's ability to absorb calcium. Not only is processed food health enemy No. 1, but there is a shocking health hazard in the produce section of your grocery store. Most people are unaware of the fact that fruits and vegetables are severely lacking in the vital micronutrients they contained just a generation or two ago. For instance, apples contain 77 percent fewer minerals than they did 80 years ago. This is a trend observable with most produce. The major reason for this change is over-farming, which robs the soil of precious micronutrients that used to be absorbed into the food. Also, shipping produce long distances adds to the problem. Picking it too soon and exposing it to light, heat, and air for a long time, all take away micronutrients. That's why buying local produce is a healthier alternative. In addition to fresh produce, fresh meat is also lacking the vital micronutrients it once contained. This is because of the ravages of factory farming. Most animals raised on factory farms never see the light of day and are fed unnatural, unhealthy grains or worse. A much healthier alternative to factory farmed beef is grass-fed beef. Micronutrient deficiency isn't just about an unhealthy diet. There are lots of lifestyle habits we choose that deplete our body's reserve of vitamins and minerals. Smoking, living in a polluted city, stress, prescription medicine, even exercise, all deplete our body's reserve of vitamins and minerals. So to make up for what your body's missing, take a supplement. But choose carefully. It should also be designed to take more than once a day to account for water solubility. So while the standard American diet and lifestyle can lead to malnutrition, we can get the micronutrients our bodies crave by avoiding processed food, eating more local, organic produce, and supplementing properly.

Doctor to Doctor #369	28:30	28:30	REC	PA/O/E	10/01/2013	11:30 AM
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Dr. Jill Westkaemper discusses maintaining a healthy weight. Proper nutrition is crucial to maintaining a healthy weight. Ideally you want to eat three meals and two snacks a day. You want to at least feed your body every four to five hours throughout the day to keep your metabolism going. Knowing portion size is important. Proper portions are, for example, three ounces of protein, which is the size of a deck of cards. Two tablespoons of peanut butter is also a serving of protein. A vegetable serving is the size of a baseball. Drink plenty of water and fluids throughout the day. Daily exercise is very important. Take vitamins for nutritional supplementation. The trick to eating treats is planning them in the proper portion and scheduling them so that you don't over indulge. Establish a good follow up plan by tracking what you eat. Get a good support system. Weigh yourself every two to three weeks. If you're doing everything right but begin to struggle with losing weight, maybe it's time to see a doctor and have blood work done to check your thyroid and hormone levels. Subtle changes with thyroid include problems with hair and skin, weight gain, fatigue and feeling cold all the time. Follow good nutrition, exercise, take care of yourself, have a positive mind set, enjoy your life, and you will continue to be successful. **Dr. Jay-P. Fite** discusses stress management. Stress is recognized as the number one killer today. The American Medical Association stated that stress is the cause of eighty to eighty-five percent of all human illness and disease. Every week ninety-five million Americans suffer from some kind of stress related symptom for which they take medication.

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Ninety percent of all visits to doctors are due to stress related symptoms. The five most common symptoms of stress are neck and low back pain, headaches, sleep disturbances, fatigue, and stomach disorders such as irritable bowel syndrome (IBS). Emotional stress is another common type of stress. It is important to identify what contributes to your stress emotionally or physically. To help combat stress plan to do something fun, accentuate the positive in every situation, get away from negative people, exercise, and pray. Physical stress is another common type of stress. The way you bend, the way you lift, and the way you sleep can all affect the body. Never bend or lift anything that your feet are not pointing to. Make sure your work desk area is set up properly with the monitor at eye level and you are not reaching for your computer. Use your chair's back support. Proper sleep is important. Never sleep on your stomach. Sleep on your back with a few pillows under the knees and a pillow under the neck. If you cannot sleep on your back, the best way to sleep is on your side in the fetal position with knees bent, a pillow between the knees, and a pillow under the neck. Be sure to alternate sides so you don't put more pressure on one side than the other. If you experience symptoms such as constipation, diarrhea, or ulcers, these symptoms are not normal. See a physician to determine the cause of these symptoms. Drink plenty of water. The actual water rule is you should drink half your body weight in ounces. **Dr. Malcolm Hill** discusses making healthier food choices. Healthy choices are fruits and vegetables, raw nuts, seeds, and whole grains; earth foods grown from the ground. When shopping at the grocery store, it is best to shop on the outer aisles where you will find produce; fruits and vegetables. These foods will help to fight against obesity, high blood pressure and high blood cholesterol, diabetes, cancer, and various diseases that many Americans are faced with today. Foods found in the middle aisles of the grocery store are usually processed and refined. These foods contribute to the diseases many Americans face today. Here are some healthier alternatives. Replace cow's milk with almond, soy or rice milk, which do not have the cholesterol, saturated fat, and hormones found in the dairy cow's milk. Replace dairy cheese, cream cheese, and sour cream, with cheese made from soy. If you like hamburgers, try veggie burgers. A great substitute for dairy ice cream is ice cream made from soy, almond or rice milk. Soy sausage, soy bacon, and soy chicken are also healthier alternatives. If you like white pasta or white rice, a great substitute would be whole wheat pasta or brown rice, which contains vitamins, nutrients and fiber that are healthy for the body. White pasta and white rice are basically starches that turn into sugar in the blood stream which is not healthy for the body. The healthiest foods that you can consume are going to be a plant based diet.

HEALTH

Doctor to Doctor #370	28:30	28:30	REC	PA/O/E	10/08/2013	11:30 AM
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Aaron McCargo Jr. discusses getting healthy in the kitchen. Every diet is different. Eat most foods in moderation, except when you must follow a renal diet or a strict diet. Here are a few healthy tips. Cut back on salt intake. Use fresh herbs and spices to enhance the flavor of your food. Make a grocery list before shopping. Drink plenty of water while preparing meals. Use citrus fruits instead of salt. Pay attention to fat in the diet. When frying food, select healthier oils such as canola oil, grape seed oil or vegetable oil, or try oven frying instead. Use extra virgin olive oil to enhance the flavor of salads and vegetables and have fresh fruit for dessert. **Dr. Walter Paschall** discusses eye care in developing countries. Proper nutrition is beneficial for eye development. Colorful foods are best for the eyes; particularly those that are red or orange. Eye charts, pictures, and microscopes are used in eye examinations. There are forty million people in the world who are blind. Half of them are blind from things that could either be prevented or could be treated, like cataracts, which just means that the lens is no longer clear. If the lens is removed with surgery the person can see clearly again. A few simple things to help protect the eyes are to let children play with things that are safe, use safety glasses, and wear sunglasses with UV protection. **Dr. Sandra Baucom** discusses adolescent rebellion. Somewhere between the ages of eleven and fourteen a psychological change occurs and the child begins to develop his or her own individuality, often imitating peer group norms instead of family norms. Reacting to rebellion by screaming, yelling or finger pointing only makes matters worse. Instead develop new strategies to deal with this adolescent rebellion and continue to guide them and set appropriate limits so that as they mature into adults they can follow family values. Avoid vocal confrontations. As the parent, always stay in control. Be calm and walk away if necessary. Acknowledge good behavior and ignore poor behavior. Use privilege limitations to help mold them to make the correct choices. Humor can also help diffuse conflict.

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HEALTH

	Doctor to Doctor #371	28:30	28:30	REC	PA/O/E	10/15/2013	11:30 AM
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Dr. David Batt discusses Osteoporosis prevention. Osteoporosis is found most often in women, however, men can also develop Osteoporosis. Osteoporosis is a condition that causes loss of bone mass so that the structure of the bones eventually become weak enough that people fracture. If an older person experiences a fracture, side effects they can develop are pneumonia or blood clots, aside from the fact that the fractures are very painful and can often lead to a disability or need for a hip or some other joint replacement. The key to treating Osteoporosis is prevention. Osteoporosis is a disease that actually begins in teenage years. Not taking enough calcium or vitamin D, not building up bone mass, smoking, a loss of estrogen, steroid use, drinking too much alcohol, not getting enough exercise or sun exposure, all contribute to the development of Osteoporosis. Osteoporosis is asymptomatic; there is no symptom for Osteoporosis until a fracture occurs. It's important to get plenty of exercise and have at least 15 or 20 minutes of sun exposure three or four times a week to increase the vitamin D in the skin. Vitamin D helps to absorb calcium. The recommended amount of calcium is 1,000 to 1,200 mg daily. Most women in their early fifties should have a dexascan or bone mineral density test. This is a painless scan where the strength of the forearm, the bones of the back, and the bones of the upper leg are analyzed. Osteoporosis can be genetic. Other causes for developing low bone mass are poor absorption, thyroid abnormalities, glandular problems such as para thyroid disease, and use of medications that wash calcium out of the body. In many cases, there are drugs that are used to increase bone strength. The important thing is that if anyone has low bone mass and is developing Osteoporosis, the risk of fractures can cause significant disability and even mortality, therefore, taking calcium, taking vitamin D, getting plenty of exercise, and getting a bone mineral density test is probably one of the most important things that one can do in addition to routine screenings for other health problems. **Dr. Dale Peterson** discusses surviving the flu season. The winter months are the flu season primarily because people tend to stay indoors and there is more person to person contact, as well as greater demands on our immune system. If you want to prevent the flu it is important to maintain strong immune systems. A number of steps to take are to drink plenty of water, which is indicated by urine that is pale in color. It is very important to avoid processed foods. Eat more fruits and vegetables. Include certain grains in your diet. Onions and garlic also provide anti-bacterial or anti-viral effects, as well as ground flaxseed, which contain lignins that have anti-viral properties. It's important to limit alcohol consumption. Get an adequate amount of sleep, which is being able to wake up without an alarm. This is important because many of the things that the body uses to ward off viral infections are produced primarily during our sleep cycle. It's helpful to remain physically active, doing a moderate exercise such as brisk walking three to five times a week. Wash hands often, which can decrease the incidence of stomach flu by up to a third. Use a disinfectant gel. Take a multivitamin mineral supplement, as well as vitamin C. The recommended amount of vitamin C is 1,000 mg daily in adults and 10 mg per pound in children. Take vitamin A in the supplemental form of beta carotene. The recommended amount of vitamin A is 25,000 international units daily as a preventative. Colostrum can be taken to boost areas of the immune system, as well as calm down areas of the immune system that might be overactive. Two capsules twice daily is the typical amounts in adults and one capsule twice daily in children. Some herbal products worth knowing about are elderberry extracts containing a substance called anti-viran are extremely efficient at getting rid of influenza or any other viral infection. If you're hit with the stomach flu, immediately go to clear liquids until things subside, avoid milk products for at least two weeks, and psyllium husks can be used to help to firm up stools. If you're hit with the hard flu; influenza A or B, it is characterized by high fever, dry cough, severe muscle aches, and it can be complicated by things like pneumonia, dehydration, sinus infections, ear infections, or worsening of underlying medical conditions. Immediately get on the viral blockade, and bump up the amounts of vitamins A and C in your diet. By taking these basic precautions you can significantly lower the risk of catching influenza. If flu strikes, its severity and duration can be significantly lessened by supporting your body's ability to fight back. **Dr. Carl Schmidt** discusses mental health. Many areas of mental health deal with things like depression, anxiety, even sleep disorders. With children we often think of A.D.D. or attention deficit disorder, and many young adults or middle aged adults, are on prescription drugs for that too. As people age, dementia or Alzheimer's are possibilities. Many of the things we do on a daily basis are setting us up for mental health disorders, which can be prevented or greatly reduce their outcome. We want our mind to work very effectively. Our mind needs very high levels of essential fatty acids; good oils, nuts, seeds, sea foods, not fried, but baked or grilled are really good for the brain, and supplementing in supplements that carry DHA or EPA are very useful for brain. Another type of oil molecule is in a vitamin area called Lecithin. Lecithin has components called

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phosphatidylcholine and phosphatidylethanol which are very important. The membrane of nerve tissue is made up of what is called a diphospholipid membrane and it takes these good oils. Foods that have those are eggs and certain dairy like cottage cheese. Eggs are very effective in giving us many complex nutritional factors that are very important for our brain and other body functions. Look for quality eggs. The other thing that our brain needs is phosphatidylcerine in supplement form, as it greatly nourishes your adrenal glands. Certain prescription drugs can interfere with mental health. Even hormone replacement could have an effect on the neurotransmitter and create a neurological condition whether it's depression or mood disorders. Be proactive if experiencing recall difficulty. What you can do now could prevent or greatly postpone serious conditions like alzheimer's or dementia. Supplementing with good diet, hydration, iron, and things that make the oxygen levels effective are really key to good mental health. Prevent mental disease before it happens and take care of yourself. Drink plenty of water, get exercise for good oxygen, and you'll be much better for it.

HEALTH

Doctor to Doctor #372	28:30	28:30	REC	PA/O/E	10/22/2013	11:30 AM
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Dr. Bob DeMaria discusses obesity. Sixty percent of Americans have a challenge with obesity. Obesity is being overweight. The number one reason is that we eat a lot of food. Find some friends to go to the gym and do purposeful exercise. Start reading food package labels. Avoid foods with added sugar. Look at the total sugars and natural sugars. If natural sugars, for example, are 6 grams and total sugars are 14 or 15 grams, you will know that there have been grams of sugar added to the product, and that alone can increase your weight challenge. Have calorie awareness. Start looking at the number of calories that you are putting inside your body. You want to have an optimally functioning liver to process nutrients to help you lose weight. Water and fiber promote regular bowel movements. Avoid refined foods. Start your day with a protein: a vegetable protein, including radishes, including tomatoes, and including celery, which is one of the best foods for losing weight; an animal protein; a nut protein; or a bean protein. One gram of sugar is equivalent to 4 calories. Minimize the amount of sugar you are putting into your body on a regular daily basis. Dr. Bob starts his day every day with an 8 ounce glass of warm water with a wedge of lemon. You squeeze the lemon in the water, you eat the lemon after you drink the water, and that promotes liver function. Typically, Dr. Bob has breakfast, a mid-morning snack, a mixed green salad with a variety of vegetables for lunch, an afternoon snack, and vegetables and a protein for dinner. He exercises at least 150 minutes every week and gets to bed early. People who do not have enough vitamin D have a hard time losing weight. Have your thyroid checked by your prescribing healthcare provider. Make sure you're eating some apple, beets, and carrots to keep your liver and gallbladder functioning optimally. Move it to lose it. Get moving. Drink more water. Avoid those sweet drinks. I promise you'll be glad you did. **Dr. Madhukar Kaloji** discusses sleep disorders. The two most common sleep disorders are insomnia and obstructive sleep apnea. The most common problem that affects the majority of the general population across the United States and possibly the rest of the World, is sleep deprivation. Sleep deprivation is the most common cause of day time sleepiness. Sleep deprivation can lead to poor daytime functioning. It can lead to traffic accidents. It can lead to poor judgment and decisions. One of the best things you can do to avoid sleep deprivation is to make sure you commit yourself to 7 ½ to 8 hours of sleep every night. This means you have to regulate your sleep schedule during the week and on weekends you can give yourself an extra hour to catch up with some more extra sleep. In order to do that we have to commit ourselves to fixing our bedtimes and wakeup times and avoid any stimulating activities such as exercising too close to bedtime, or taking a hot shower too close to bedtime, since these can result in you actually feeling more awake than you are supposed. Avoid caffeinated beverages ideally after lunchtime or after 2:00 p.m., since caffeine has a long path life and stays in your system for quite a while. Patients who suffer from insomnia, which is difficulty falling asleep or difficulty maintaining sleep, should not force their sleep. One technique that is used is stimulus control where you train your mind to use the bedroom only to fall asleep. If you witness that an individual is snoring and also notice that the individual is either taking shallow breathing or quits breathing in sleep, this can be the sign of a serious condition such as obstructive sleep apnea. Hypertension has been shown to be associated with obstructive sleep apnea, regardless if the patient is overweight or has any genetic factors involved. If you know someone who has a history of snoring and wakes up multiple times in the night, sometimes with a choking sensation, then have them see a qualified sleep specialist who can then order a sleep study for that patient. There are other conditions such as narcolepsy, which is common in young people and is genetic. If you have relatives that are acting in their dreams, then this can be a warning

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sign of a sleep disorder called REM sleep behavior disorder. This happens when the person, usually an elderly person, is acting in their dreams. They are engaged in their dream and they start acting. This may lead to some violent consequences if they think they are being approached by someone, etc. Maintaining healthy sleep is very important. What you do during the day depends a lot on how well you slept the night before, whether it's your driving, whether it's your decision capabilities, whether it's your mood and so on. Make sure you maintain healthy sleeping habits, avoid excessive caffeine, and do not use alcohol as a nightcap. If you think you have sleep disorder, seek help from a qualified sleep disorder specialist. **Dr. Stefan Flink** discusses allergies and intolerances to food. Allergies have the symptoms of runny nose, coughing, sneezing, and intolerance. Intolerance is the body's inability to process or digest foods or chemicals properly and, as a result, it creates stress to the body, organs, and tissues in your systems that will eventually, over a period of time, have an impact on your overall health and wellbeing. Various factors contribute to the body becoming toxic. When these chemicals are eventually broken down they will affect your immune system, circulatory system, and eventually your organs and tissues, specifically your liver, gallbladder, and your kidneys. Your liver and gallbladder are affected in such a manner that actually tries to get rid of your toxins through the skin and sinus membranes. When these toxins get to your sinus membranes that's when you get symptoms of runny nose, coughing and sneezing. When you don't get any symptoms, what will happen are these foods and chemical will go through your digestive system and will irritate your digestive system causing it to get inflamed. As a result, your body will be exposed to toxins and then you become more sensitive. Then eventually you will develop allergies later in life and that can happen by an ongoing eating of foods and taking medications that your body can't tolerate and deal with effectively, and your body develops symptoms. Stop eating unhealthy foods and start eating dark green vegetables. They will help the body eliminate toxins quicker, they will help get rid of the toxins, start balancing out the electrolytes, minerals and digestive enzymes in the gut, allow your body to digest food properly, will help shrink your gut, and allow your body to be more effective as far as digesting foods and absorbing nutrients. Drink plenty of water. Water will help flush the circulatory system, lymphatic system, and digestive system out. Eliminating these toxins out of your system will make your body become more adapt to deal with the stresses of the foods that you may take in, or choose to take in, in the future, so you don't have sneezing attacks or coughing symptoms when you eat or drink something, or are exposed to something. Your body becomes stronger with the foods that your body is made to eat and those are dark green vegetables and good quality water.

HEALTH

Doctor to Doctor #373	28:30	28:30	REC	PA/O/E	10/29/2013	11:30 AM
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Dr. Tom Garzillo discusses back pain. According to the World Health Organization, back pain is the leading cause of physical disability everywhere. According to the American Chiropractic Association, thirty-three percent of adult workers in the United States had a back problem severe enough within the last five years that they needed professional treatment. Fifty percent of adult workers in the United States reported having back pain within the last year and eighty percent of us can anticipate having a back problem at some point in time. One back pain mistake people make is when you think your age is the reason why you have back pain. Lifestyle changes contribute to back pain, not age. It's not that you've gotten older. It's just that what you're doing and what you're not doing is so different than it used to be. You've got to move more. Increase movement to lessen back pain. If your back pain lasts for more than a couple of days or you have a significant amount of back pain when you've only had a minor injury, or you have a significant amount of back pain when you really haven't had an injury at all, or you've got back pain that runs down your arms into your hands, down your legs, and into your feet, please don't try and take care of it yourself. Always consult a physician for any type of back pain. Go ahead and have an orthopedic surgeon, or a chiropractor, or a family physician take a look at it. Because even though most of the time back pain is because of an injury, a lot of times back pain can be the symptom of a disease somewhere inside you and the longer you wait to find out about it the more difficult it could be to fix. Avoid bed rest when treating back pain. Whatever you do don't spend two days in bed. Research has shown that bed rest prolongs the amount of time you have back pain and can actually increase the severity of the back pain. Vigorous exercise is not effective for treating back pain. The best exercises that you can do for back pain at home have got you up on your feet using positions and movements that actually duplicate what you do during the day. Control what your back can do, don't let your back control you. You can control what your back can do instead of letting your back control what you do. Back pain is something you can change. You can change it a few minutes a day, at home, at work, without gadgets, no matter how old you are, and no matter what physical condition you are in. You can prepare your back to do what you need to do and what you want to do, and that's

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the best way to get rid of back pain. **John Lipman** discusses uterine fibroids. A very common medical condition that women suffer from is benign uterine fibroid tumors. Fibroids are the most common pelvic tumor seen in women. One of every three women of child bearing age have these tumors and as many as 80% of child bearing age African American women suffer with fibroids. Now fortunately, many women who have fibroids do not have any symptoms but currently in the United States there are over one million women that suffer with the symptoms from uterine fibroids. The most notable symptom is abnormally heavy menstrual bleeding. This bleeding can be very frequent, requiring women to change their pads very frequently, sometimes as frequent as every 2 or 3 hours. They may report episodes of blood flooding out of them, gushing, passing large clots, which can be very frightening to a woman and if present should be reported to your doctor. This abnormal heavy bleeding each month can cause rather profound anemia and the symptoms of anemia are feeling very tired and lethargic and weak each month. They report episodes of being light headed, or dizzy. They may chew or crave ice. They may chew other things like laundry starch or dirt. These are all signs of very chronic anemic situation. Fibroids can also cause bulk symptoms. They are hard and firm tumors and they press on things. Fibroids that press on the pelvic side walls will cause pelvic pain that may radiate into the hip or back or buttock or down the leg. It can also press on the bladder not allowing the bladder to fill to capacity. This will result in a woman urinating more frequently during the day and would wake her up at night to urinate. Typically fibroid tumors are discovered on pelvic ultra sound imaging with the doctor or it may be felt on physical exam with a health care provider. It is important to know the symptoms. However, if there are no symptoms, no treatment is necessary. When the fibroids are causing significant symptoms, there's an array of options available. Initially, the least invasive options are behavior modification, diet, exercise, and making sure the patient is as lean as possible, trying to remove as much body fat through exercise and weight loss because estrogen which stimulates fibroids is stored in body fat. The next line of therapy is medicines, either non-steroidal anti-inflammatory medicines or birth control pills, hormones. Birth control pills can be used to try to lighten the flow of a woman. However, birth control pills can also stimulate fibroid growth because they have estrogen and progesterone in them. In the past, a more invasive option was surgery. Either a myomectomy, which is surgically trying to remove as many of the fibroids as possible and sewing the uterus back together or a hysterectomy, removing the uterus surgically. A hysterectomy is the second most common surgery performed in the United States. A hysterectomy can have very significant and sometimes devastating effects on a woman and should be thought of very carefully before being performed for a benign condition like uterine fibroids. Fibroids are benign tumors and are not cancerous. There are a number of women that have psychological issues after a hysterectomy, feeling less of a woman, like a man being castrated. It can affect her sexually with sexual dysfunction. The uterus is important in bone health and so removing the woman's uterus through hysterectomy can increase her chance of osteoporosis. It's also important for cardiovascular health. A recent study showed removing a woman's uterus through hysterectomy dramatically increased her cardiovascular risk and this was even higher if they took her ovaries as well. The risk increased significantly the earlier a woman had a hysterectomy. The average age of hysterectomy in this country is forty years of age, which is very young. One of the best approaches non surgically to treat uterine fibroids is uterine fibroid embolization or UFE. It can be performed as an outpatient with the patient leaving the same day with about four or five days at home out of work for a week. It works by placing very tiny catheter inside the woman's body the size of a piece of spaghetti. It's negotiated into the uterine arteries on each side and particles are delivered to cut the blood supply off to all the fibroids in the uterus. Without a blood supply the fibroids will start to wither away, soften and shrink, and as they do, a woman's symptoms start to disappear and go away. So UFE is a very safe much safer than surgery very effective minimally invasive procedure that treats all of the symptoms from fibroids very effectively and allows her to keep her uterus. If you are interested in this UFE procedure seek out an interventional radiologist who has the expertise in this area to these fibroid tumors. Know about all your options. **Dr. Gladys Velarde** discusses elderly hypertension. As everyone ages they will be facing elevation of blood pressure, it is strictly and directly related to aging. The majority of people as they get older they will have to face elevation of systolic blood pressure. Systolic blood pressure refers to the top number of blood pressure reading when you go and get your blood pressure checked. It indicates the contraction of the heart. The higher the number, the higher the effort the heart has to make to pump blood through your body. The bottom number refers to the number of relaxation of the heart, which is called diastolic blood pressure. The lower the number, the lower the relaxation of the heart and the better the heart will feel. As we age our arteries and our heart become stiffer and the systolic blood pressure becomes a problematic. Over fifty percent of the elderly will have elevated systolic blood pressure. Elevated systolic blood pressure is directly related to increased risk of heart failure, stroke, and heart attacks. There are things that you can do to modify the likelihood of having elevation of blood pressure. Decreasing salt in the diet is essential. It is important to consume no more than two grams of sodium a day, if that much. Consult with your primary physician, internist, or cardiologist with the aid of a nutritionist, to determine the level of salt that should be in your diet. Activity is essential at least three times a week for thirty minutes. Make sure your weight and body mass index, which is simply your weight divided by your height, is in the appropriate range.

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HEALTH

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

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HEALTH

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

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HEALTH

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

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HEALTH

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

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	Doctor to Doctor #328	28:30	28:30	REC	PA/O/E	12/10/2013	11:30 AM
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Dr. Bob DeMaria discusses staying healthy during Christmastime. Sleep is really important. You need to have at least eight hours of sleep and you want to be in bed by 10 o'clock. Cover the front of your alarm and the lights of any other electronic appliances in your room to get restful, peaceful, sleep. Your body promotes healing during sleep season. Lay on your right side because the blood flows back into your heart this way. You should drink a minimum of a quart of water every day. If you snore, or if you want to help improve the function of your liver, which is a major detoxifying organ, cut a lemon into a wedge, squeeze the lemon juice into warm water, put the lemon in the water, drink the water, then eat the pulp of the lemon. This helps to make the body more alkaline. Make sure you have enough minerals. Dr. Bob encourages using an un-refined salt. Eat non-starchy vegetables with proteins. Don't overeat. Dr. Bob doesn't promote eating fruit at the end of a meal. The fruit itself when it is on top of other food can literally putrefy and cause digestive distress. B vitamins help with stress, as well as, learning to say "I can't say yes" in a loving way. **Dr. Lavert Robertson** discusses better eating during the holidays. Be more conscience of your health and eating more good healthy choices. Exercise a little bit more. Allopathic medicine is more for trauma and emergency medicine. Blueberries contain proanthocyanidins which are complex antioxidants that protect your eyesight. Carrots are extremely good for the eyesight and are very rich in alpha, beta, theta and gamma-carotenes or carotenoids. Carrots are also high in Provitamin A. Another source of vitamin A is preformed vitamin A that comes from eating fish such as salmon, mackerel, and herring. Sweet potatoes contain beta-carotenes and are good for the immune system, skin and eyesight. Tomatoes are extremely rich in the antioxidant lycopene which helps protect against breast and prostate cancers. Broccoli, cauliflower and cabbage contain Diindolylmethane (DIM) which helps to balance hormones. This is what eating the rainbow is all about and it's all about your health. During the festive holidays eat more fruits and vegetables. **Dr. Djiby Diop** discusses the top five holiday accidents and illnesses: falls, food poisoning, choking, fires, and heart attack. Unfortunately, every year thousands of people will visit the emergency department because of holiday related accidents or illnesses. The first most common accident is falls from ladders as people decorate their homes and trees. Do not drink before climbing a ladder. Check the ladder for proper function. Before climbing on a ladder check the steps, latches, rungs, and make sure the steps are not wet. Have a friend to help you. The second most common holiday illness is food poisoning. Make sure the food is properly prepared, refrigerated and stored. If you are going to serve buffet style, make sure you have heating trays or ice buckets to ensure the food stays at the proper temperature. If you have leftovers, make sure they are stored properly and eaten at the appropriate time. Make sure children wash their hands before they handle food or before they eat. The third most common accident during the holiday is choking, especially among children. If a toy is small enough to fit in an infant's mouth, then it is a hazard for possible choking. If a child swallows a foreign object, it can go to through the esophagus or the food pipe, causing symptoms of drooling or difficulty swallowing. It can also go to the trachea or the windpipe. The infant or child will have a choking sensation, coughing, difficulty breathing, and stridor (noisy breathing). If the foreign object completely blocks the trachea, the infant or child will stop breathing all together. You can assist the infant by giving back blows with the palm of your hand. If the child is older, you can use the Heimlich maneuver. Fires are the fourth common accident during the holiday. Never leave your Christmas tree with the lights on and unattended all night long. Also, never leave a burning candle unattended. Heart attacks and chest pain is also a common illness during the holiday season due to increased eating of heavy, greasy, fatty foods and a lack of exercise. In addition, we may not visit our doctor or take our medications as prescribed. If you experience symptoms of chest pain, shortness of breath, or difficulty breathing, call 9-1-1. Often women only have symptoms of shortness of breath or fatigue.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
YOUTH	Joy in Our Town 586.1	28:30	13:30	L	PA/O	10/11/13	12:00 PM
						10/12/13	02:30 AM
						10/14/13	10:30 AM
						10/15/13	02:30 AM
						10/17/13	02:30 AM

Shaundra Stallworth and District Attorney Ashley Rich discussed Bullying. Bullying used to be a rite of passage but since the introduction of Cyber space, what used to be a 1 on 1 event, now it a becomes a 1 on 100 event. Once you place a nasty comment on Facebook or Twitter it is lost. Most bullies have a problem within the school or home and they act it out on others. Talk to your children, make it a priority and they will discuss their problems with you. We are instructing the family to instruct their children to tell their friends about texting the Bully Hotline. If an incident is reported to the Hotline, we investigate it first and then we will talk to the parents and allow them the opportunity to handle the problem within the home. Then we instruct the parents to seek help, to the principal, high school counselor or www.bully.org to get points on helping the young people in your home.

Joy in Our Town 586.2	28:30	13:30	L	PA/O	10/11/13	12:00 PM
					10/12/13	02:30 AM
					10/14/13	10:30 AM
					10/15/13	02:30 AM
					10/17/13	02:30 AM

LaTrynnda C. Hollins and Joy Logan from Crittenton Youth Services discussed bullying in the middle school. Bullying is different than just playing or fighting. It is defined as a behavior toward another which is continuous, purposeful and meant to hurt; usually done toward someone that doesn't have the power to stand up for themselves. The person doing the bullying knows the type of person that will not stand up. The bullying is normally done 3-4 times a month. It is important that the adults recognize the signs of bullying. Many are emulating what is going on around them. The loudness, assertiveness, aggression and power control are techniques and part of bullying. Bullying is growing past the argument in the playground, bus, and hallways and now is on the internet.

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

Joy in Our Town 581.1	28:30	13:30	L	PA/O	11/22/13	12:00 PM
					11/23/13	02:30 AM
					11/25/13	10:30 AM

LaTrynnda C. Hollins and Jadine Johnson Southern Poverty Law firm staff attorney discuss the over use of school suspensions. There are two types of suspensions: in school and out of school. In Mobile out of school suspensions are used far too often, for minor offenses like uniform violations and being late to class, etc. In one academic year there were over 23,000 suspensions, 74 percent of those were for non-violent offenses like using a cell phone, etc. It is important to use discipline, but out of school suspensions are too harsh for those offenses. Many of these students never received notices, they did not have a hearing, and many of them never returned to school. This sets off a negative train of events. The students are missing classes, missing tests, and finally failing their grades. Studies have shown that out of school suspensions do not help students, do not improve behavior, and in fact they harm students. The most vulnerable students, who have the most needs, are guided to other agencies to get the care they are missing at home. We can get them involved with other programs and out reaches to address those needs. In many cases the parents are suffering too, and we can guide them to get help. Three main areas: it changes the discipline policies to protect students more and protects their ability to attend school. It increases training and supervision of administrators. Third, it increases alternatives to suspension. We believe all of these contribute to keeping students in school and off the streets.

Joy in Our Town 584.1	28:30	13:30	L	PA/O	12/13/13	12:00 PM
					12/16/13	10:30 AM

LaTrynnda Hollins, Susan Baldwin from the **Mobile County Coalition against Bullying** and Joy Logan from Crittenton Youth Services **discuss the problem of bullying in schools. Bullies** are students who want to intentionally harm another person. Bullying can be physical, social, emotional, cyber, verbal, relational or cultural. Usually the person that bullies has some type of power over the other person. Bullying is a repeated event. This is not a problem in the United States alone, this is happening all over the world. The news media is bringing attention to it both in a good and a bad way by highlighting this type of life. The family formation is the where it starts. If the parent(s) are being authoritative; being real harsh to their child, the child will repeat the harsh behavior. Children immitate other behaviors that they see in the home. Most bullies are remorseless or callous about it and they have intent to harm. We must train our children to show compassion to others; it is hard to develop feelings, if you have not been taught to feel. How can you feel empathy if you are not taught too feel. To repair the behavior the best course of action is to find out what the real problem is to correct bullying. Spend time with your child and allow them to talk about what is going on their lives. We must encourage our children. If they cannot talk to their parents, have them talk to another trusted adult, teacher or counselor. You cannot receive help if nobody knows you need help.

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

	Joy in Our Town 584.2	28:30	13:30	L	PA/O	12/13/13 12/16/13	12:00 PM 10:30 AM
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LaTrynnda Hollins, Susan Baldwin from the **Mobile County Coalition against Bullying** and Ann Simon **Helping Families Initiative Coordinator discuss the problem of cyber bullying. Cyber bullying is just a continuation of face to face bullying. Cyber bullying** now allows everybody to see what that person thinks of you. At least 50% of the children surveyed had been abused on the internet at least once. We must be about prevention. We want to make a long term impact on children’s lives by creating the BULLY BLOCKER PROGRAM. The program allows children to text a potential problem to Bully Blockers 839863, and the problem is investigated. We take the information, then we work with the schools and Crittenden youth services to help that child to be educated on the techniques on how to address bullying. It is anonymous because we sometimes get prank calls. The information is not shared. We approach the principal and they arrive seeking how to resolve the problem. Without an adult in the situation it only escalates. There is evidence to support the fact that young people who are bullied become adults who bully. This can lead to mental health issues and to break the cycle you need to find the root of the problem. We have to deal with the person that has been bullied. We should teach children to work on their self-confidence by being around positive people. We don’t want that person to end up in the court system.

ECONOMY

	Joy in Our Town 575.2	28:30	13:30	L	PA/O	10/04/13 10/05/13 10/07/13 10/08/13 10/10/13	12:00 PM 02:30 AM 10:30 AM 02:30 AM 02:30 AM
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Host LaTrynnda C. Hollins and Ruby McMillian, from the Common Touch, Inc. talked about economic hardship of college students, and being in debt after leaving school. Students who are taught life skill classes know what it’s going to cost before they go to college or attend a trade school. The students with an understanding of college economics and securing this debt know they are not guaranteed a job which would allow them to pay back the loans. Students should be taught how to find grants and scholarships before securing those huge loans or credit card debts. The current economy is not conducive to paying what you thought you were going to be paid before you secured the debt. Look at what your passions are. If you can find a job in your passion you will never feel you have to go to work, because you enjoy what you do. When you decided what you want to do, then find if there is a demand for what you want to do. You should go online, search for grants and foundations that support your interests. Research Cost, Skill set, and search for Free money. Do your research and start preparing as early as the 9th grade.

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

Joy in Our Town 564.1	28:30	13:30	L	PA/O	11/15/13	12:00 PM
					11/16/13	02:30 AM
					11/18/13	10:30 AM

Wilecia Wright and Dwight Nicholas from the Urban Impact ministries discussed the financial difficulties facing seniors. As a result of the seniors living longer there is an increase in the number of people facing retirement age. Tens of thousands a day are reaching retirement age. Out of every 100 individuals born in the United States 95% OF THOSE retired will have to rely on the government. Individuals should start to save early. If you saved 1000.00 and placed it in a compound interest account, at retirement age they would have over one million dollars. Seniors should leave an inheritance to your children and not leave the family in debt. Senior's cannot build wealth in a 9 to 5 job. Being able to get out of debt requires good management and good investment decisions. If you have a huge retirement turn it over into an annuity account and that will give you a monthly pension. Lack of understanding how finances work leaves many without the funds necessary for retirement.

Joy in Our Town 564.2	28:30	13:30	L	PA/O	11/15/13	12:00 PM
					11/16/13	02:30 AM
					11/18/13	10:30 AM

Wilecia Wright and Dwight Nicholas from the Urban Impact ministries discussed individuals over the age of 65 not being prepared for their future health care needs. The average person over 65 spends 35% of their income on health care per year compared to the 6% spent on the average American family. 3 out of 10 of those individuals looking to retire will live out of \$10,000.00 a year, the remainder of the population will live on \$5,000 a year or less. Some of the Medicare advantage programs, and prescription drug programs seen on television are scams which can cause your Medicare to drop. You and may experience problems when you become re-enrolled. Increased patient loads will caused less of patient doctor ratio and less time to analyze your physical problem. Medication given to patients should be taken seriously. Read the side effects and seek alternative medicines that you can take to correct the same problem.

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

	Joy in Our Town 582.1	28:30	13:30	L	PA/O	12/02/13 12/03/13 12/05/13	10:30 AM 02:30AM 02:30 AM
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Host Ericka Byrd and **Leigh Perry-Herndon**, Vice President of Communications & Marketing of Mobile Area Chamber of Commerce discussed the challenges of bringing new industries to Mobile, how to help local existing businesses to grow and helping with infrastructure issues. We need to address some problems with interstate highways, with the oil pipeline, and other energy sources. We lost the cruise industry a few years ago. The cruise terminal is sitting vacant right now. Solutions: We are already improving our infrastructures with street widening paving, and landscaping. Mobile is growing; we will see a new Mobile in the next five years. Industry is coming in, like Airbus by 2015 or 2016. The new industries are creating new jobs, and new suppliers. Austal is still growing, they employ over 3000 right now, and they are the largest industry in Mobile. We have a task force working on recruiting additional shipping and cruise industry to Mobile. Our new Mayor, Sandy Stimpson is making one of his first priorities to make use of the empty cruise terminal. The new Gulf Coast museum next to the terminal will open soon. It is another piece of architecture that is changing Mobile, and we expect it to do a phenomenal business. We expect it to bring in tens of thousands of visitors to our community. We also hope to see tax credits developed to help local business, or prospective businesses.

	Joy in Our Town 583.2	28:30	13:30	L	PA/O	12/06/13 12/09/13 12/10/13 12/12/13	12:00 PM 10:30 AM 02:30 AM 02:30 AM
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LaTrynnda Hollins and City of Mobile District 1 Councilman Fredrick Richardson, discussed the impact of the new businesses on the city of Mobile. Just one Airbus "A320" airplane will cost 100 million dollars to purchase. They are going to build 96 airplanes which adds up to 9.6 billion dollars in one year. All the businesses in the city of Mobile currently generate 8 billion dollars a year. Airbus will generate more revenue than all the businesses combined. The new banks are coming to Mobile because they understand the impact that this will have on the economy. The suppliers are coming to service Airbus to build in Mobile, AL. The government shutdown will affect the debt. Mobile voted the Zoghby Act that states that the city cannot operate in the red. Airbus Human relation director was brought to a District 1 community meeting to take applications on the premises. We also brought Austal to the meeting, but not one person showed up looking for a job. We can make the information available but you must be able to apply yourself to get the jobs. Some do not apply because they are on drugs and will not come because they cannot take the drug test. The key thing is that the businesses we are getting are technology driven. They are no longer jobs that you cannot go in the door and understand how to work the equipment. Mobile is on the right track to get the next group ready for employment. There are facilities at the Brookley Complex ready to train and prepare them for the jobs.

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

Joy in Our Town 581.2	28:30	13:30	L	PA/O	11/22/13	12:00 PM
					11/23/13	02:30 AM
					11/25/13	10:30 AM

LaTrynnda C. Hollins and Tonny Algood from the United Methodist Inner City Mission discuss children in the juvenile justice system, and how they have become 'children at risk'. Across the U.S., large numbers of young children are affected by one or more risk factors that have been linked to academic failure and poor health. Chief among them is family economic hardship, which is consistently associated with negative outcomes in these two domains. There is a direct line between children at risk and the juvenile justice system. Children who are not doing well academically end up getting behind and end up suspended and out on the streets; Eighty-six percent of the people in the prisons in the U.S. do not have a diploma or G.E.D. The solution would be to take a holistic approach to this, and address all the needs of the child. We have to help the parents who cannot help their own children with academics because they do not have the skills. We need to get them involved in after school tutorial programs, which can address the academic and also some of the behavioral problems. Children will respond much more to someone who really cares about them, even more then they respond to discipline when intimidation or threats are involved. The settlement agreement is a huge step in the right direction, but it cannot solve all the problems. There are problems in the community that the school cannot address. Those problems need to be addressed by the leaders, the churches, and also the businesses. We formed a group called FORCE, to fight for the rights of our children's education. We hope to establish policies to handle nonviolent offenses. We have to teach our children how to resolve conflicts without violence. We are partnering with other groups, like the Teen Center, to come in and teach things like basic health to the children, and when they are older, with the parent's permission, we teach pregnancy prevention. We also have GED classes. We have a group of men who come in and do mentoring, for so many of the children do not have a father figure in the household.

Joy in Our Town 582.2	28:30	13:30	L	PA/O	12/02/13	10:30 AM
					1203/13	02:30 AM
					12/05/13	02:30 AM

Host Ericka Byrd and **Leigh Perry-Herndon**, Vice President of Communications & Marketing of Mobile Area Chamber of Commerce discussed the challenges of those who are relocating to the Mobile community. The Chamber developed a relocation package (for online and for mail out) to offer those seeking to visit or move permanently to our community. The package answer questions about our schools, our churches, our community activities and programs, our parks and recreation departments, etc. The kit also includes information on the Mobile County Public School Systems, also independent schools. It also includes statistics about what our population looks like, for instance the mid town areas appeal to young professionals, whereas in west Mobile there are more large families. You can find medical information about the local hospitals and doctor offices. The package will include information from our local realtors, and local business opportunities.

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

	Joy in Our Town 583.1	28:30	13:30	L	PA/O	12/06/13	12:00 PM
						12/09/13	10:30 AM
						12/10/13	02:30 AM
						12/12/13	02:30 AM

LaTrynnda Hollins and **District 1** Councilman Fredrick Richardson, discussed the greatest problem for the city that you would like to tackle? The challenges of changes in the city of Mobile, and the problem of education in the city of Mobile. The city has a 45% drop out rate and another 45% are expelled from school. Mobile has higher rates of expulsion than Birmingham or Montgomery. When they dropout or when they are expelled, they end up in the criminal justice system and are not eligible to get one of those high paying jobs that we are fighting to get in Mobile. The second big issue is drugs in this area, we need to declare war on the drug supplier and then we will correct the problem with the young people. The city also has a problem of finding young people who can pass the drug test; 98% of the citizens in prisons are African American. The overall crime rate in Mobile has decreased due to a push to reach the youth through new educational programs. There is a strong relationship between crime and education. We are putting forth a greater effort to see that our youth graduate from high school. We have to repair and prepare the city's workforce to get ready for these jobs. Alabama Industrial Pre-Employment Training AIDT and Bishop State Community college is preparing the people who really want to work. There is a new mall coming in near Bay Bear stadium. We want all the new stores and businesses because the city of Mobile needs revenue from the sales taxes the new stores will generate. We need stores that will attract people from Baldwin county and Mississippi to come to Mobile to shop. The higher quality of stores we bring in the more revenue is giving to the city.

	Joy in Our Town 585.1	28:30	13:30	L	PA/O	12/23/2013	10:30 AM
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LaTrynnda & Councilman Lorenzo Martin of District 1 of the city of Prichard discussed one of the greater problems to the city of Prichard, the problem of perception. The media portrays the city as a place plagued with problems. We have many positive things: two State championship schools with Blount and Vigor. We have a spending problem not a financial problem. The Prichard Water Sewer Company was transferred to the city of Mobile, and the transition went smoothly. The new chief of Police for Prichard was selected last month. We are not playing checkers but chess to improve the quality of life in Prichard. The crime in Prichard is going down because the citizens of District 1 have a very good community watch. We are not at the top of the list for meeting the quota of officers per community. We are below the numbers in the amount of officers we need in Prichard. We are beginning to recruit from within our high school. We want people that have a heart for Prichard.

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

	Joy in Our Town 585.2	28:30	13:30	L	PA/O	12/23/2013	10:30 AM
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LaTrynnda C. Hollins and Councilman Lorenzo Martin of District 1 of the city of Prichard, discuss the growth of the city. We are asking the businesses to consider Prichard and let the state know that we need help getting noticed. We are campaigning as ambassadors for the city of Prichard. We are renovating the whole downtown city of Prichard. Once the other areas see that Prichard is going forward, we believe the companies will contact us. We have established time frames Prichard residents to clean their property. Some of the problem lies in the fact that the heirs have left the state. Prichard will not look the same in two and a half years. The city organizations that we mostly rely on are the spiritual based communities. All residents have to recognize that we are here for a purpose: we need the city not to be in turmoil. It will take the community to inform and teach the next generation to prepare them for the real world. We have to teach them the local government, and the dynamics of good business. Raising a new generation to seek their new answers.

DRUGS & ALCOHOL

	Joy in Our Town 578.1	28:30	13:30	L	PA/O	10/18/13	12:00 PM
						10/19/13	02:30 AM
						10/21/13	10:30 AM
						10/22/13	02:30 AM
						10/24/13	02:30 AM

LaTrynnda C. Hollins, Doris Woods-Littleton and Ericka Byrd from the Home of Grace discuss drug addiction problems for women. Doris Littleton and the Home of Grace is a spiritual recovery program for women with addictions. Over 2,500 women have found their way through the Home of Grace. The battle that these women have, after hiding their addictions; is learning to cope with life without the pills and standing on their own. When the program first started there was no need for additional medication but today the women need medicine to help them step down. The women see that this is a judgment free zone, a place of love. Most of the staff has been through the program and understand that the walk that they are going on must be taken one step at a time. Prescription drugs are the leading cause, and the number one drug is Lortab. The doctor is the drug dealer; they give them the medication because of pain that they couldn't control. It is easier to hide prescription drug use than other drugs. Many have a false concept that they can quit alcohol and won't have any problems with the DT's, but they can die coming off of alcohol. Thankfully we have never lost a patient.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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DRUGS & ALCOHOL

Joy in Our Town 578.2	28:30	13:30	L	PA/O	10/18/13	12:00 PM
					10/19/13	02:30 AM
					10/21/13	10:30 AM
					10/22/13	02:30 AM
					10/24/13	02:30 AM

LaTrynnda C. Hollins, Doris Littleton and Erica Byrd discuss the popularization of drugs in the media. We are watching television and they are shows promoting the message that drugs are fun. Drug abuse is an outward manifestation of an inward problem. Our young women don't believe drugs will harm them. It has a lot to do with who their friends are and how they interact with them. Addicts need to turn off the TV and not let this evil thing come before their eyes. The average age of an addict is now 14 years of age. The movie stars are using drugs and being successful, so the young people don't see the real facts of life. The media presents the young people no longer with their family. Not having that support causes young people to seek bad company, which corrupts good character. The healing has to come from within, the anger management classes teach them to cope and to heal. Many of these women had been sexually abused through rape or incest in the home. If this is not dealt with they will never get over their problem. These mothers are learning to be a sober mom; it is a step by step process of watching them grow. We teach the women you need to change your playground to stay a success. Hannah's House is the second phase. The last 4 weeks of a 12 week program are staged in Hannah's house. We teach them to find a new love and that love is the Love of Christ.

Joy in Our Town 520.2	28:30	13:30	L	PA/O	11/11/13	10:30 AM
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Joseph Mass and **Danny Budd, Men program manager for Mission of Hope** discussed the casual **user**. Just *taking drugs* casually and being *addicted to drugs* is two different things. Ask yourself the question if what you are *taking* is causing you a problem, and they are no longer casual but an addiction. Have taking drugs begun to affect the family and your day to day work; have you been kicked out of your home or arrested for DUI then you need help. Casual user does not have problems with family or the court systems. Men and women both die when they do not enter into that glorified life through healing. Mr. Budd shared the solution **to** healing. When intense damaged has occurred, you have to receive the forgiveness from Christ and break the chains and move on. Come to personal relationship with Christ and be set free.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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DRUGS & ALCOHOL

Joy in Our Town 520.1	28:30	13:30	L	PA/O	11/01/13 11/02/13	12:00 PM 02:30 AM
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Joseph Mass talked to Sam Murphy, President and John Richardson, Executive Director of "R PLACE". They discussed how addiction does not receive the same attention as other illnesses in the community. The center was created to support newly recovered addicts after their completion of the 12 weeks program. Where was the person to go? They shared that they saw people cleaned with no directions and no skills to take them forward in life. The center sees over 1200 patients a day. Most people do not understand it, even though all are affected by it. Addiction doesn't differentiate between males or females, although more males will seek help for their addiction. The solution would be for more support from outside sources in the community. There are some churches/businesses helping but there is a need for more help. There is overcrowding in the jails and 75% of the criminals incarcerated are there because of drug crimes. Selling drugs or stealing, trying to get drugs to support their addiction.

HOMELESS

Joy in Our Town 580.1	28:30	13:30	L	PA/O	10/25/13 10/26/13 10/28/13 10/29/13 10/31/13	12:00 PM 02:30 AM 10:30 AM 02:30 AM 02:30 AM
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Vicky Bowers from McKemie Place discussed that their shelter takes women without children and that there are other shelters that takes women with children. Homelessness among single women is growing there is a count down every year and we found that there are about 700 single women homeless in Mobile county. They are not all on the street they are in unstably housing, that mean that they may stay with other friends and family bouncing from home to home. There are some on the street and they are the ones that seek shelter at McKemie Place. The shelter only house around 65-70 women. The reason for their homelessness is not always the same. Some are due to death of love one, sickness, substances abuse or domestic violence. Making minim wages is not enough to sustain an apartment/home and utilities. There were women who had cancer but could not sustain their home and go through chemotherapy they each received assistance in getting back and forth to chemo therapy through volunteers at McKemie Place. They all have many different reason for being homeless. Many women are just one paycheck away from being homeless. Before there was no place to accept single women, there are great dangers for women on the street. Jim McKemie was the from St. Luke church and Jimmy Praytor realtor wanted to honor Mr. McKemie for the years of works done through the years. We have people to come in to help them find jobs and tweak their resume' and help them dress for success and once a week they get training on the computers to help them easy into a new job. The volunteers are needed and to see the women succeed after going through the program and maintain life crisis on their own. The women that go through the GED program we have a 100% success rate.

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

	Joy in Our Town 580.2	28:30	13:30	L	PA/O	10/25/13	12:00 PM
						10/26/13	02:30 AM
						10/28/13	10:30 AM
						10/29/13	02:30 AM
						10/31/13	02:30 AM

Vicky Bowers from McKemie Place discussed is it a real problem in the Mobile area? Yes. There are many with the single women but it is not addressed as much as other agencies more can always be done. If all the agencies were filled to capacity then we would still need more room. We need more state funding for the homeless shelters. There are only one woman shelter for single women in Mobile. The churches and the mayor's office talked about being a safe haven for the women doing the weekend and holidays. We had women being arrested for loitering due to nowhere to go. Many of the women were getting ill and due to being exposed to the environment the police department and city officials came together and now have an advocate through the city to understand their problem. We love to create a social enterprise that would allow then to be productive while seeking better employment. Most women are ready to tell their story after they have step up and out of their grief and loss. The women return and they are now just women helping women with emergency closing, shampoo, clean clothes just little things that help someone to be encourage. We are always in need of paper products, cleaning products, personal care items, under clothes, pajamas just whatever you need doing the day we need it too. Our location is confidential because we are a safe place to women of domestic violence.