

TRINITY BROADCASTING NETWORK

QUARTERLY PROGRAMMING REPORT

January, February, March 2016

KDTX-TV

DALLAS, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

RESULTS OF ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES BY THE TELEPHONE FROM KDTX VIEWERS, FROM THE PRINTED MEDIA, COMPRISING NEWSPAPERS, MAGAZINES, PUBLICATIONS, AND FROM TELEVISION AND RADIO, WHENEVER POSSIBLE.

**CIVIC AFFAIRS
ECONOMY
EDUCATION
ENVIRONMENT
FAMILY
HOMELESSNESS
SENIORS**

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF KDTX PROGRAMMING ADDRESSING THE ISSUES / PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE FIRST QUARTER.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #788	30:00	14:15	L	PA/0	2/01/2016 2/02/2016 2/06/2016 2/08/2016	5:30PM 3:30AM 2:30PM 5:30PM

Our host Cheri Duckworth introduces our guest today, Jungus Jordan with the city of Fort Worth. Spent most of the time in Fort Worth, very successful year. 2000 citizens gaining each year. Continues to be one of the safest cities of the nation, and continues to be an important focus. Seeing completion of TEXpress. Accountability, gone through recession, we are back to a thriving economy, excited about the future. Focus on transportation. Average 70% approval rating. Citizens accept that we are growing and that we need the resources. How do you stay in touch with new citizens? We have 28 neighborhood associations and I try to attend every one. Being on the city council I make myself available and being at the local level. Redevelop the stock yards, but it's important to see what the citizens have to say. Great to see that the citizens know you are thinking of their needs. But also safety and education. What are the challenges? I'm proud of the fact that I work with 3 independent school districts. My role is to support. Also Charter schools and public schools as well as private schools. What can we do to help? To listen, and to encourage parent involvement. Trail park way is how we embrace the history of Fort Worth, the prairie is important to us. Been in office 10 years, the passion is to get that road built but protect integrity of prairie. Yes there will be development but quality development. New campus Charleston University coming, new corporations all embracing the prairie. That's why we can vote so we can decide. How as citizens can we learn what local government is doing? We televise their meetings, email, use twitter, etc. It is critical that we respond.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #795	30:00	14:15	L	PA/0	3/19/2016 3/22/2016	2:30PM 3:30AM

Our host Cheri Duckworth introduces our guest today, Charlie Parker, Council Member for District 1 of the City of Arlington. District 1 covers all the fun stuff like the stadiums, Wet 'n Wild and Hurricane Harbor, and making sure they are represented properly. Let us talk about growth and the challenges. I think the first thing is the largest investment of 1.4 billion dollars in the General Motors plant, increasing it by a million feet and 500 new employees. It ensures that our kids and grandkids will be making SUVs for as long as it is there. We are going to build a small city near the ballpark in Arlington. First will be an entertainment complex, 100 million dollars' worth, a 300-room hotel, and a 30,000 square foot convention center. There's a real possibility of a 750-room MGM grand hotel in same area. With growth comes construction and challenges. The congestion is a 5 year project, so it will be hard. But in the end, it will be beautiful. For the citizens to have something to look forward to is great. How are you helping businesses? Six Flags is the main business. We need to make sure there is clear signage in the area so that people can get to Six Flags and other destinations. Talk to us about your district. How can a citizen go about getting information? They can go to the "Job Progress" info on Arlington's website. When we are facing challenges for growth, how do you prepare for the future, such as jobs, families and people, and congestion? We try plan our communities with growth in mind. We try to expand the streets. Talk to us about some of the older parts of the city. Downtown is one of those problems, and we have an organization that focuses purely on it's revitalization. We need to be more focused on the community. We need a new pavilion, which is popular in the summer with free concerts. We want to improve the life of our community.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Civic Affairs	Joy in Our Town #796	30:00	14:15	L	PA/0	3/21/2016 3/22/2016 3/26/2016	5:30PM 4:00AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Jami McCain, Cedar Hill City Council. The partnerships that come as a result of working together really produce amazing results you wouldn't see if you tried to keep things split or separate. Issues to address: churches to connect with neighborhoods they are a part of as everyone feels safer, and supporting nonprofits whenever we can. If there is a code violation, we can help someone with low income fix that. We have a lot of green space so we are outdoors a lot. Dallas felt so big when we moved here, so it was important my kids had a support structure and felt safe. We all look out for one another. 46,000 people population, but due to relationships, it feels like a small town. The businesses that do the best are those that know relationships matter. We know the owners of our favorite places, and recently a restaurant closed but the people were never around. We went through transition years ago where it was sleepy town and it grew fast quickly. We preserved 20% of our city for green space compared to others that only do 5%. Space for parks, hiking, biking. Challenge of slow economy across the nation. Had to be smart about city money spending because there wasn't a lot to spend. Currently investing in downtown and seeing where we can take that. Exciting happenings: industrial buildings are being reinvented for life and activity, arts festival downtown on purpose. Older city: Operation Clean Sweep-we pick a specific area each year that needs extra attention and look at every detail and fix it up. It makes a big difference. The church can step up and partner and help out as well. Affordable place that many people don't even know about, close to downtown Dallas, and gorgeous. Easter coming soon, but we always look far in the future to plan things such as transportation. The great generation (grandmas and grandpas of the world) there are such amazing men and women of values of sacrifice and service, started so many opportunities that are still going in the city such as food pantries. We have discussion all the time about the new generation inheriting what the older generation already set up.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #789	30:00	14:15	L	PA/0	2/09/2016 2/13/2016	3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Sandra Shelton. With housing being what it is right now, people are very excited. A lot of people are moving here. The core of things is changing. A lot of that change is coming from key things like you can't depend on certain things anymore like you could 10 years ago. You can't guarantee that interest rates are going to be ok anymore. The Feds have been in control of that for a long time now. It's no longer a guarantee that you can get a job right when you get out of college, no matter how much education you have. The biggest dilemma we face today is that this is all a battle for our mind. Mentions Ebola. Fear is so easy. It can paralyze us. It puts on glasses where everything is just distorted. Says this is an election year. All of this stuff is for a reason. Not being fearful is really key when it comes to making any sort of financial decisions. In the last 10 years, opportunities to volunteer have risen. Because their employees might not be there as many days, because mental rest energizes you. Don't give up good habits because things look grim. Don't stop going to church. Just find out what's going on. Volunteer with your voting places. Less headlines in the news and more old movies. It does make a big difference when people are making big economic decisions to be in the right mindset. Things people can do to weather any type of economic storm: First of all, remember we've gotten through the bad ones. THINK - T-Think first, don't feel to think. I-Inspire. Inspire yourself. N-Never, never, never give up. Never. K-Know there is a plan for your life that will prosper you and give you hope. Whatever you're doing, some youth is watching you make that decision. Keep looking higher, even though you have to handle things on the ground. Hide and wait. It's cowardly and not productive. Be involved. Even if you lose your job, volunteer. It doesn't give you a chance to grow. It reminds me of a Biblical principle I live by, Romans 5:3-5. Struggles can lead to hope. Everything boils down to hope. If you have hope, that's great. You may have to adjust what you think you need. Do you really need the newest car on the block? No. You can't protect your children from a job loss, but you can teach people to think in a certain way before that ever happens, if ever. The key is, are they prepared to go into it? What is your opinion of how people are handling economic difficulties? I substitute teach. I'm with a lot of young people who are hopeful. And it's a way for me to let them know what I see in them, because their parents may miss some strengths they have.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #793	30:00	14:15	L	PA/0	3/07/2016 3/08/2016 3/12/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Ken Goodgames. Financial literacy -- there are certain parts of the DFW community that struggle with financial literacy. About 60 percent of families have low credit scores. And about 30 percent of families are "unbanked" families, which means they have no savings or rainy-day funds. A sub-prime credit score is around 500, as you creep above 650-700 is really good. The submarket is hovering around 500 or below. That's considered sub-prime. What do we need to teach them about their credit score? We teach them lessons that match their savings. We have programs that teach women how to run their households better. But the problem is that people need to say that they really want to change their behavior. It does start with their mindset with how to handle money and their finances. What are some ways people can get out of debt? You just have to get in the habit of saving SOMETHING. And once you start, it gets easier and easier the more you do it. North Texans are 50th out of the 50 states in terms of the unbanked individuals. Often times people don't even know that there's help available. People often think it's a very private issue and they don't want to admit that they're struggling. There is a need out there, and organizations need to find and meet people where they are. It's people in all financial brackets. It takes away that stigma of being in a certain place and it APPEARS as if you have it all together. But we need to take that away and say let us help you. Not everybody has it all together. And even if they do, there can be a crisis. But there is help, and it's not the end of the world. The financial literacy gap between US civilians and veterans -- when they get out of the military, things change dramatically for them. And often times they don't know what to do with finances. Many times they haven't been taught how to do that. So they ask for grace and patience and help, to help them get to the point where they know what's out there that they can do. Programs and services that are available -- AIM programs, match-savings programs, debt management programs that we teach. Often times, if people don't take classes like that, there are options that are not better such as payday loans and predatory loans. How do we bridge together non-profit, for-profit, and faith-based organizations? We talk very explicitly about making sure we fill the gap. As we partner with other organizations, we find much more of a safety net. A lot of it too is needing to be more transparent, and understanding what the community impact is, who are we trying to help. And it's the whole community. We're moving from the one-on-one teaching approach to mobile devices and apps. Last year we touched about 100,000 people. We think that this year we can reach about 2 or 3 million with the use of mobile devices. How important is it for our community to be educated when it comes to financial literacy? It's extremely important. Often times, when people learn better behaviors, they can make better decisions.

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Economy	Joy in Our Town #793	30:00	14:15	L	PA/0	3/07/2016 3/08/2016 3/12/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Paul Goebel. Equipping students for college and financial prep. It's important to make sure they're ready all the things to get to college. It's great to include them in the whole process because they'll need to know the details. They need to know the level of investment and the cost to be there at college, that's a huge motivator. What are important things to help prepare them for economic challenges that they'll face in college. Set expectations. Not only about grades, but also about money. Give them clear expectations. Tell them exactly, specifically, what you want them to have. Be specific. Another tip for parents is sit down together and develop a spending plan. On the parent section of our website, we have a worksheet for parents. Creating a spending plan will alleviate a lot of the unknown, a lot of the uncertain. A tip for parents of incoming freshmen, is to remember that mistakes happen. Think back to when YOU were in college, and did you make a money mistake that you wish you hadn't. The majority of them nod their head and say they have. What about the way they go about paying for things. Cash, debit cards, etc. What we recommend is to really find the right approach, the right team, the right system. For some of our student employees, they're working on campus to get money for expenses. And most of their paychecks are actually going to the bank. For adults going to school, one of their first experiences is going to be sticker shock. It's more expensive than their previous experience. He went back when it was about 12 years between his undergraduate and his graduate. When he went back, he thought everyone was so young. It can be intimidating, but you realize that with your age and your life experience, you know more and you have that experience with you to help you. It's important for everyone to understand, for anyone pursuing a college degree, where there's a will, there will be a way. Job loss, financial hardships, for a parent who has a student in college, what advice do you give them? That's a challenge. And it's a challenge that many, many families have experienced unfortunately. What we try to teach them is that strong money management skills will see them through the best of times, but it will also see them through the hardest of times. You can also find cheaper ways to do things. Living off campus, etc. Explore all options. Our concern for our students is that it doesn't end at the sidewalk.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Economy	Joy in Our Town #794	30:00	14:15	L	PA/0	3/14/2016 3/15/2016	5:30PM 3:30AM

Our host Cheri Duckworth introduces our guest today, Pamela Villarreal with the National Center for Policy Analysis. The latest unemployment rate is 5%, the lowest since 2008. Oil prices are low. In Texas, jobs are created by the oil industry. But also there have been layoffs. Yet, Texas is not that low in unemployment compared to the rest of the country. How do we see the oil price affecting us here in Texas? We will have layoffs, 50,000 in the state. This is good for consumers, which makes a huge difference. In 2012, the price of oil was 4 dollars a gallon; that has been cut in half. What areas do you expect to have job increases? Business professionals, attorneys, software and hospitality. Oil prices have dropped air fares. Overall it sounds like good news. What are other things we can expect in the stock market? It is interesting when this happens. The stock market has outside influence. The dollar is stronger than other currencies so our exports go up. We can expect an uptake in demand. The worldwide demand has positive and negative effects. Do not take your stocks out now; this is not the time to panic. What would be wise for investments for people looking to retire? The wisest thing is to stay put. People who are aging are going back to work as they did not expect to need extra money. So it is good advice. What advice would you give to the younger population? You have decades to get into the habit of saving, even if it is just a little money. Bond markets aren't always safe as they may not keep up with the rate of inflation. Do not borrow for a 401k. Time is more important than the amount. It's never too late to start. It may be hard to think about saving when your starting salary is low and you have student debt. Just get into the habit of saving. You will earn more, and you can build on it. Is there anything we can be hopeful about in the news? The Dallas/Fort Worth area continues to add jobs. In your 50's you can continue to work. That age group has the lowest unemployment job rate. Look at the development and major corporations coming to north Texas. Toyota and State Farm are coming. Construction is everywhere. Housing is still a seller's market.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #784	30:00	14:15	L	PA/0	1/04/2016 1/05/2016 1/09/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Robbie Esteban. Cheri: What is your Mission? Robbie: Teaching adults to read. Cheri: Why do we need to have adult literacy in our community? Robbie: We provide English as a second language and math. We want families to have a foothold on getting out of poverty. Cheri: Talk to us about literacy rate. Robbie: What we know 1 in 5 cannot read, but expected to increase to 1 in 3 in the future. Cheri: How does it happen for an adult to never be able to read? Robbie: Only 11% graduating are ready for college and work-ready. So 89% are not ready. Sometimes there are underlining problems like dyslexia. Our programs help specifically with that. Once you give us a call, we will set up an appointment speaking to you about your personal story. We will then assess and put you in a class that is best fit for you. We tailor programs so that everyone can access them. Getting jobs starts with literacy, and confidence grows. Cheri: It effects our work force. It does help our community as a whole. Reading is a human right. Robbie: It helps people to know their rights as well. It is a human right to fully participate in society, so read for understanding and self-education. It is empowering. Cheri: It can be very scary to not know how to read and find this information for yourselves. What challenges do you face? Robbie: We make sure to hand things across the table and not down to a student. A student is never wrong, not a mistake. It's an opportunity for a student to grow. We remove shame from classes. It's about encouraging the effort. Cheri: What changes do you see? Robbie: A lady names Tanya, started classes in January to get her GED, but when she came to us, she was reading at a 2nd grade level. In 8 months she has improved 4 levels, huge changes in confidence and has a job and on track for management.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #785	30:00	14:15	L	PA/0	1/11/2016 1/12/2016	5:30PM 3:30AM

Our host Cheri Duckworth introduces our guest today, Edward L. Franklin. Cheri: So needed in our community for somewhere to go, what kind of programs do you offer? Edward: Weekly mentor programs, we want kids to be with us whenever they are not in school. Cheri: How do they get to you? Edward: We have our own campus, and satellite campuses. Our desire is to serve 1000 kids, but there are 4000 kids in our community so there is a great need. We try to expand, we are up by 40%, fall 2016 hoping to serve more. We try to connect with kids at a school level and community level, building relationships. Building that relationship means you earn the trust to speak into their lives. Cheri: Academic needs, what are the challenges? Edward: Over 50% of people in our community do not have a high school diploma, so it is not a priority in our community. We try teach kids that this is important in our society. Cheri: Their motivation can change if it is about more than just right now -- it's about the future. Edward: Motivate kids to lean on God, pray. It does wonders for the life of a child, takes them outside of themselves. We try to be a voice of hope. Cheri: What makes you unique? Edward: Our deliberate attempt to grow a child's faith, it is focused on Christian growth as well as academic and social. It is a means to an end, and our end is children who love and serve Christ forever. Cheri: What is the response from parents? Edward: All parents want their child to grow in their faith. We tell them we want to do that, and they welcome it with open arms. Most parents give that responsibility to churches, so we take that upon ourselves to help, as parenting is hard. Cheri: Do you hear feedback from teachers? Edward: Mostly from parents, when you encounter God your behavior changes. What teachers notice is behavior changes to less rowdy etc.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	Joy in Our Town #787	30:00	14:15	L	PA/0	1/25/2016 1/26/2016 1/30/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Michael Horne. The areas that KIPP serves right now: We will have 10 schools by 2020, we call the kids KIPPsters. They are our future leaders. Destiny should not be determined by demography. We believe kids should have the strong academics they deserve. Certain areas of our city do struggle more. That's just an unfortunate part of our society right now. Historically, what does this mean for the students to have someone coming into their area? We make sure we set high expectations. We do all the things to make sure our kids get all the things they need to succeed. The future is bright. To do that work, we need to address our academic needs. Kids, if they're in an environment where they're given attention, they thrive. We're growing to 10 schools, serving 5,000 students. Knowledge is power. Some of these kids may not have even considered that being a possibility. How exciting is that? What makes KIPP schools different? We are not tied by regulations and democracy. We take state tests, but we are innovative. We have a longer school day because we want to make sure we show them academics and character development. We're excited to have those freedoms so we can have those things to serve a child with what they best deserve and need. Have you seen someone come in who has never been taught some of the things you bring in? I think about our youngest kids, our Pre-K kids. Learning how to raise their hand and ask a question. Then we see our alums and how confident they are to manage their time. One of our 6th grade science teachers is one of our original KIPPsters. They know they are being taught by a KIPPster, someone who knows first-hand the power of having been a KIPPster. We know that education can sometimes be a struggle, so hearing all of this is great. What would you like to see from the kids in your program? We want them to see the connection between what they're learning and the application to life. We want to allow them to really take the dreams and visions they have and really see them realized. It's one thing for them to read it in a book or physically go where that takes place. For kids in the Dallas area who are involved in other public schools, how can they get involved with your school? Go to our website, visit a school, and talk to the teachers there. Are there specific requirements to go there? There are none. We are tuition-free, there's no testing to come, just come and fill out an application. I love the focus on the students. What about the parents? How do you partner with the parents? We believe that parent engagement is critical to the success of the student. We believe in a "3-legged stool," where the students, parents, and teachers all help to play a part in the student's success. The home visits, the parent engagement meetings, all things that we do to make sure the student is getting the education they need and deserve. It's important and nice to know that we have a voice in our child's education.

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Education	Joy in Our Town #791	30:00	14:15	L	PA/0	2/22/2016 2/23/2016 2/27/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Rebecca Walls. What do you all do? What are things that you give to the community? We've been talking to experts in the city and trying to bring that intersection together. Public education in greater Dallas. In a word, I would say that it's an emergency situation. Most high school students are not prepared for higher education once they graduate. Poverty is a big issue we face as well. A lot of what the church brings to the table are relationships. Mentoring is a great way, even earlier in a child's life, to start that. It's nice to have somebody on your side that's rooting for you and cheering for you. What are areas you're pinpointing? We work across the board to see how we can collectively make the biggest impact. That's something a lot of people are eager to do. Can you imagine the impact we'd have if teachers really supported the children? Many times teachers help the kids personally and care deeply about the students. Getting the word out for things like Pre-K is very important. There are organizations that help low-income families. You've got natural leadership. And we all need to take the opportunity to help the children. What about separation of church and state? That kind of scares the pastors a little bit. It means schools are not the first on their list to reach out into to the community. But we're not advocating for pastors to go in and preach in the schools. They're coming in just to help. There's a need that they're already asking for help for. And that is a great thing to do. It would be different if they were going in there and preaching or handing out Bibles. The church is not just a local church. It's all Christians. And they can be so helpful in building the long-term trust. What are the practical needs that you're meeting? We do tornado relief and disaster relief. Just in Garland they had devastating storms. We all do live in an area where we get hit by tornadoes and this is a real need for us. So knowing that these needs can be met is a really good thing. Having an avenue and knowing where to go to contact people is such a good thing. We are collecting information about church-based programs.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Education	700 Club CBN NewsWatch #02232016	1:00:00	5:00	REC	PA/0/E	02/23/2016	2:00PM

CBN News Reporter Heather Sells Reports: School districts across the country are scrambling to develop policies for transgender students. They're facing financial pressure from the Department of Education, which released updated guidelines applying to gender identity in 2014. The Department of Education's Office for Civil Rights says the non-discrimination clause in the 1972 Title IX civil rights law now extends to discrimination claims based on gender identity. It recently found that Township High School District 211 in Palatine, Illinois, violated the new guideline by denying a boy who became a transgender girl access to the girls' locker rooms. Instead, the district had arranged for the student to use separate facilities to change clothes for athletic activities and physical education classes. The DOE informed the school that those separate facilities did not comply with federal law and put Dist. 211 on notice that it could lose the millions of dollars it receives in federal funding. Outraged parents attended a school board meeting in December, urging the board not to settle with the DOE. Vicki Wilson and Lisa Moran formed the D211 Parents for Privacy activist group on Facebook in response to the threat. Alliance Defending Freedom attorney Matt Sharp says school districts across the country should proactively create transgender policies in light of the financial risk. The federal government typically pays \$1,200 to \$2,000 per student every year. At the same time, Sharp notes that so far, no court has interpreted Title IX as a requirement for schools to provide students with access to opposite-sex facilities. Creating policies that serve both transgender and non-transgender students is a complicated task. One issue: an open definition of what it means to be transgender. A case in Gloucester, Virginia, could set a national precedent. It started when a Gloucester High School girl who became a transgender boy told administrators he wanted to use the boys' bathrooms and locker rooms. The student, Gavin Grimm, had changed his name and appearance to look more masculine and told authorities that using the girls' facilities would make him feel like an outcast. Some of the Dist. 211 students are sympathetic to that concern. Sixteen-year-old Grimm has sued the Gloucester County schools over their restroom policy after administrators denied him access to the boys' bathroom. The American Civil Liberties Union filed his lawsuit in federal court in Norfolk, Virginia, last June and a judge agreed with the school board in September. The ACLU appealed to the 4th U.S. Circuit Court of Appeals in Richmond in October and a decision is expected in the next several months. Privacy advocates like Sharp believe that separate facilities represent the best solution for schools with transgender students. The Alliance Defending Freedom has developed a policy that schools can use as a starting point. Sharp disputes that such an accommodation is harmful for transgender students. School choice advocates like Dr. Neal McCluskey at the CATO Institute say that while the federal government should protect against discrimination, it should stay out of the transgender debate for now. In Illinois, Dist. 211 recently settled with the DOE. It built individual changing stalls in its locker rooms for transgender students. The move is a defeat for Wilson and Moran. They're urging other parents to get ready and take part in the debate. Giving students the ability to choose their bathroom and locker room is a social experiment most parents never dreamed would happen. With no scientific or legal definition of what it means to be transgender, many believe the new federal policy has left the door open for many difficult, awkward, and potentially abusive situations.

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Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Environment	Joy in Our Town #789	30:00	14:15	L	PA/0	2/09/2016 2/13/2016	3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Matt Grubisich. The Texas Tree Foundation's goal is to improve the quality of life in the whole of Texas. What are some of the major findings that affect us? Trees are worth a lot of money. Trees in the Dallas area are worth over 9 billion dollars in terms of storm water runoff and in terms of energy savings costs. Local developers play a huge role in this topic. If we don't plant these today, the trees won't be around for the next generation. We plant native and well-adapted trees. We do have some drought connections. Having the right trees that can handle our environment is so important. We can have flooding when we have large areas of concrete. The water hits that, radiates off of that pavement and it's hotter. 400 gallons of water it can capture and hold in the first 20 minutes of that rain event. Whenever someone is building a building or a home and they want to be sure they have a good canopy around their home, how far out do those trees need to be planted? What is a good solution for preventing trees from having to be pulled up? Where should you plant them? You want to plant them far enough away so the branches won't grow into the house and the roots won't interfere with the foundation. A landscaper can work with you to figure that out. Make sure you have a certified landscaper working with you. Sometimes it's the soil's fault. It's not always the tree. When choosing trees, what are some good ones to plant that will grow really fast? The ones that grow really fast are oftentimes weaker. The ones that grow slower are stronger. How important of a role do trees play in making sure that we have quality air? To me, it's what's coming out of the back-end of the tail pipe. And which helps air pollution the most. Trees clean the air. And a lot of times don't get the recognition that they deserve. Advice to make a wise decision when pulling a tree down. You can pull them down at any time. Cross timbers are the oldest trees in the community.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Environment	Joy in Our Town #791	30:00	14:15	L	PA/0	2/22/2016 2/23/2016 2/27/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Corey Troiani, TX Campaign for the Environment. We envision a TX free of pollution. Empower people to fight it through sustained grassroots organizing and shift corporate goals. Majority of staff are canvassers, generate 10s of thousands letters every year to put pressure on officials and use consumer pressure to make environmental changes. Constituent pressure or voter power work. Extended Producer Take-Back factoring in environmental costs of packaging into the production of a product. They can take the packaging back from consumers and reuse them, so they are better designed and greener and cleaner. Electronics recycling - what do I do with them? We pressured many companies and got them on board with taking electronics back and recycling them. Program: feel free to ask canvasser all sorts of questions -- that's what they are there for. There are a few retail locations that take back things you can recycle, that way you can just take things back to the place you bought them from. Many landfills are leaking in our state, and many sit next to groundwater and watersheds. We need to divert as much as we can from those landfills and from incinerators as possible so we can create stronger and greener economy in TX and the world. Some are turned off by the word "environment" but we are middle road and fight for stronger economy and the environment both. Batteries are the fastest growing waste stream in the world now, and new computers and phones come out every 6 months, and we need to find something to do with the old ones. Retail locations will take them back and some you can donate phones too and they will be retooled and fixed and given to those in need. Don't throw them away because we are throwing away gold and silver when we do. All of the major industry players of battery manufacturing are on board with recycling their products, so getting programs set up in stores will be awesome. Recently Dallas passed plastic bag ordinance. The city is making money and seeing a lot less plastic bag pollution which saves the state lots of money. Get involved, write letters to officials and leaders, participate in democratic process.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Environment	Joy in Our Town #792	30:00	14:15	L	PA/0	2/29/2016 3/01/2016 3/05/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Wendel Withrow. In DFW, this is home. There are a lot of natural areas, a lot of parks, a lot of greenbelts. There are many areas that need to be protected in order to survive. The Dallas-Fort Worth area is a concrete jungle. The first thing I would do is start in your own backyard. If you have enough people doing it, you can actually recreate the ecosystem. All things are connected, and your backyard is one of those places. There are lots of resources, the vegans, the vegetarians, will help you. They will fall over themselves to help you. Never give up, even if it fails the first time. Many gardeners plant somewhere, it doesn't make it, and you plant it somewhere else. You also have to contend with the weather. How did he become involved with the conservation movement? When he was young, Garland was like its own city. It was a different era, we could be pushed out the door in the morning and we wouldn't come home until dinner. And we were still as safe as 9 or 10 year old little boys could be. He mentions books, not titles, just authors. For 25 years he's tried to do his little part to conserve the little nature we have left. It's a big task, but it's just stewardship. We are all stewards of mother earth, of planet earth. What are some of the troubles that we run into in our environment? What are some of the obstacles? Certainly some of it is due to population growth. It's overpopulation growth in certain areas. We all want to be close to our family, friends, jobs. People want to live in DFW, Houston, Austin, San Antonio and Los Angeles for a lot of different reasons. Once you have that many cars, that's the problem, that's air pollution. Water supply and pollution, we have become a wasteful society. What can we do? Just quite wasting. We do create a lot of waste. The more people come into the area, the more waste we have. Using canvas bags instead of plastic bags. You're probably watering cement, going into the gutter. Check your sprinklers. The internet is great for finding how-to's everywhere. The water you use within your house, another large movement right now is the "buy local" movement. People want to support local businesses. The economy of scale. If everybody starts doing a little bit, when you multiply that by our large population, it makes a big difference. Something as simple as changing your fertilizer.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Environment	Joy in Our Town #796	30:00	14:15	L	PA/0	3/21/2016 3/22/2016 3/26/2016	5:30PM 4:00AM 2:30PM

Our host Cheri introduces our guest today, Jack Tidwell, NCTCOG. NCTCOG is a volunteer govt over 15 counties. They deal with transportation and water. There are 24 councils of gov in TX but NT is the best. "Of, for, and by our member local govns". If COGs work together it saves money and makes each COG stronger. Public Works Coordination is what they work hard on. Makes sure that there is infrastructure to hold the people. Center of developmental excellence is there to assist any new developments in looking forward and making sure they have all of the proper tools. C.L.Y.D.E. is an award for people who innovate excellently, and is based on walkability, transportation choices, healthy communities, etc. A panel of traditionally outside the area experts come in and judge. North Texas is going to double in population soon. If we do business as usual we will not meet market demands. Every part of this area needs to plan for the future. We need to do business better than usual. New water doesn't come around. Water we have now is going to be the same in the future. Water management is important.

The figure designated as Topic Segment Duration is based upon our good faith judgment and may not represent exact time.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	Joy in Our Town #785	30:00	14:15	L	PA/0	1/11/2016 1/12/2016	5:30PM 3:30AM

Our host Cheri Duckworth introduces our guest today, Noble Crawford. Cheri: Hope Farm, tell us about your mission. Noble: Moms and grandmothers raising boys without a father figure in their homes. We serve mostly African-Americans and Hispanics, where 80% do not have fathers. Cheri: How does it affect family units? Noble: Moms are nurturers, but when kids move from elementary to middle school, kids need fathers to discipline, for boys and girls too, particularly if she is working to make ends meet. She is depending on everyone else at school and community to help with kids. Cheri: What advice do you give moms and grandmothers? Noble: Allow kids to be mentored, boys to become men, coaches are a huge influence. Boys are attracted to the discipline. Expose kids to that kind of influence. Cheri: Of course we want daughters to have a father figure, why just boys? Noble: My background is in law enforcement, we know what the down side is. We experienced that the majority of youth that are in trouble are males. We want them to be good leaders, then women will follow them. If a boy is in a single family situation, he will take what he learns about how he treats a woman with him as an adult. If he fathers a child, he will take that model with him. Commitment is not in that family. Generations of broken families. Teach men to be men of God, men of integrity, to be responsible, all for the benefit of the family they will father. One of the challenges is a lack of vision, so many moms are focused on survival and not on 10 years down the road. If you want things to change you have to be intentional. We provide resources for them. Cheri: What are the responses from moms? Noble: Those who get it, love it.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	Joy in Our Town #788	30:00	14:15	L	PA/0	2/01/2016 2/02/2016 2/06/2016 2/08/2016	5:30PM 3:30AM 2:30PM 5:30PM

Our host Cheri Duckworth introduces our guest today, Alicia Farhat. Tells us about Brighter Bites, bring into inner cities. One day at a birthday party realized the kid wanted the blueberries rather than cake. So decided to Houston food bank. Food bank donation logistics, and produce started at one school one grade 150 students, expanded to Austin feeding 9000 families. Great beginning of a mom who saw the need. Pillars - food banks and health programs. Then thirdly, fun food experience, parents get a fun food sample. They also get nutrition booklets every 8 weeks, recipes utensils in kitchen etc. Why is so important to teach families about food? What's unique is that we don't just give them the produce but teach them about the food the nutrition and what to do with different foods. Getting kids excited about foods and parents know their money is used wisely as kids will eat it as they have tried it. How do families hear about the program? We go to schools, you can join the produce just come to us to get the produce, but website is a good way to get info. People don't know so being shown is wonderful what to do with food. School is the perfect environment.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	Joy in Our Town #790	30:00	14:15	L	PA/0	2/15/2016 2/20/2016	5:30PM 2:30PM

Our host Cheri Duckworth introduces our guest today, Diane Anderson. It's nice to have people on that talk about adoption and foster care. Talk to us about Tapestry and what you all do. We have a lot of people who want to adopt and foster and care for these kids, but when they get into the families, it can be really difficult. And what Tapestry is all about is showing the love of Jesus through parenting. What are some of the challenges if they've never received love or been in a home that's nurturing? We have to lead them by example by loving them every day. And you might see a lot of challenges. Some behavioral issues, some trust issues. How do you build that trust? They have no trust of any parent figure at all. So you have to start from the beginning with being consistent and saying you're going to love them no matter what. And a lot of their behavioral issues stem from those trust issues. We were founded by a couple from a church in Irving. They started a small home group ministry here in Irving. Irving Bible Church. What I love about them is that they knew this ministry needed to expand to all churches. They came across some interesting things. They are a part of 3 major conferences and partner with churches in those conferences. But their main focus is the local church. They give all resources for free. They don't hold anything back. Their guiding principles. The teaching guidelines they have. She and her husband teach a prepare class for people before they adopt children, and classes for people who are struggling in the process. They've taken from several different resources and it's very Biblically-based. She has 2 internationally adopted children. Every time she adopts a child, she is changed. She had to look at that child and think, what am I going to do? How am I going to help this child? They're all scared. They're on adrenaline. They're just surviving. They come with so many different issues. What she has realized is that you have to come to them. You have to know what are my issues, what does this child need? One of the basic things you can do is say, Ok, Lord, what can I do to meet this child's needs? What can I do for them? And when you open yourself up to all this knowledge, then you can bring them along with you and train them in a different way than is traditionally thought of. It's not always about us. It's about the child and they're lacking something and they're needing something that we're not providing for them. They read every children's adoption book that they could get their hands on. We did everything right. We did every strategy that he needed. Because his needs were different. And look past behavior and say what is it that my child needs right now? The child often sees things as rejection. We teach these tools, we practice parenting. Some of them work great, some of them don't. You have to figure out how to stay connected with your child. You have tools you can at least try. It's like trial and error sometimes. There are organizations that teach people. They work with churches, and you don't have to be a member, you can just go to the class.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	Joy in Our Town #795	30:00	14:15	L	PA/0	3/19/2016 3/22/2016	2:30PM 3:30AM

Our host Cheri Duckworth introduces our guest today, Jordan Corona. How Buckner serves families in Dallas. I do not do cases, but I do the media relations for Buckner. Buckner started in 1879, when R.C. Buckner moved to Texas after the civil war. We work on strengthening families in crisis or going through fostering or adoption. How do you serve adoption and foster? We better prepare them and help them make it happen. We help find temporary homes for children in the system. What does our family need to do to become a foster parent? What are the fears? There is a fear of older children with horror stories out there. But I have seen families with a great relationship that in turn makes it a great story. We have family transition programs and training for foster and adoption. We also have a pathway program to help single mothers get back on their feet, mentoring and academic counselling. There are a number of ways to reach out. So much of life has to do with grace and how we experience it every day. It is overwhelming if you are single, and to have that support is huge. Hope Center looks at families holistically. We have a fatherhood project. We are in 9 other cities. How can we make things better? So much is about broken relationships, how far apart people are who are below the poverty line close to money centers. You have a humanitarian aid center with volunteers. How does that work? You can volunteer to sort shoes or to deliver shoes in other countries. Many illnesses come from bare feet and also help people make it to school, etc. Simple things like shoes can change a person's life.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Family	700 Club CBN NewsWatch #01142016	1:00:00	5:00	REC	PA/0/E	01/14/2016	2:00PM

CBN News Washington Senior Correspondent Paul Strand Reports: When it comes to how Americans feel about abortion, the numbers aren't even close, especially on extreme positions. Only about 10 percent feel so strongly about life that they'd ban the procedure altogether. On the other end of the spectrum, only 10 percent refuse any restrictions on the practice. Meanwhile, polls show 80 percent are open to pursuing compromises that could reduce abortions. So does that willingness make them pro-life or pro-choice? But Camosy, author of *Beyond the Abortion Wars*, said the extremes have managed to rip the country in two. Christina Forrester, executive director of "Christian Democrats of America," regularly sees the hatred. In such an atmosphere, one strategy would be to appeal to the larger number instead of those on the 10 percent fringes. In order to move forward, Camosy reminds lawmakers they will likely have to support things they don't find totally acceptable. Only a little more than 1 percent of abortions deal with pregnancies caused by rape or incest. And a whopping 83 percent of Americans want those abortions kept legal. For many pro-choice Democrats, compromise means seeing some abortions banned. But Camosy says they'll find support, even among a majority of pro-choicers. Surveys confirm that point of view. Sixty-one percent of Americans would allow abortions in the first three months of pregnancy. Then numbers go down, with 27 percent allowing abortion in the second trimester and only 14 percent for the last three months. Forrester, a Democrat, says she would go earlier than the 20-week abortion ban many Republicans are pushing in Congress. Another part of this debate affecting families reaches into the workplace in terms of equality. Republicans would have to accept new rules or government incentives for employers, an expensive proposition. It means heavily-subsidized childcare when needed and guaranteed maternal leave. Both Forrester and Camosy said taking these measures would make having children more affordable and less stressful for women, which would help reduce abortions. This could also help if and when future abortion restrictions make it to the Supreme Court. In the past, justices have ruled such bans unconstitutional because they place "undue burdens" on women. If Republicans were to pay what it takes for most women to forsake abortions and Democrats would be willing to give on some restrictions, progress could finally take place and save lives.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #786	30:00	14:15	L	PA/0	1/18/2016 1/19/2016 1/23/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Kathy Lanier. Homelessness in the USA has overall decreased, but in Texas has increased. Average family intake is 24 thousand dollars a year which is not able to feed a family. Unemployment could be from illness, job loss; whatever is the cause of the crisis and how can we help them to get out of their crisis before we help with earning a livable wage. 30-40% of homelessness is families. 100% of families that come to us are under-employed. Cheri: Employment is an issue, what do you witness when it comes to the primary earners? Kathy: a lot of families have children 70%, about 45% of those are single parents making 11-12 dollars an hour. We help regain their hope by programs and spiritual counselling, Bibles and prayer. Cheri: How important is it having a sense of a community? Kathy: It is huge, most are embarrassed but community can encourage and having that is everything to them. Cheri: What can be done to prevent? Kathy: We really focus on getting people out of their crisis, then give employment counselling and benefits, and then slowly peel away benefits to get them skills to transition to taking care of their family. Also budget advice and financial planning. Cheri: How to contact you? Kathy: Call our number and our website, gives all our programming information. We also have affordable housing. 104 apartment units. Cheri: How do they know they qualify? Kathy: Our reception will help identify. Food pantry helps 17 different zip codes in northeast Dallas.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #787	30:00	14:15	L	PA/0	1/25/2016	5:30PM
						1/26/2016	3:30AM
						1/30/2016	2:30PM

Our host Cheri Duckworth introduces our guest today, Lara Gaither. We give birthday parties to homeless children. I'm so glad that we're there to change that for them because birthdays are a big deal. We partner with different shelters in North Texas. We're in Detroit, too. We come in every month and throw a really amazing birthday party for everyone. Some months we have a theme. They get a badge, cake, a toy, etc. It's so wonderful that we're able to give them this joy. I love that we're in so many cities and able to reach out and partner with people in local shelters and local cities. How does this work from a logistical standpoint? We are all about smart, sustainable growth. What we do is create consistency. If we're there in January, we'll be there for every month. We are in 20 different cities including Houston, Chicago and Kansas City. We are small, but mighty. We have a volunteer force that helps throw the amazing birthday parties. There are so many things that help give them an education. But this is also important, because they are having fun. We make them feel like they deserve to be celebrated. There's something powerful about having people tell you that you're valued and celebrated. How is this affecting the homeless children? The mothers in these homeless shelters, we don't want them to worry about how they're going to give their children a birthday party. We give these parents the tools that celebrate a child because it is a necessity. Yes, their basic needs are being met, but it's a whole other level to make them feel celebrated. Story of a 13-year-old boy who had never had a birthday party, who was very quiet and reserved for most of the party and wasn't used to the idea of being celebrated. And after the cake and presents, you could see a physical transformation that made him confident. That one birthday party was transformational for him. They've already seen enough turmoil in their lives. So how do we change that trajectory for them? It can be as simple as making them feel celebrated. A lot of our shelters allow us to bring other children to volunteer. You can bring your kids, which also makes the kids that we're celebrating have a sense of normalcy. It's a great lesson to teach the volunteer kids too, to be grateful for what they have. When you hear that there's a child that's homeless, you think how did that happen and how did they end up this way? A story of why one of the kids was homeless: A boy named Emmy and his mother were having a hard time. They showed up at the shelter. He had had one other birthday party besides when he turned 11, and that was when his mom took him to a buffet when he was 8. There was this relief for the mom. They had a big dance party celebration.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Homelessness	Joy in Our Town #794	30:00	14:15	L	PA/0	3/14/2016	5:30PM
						3/15/2016	3:30AM

Our host Cheri Duckworth introduces our guest today, Bruce Frankel. We are talking about homelessness in the city of Fort Worth. Surely this is not a problem? Fort Worth has grown, and the numbers below the poverty line have grown. Homeless means someone has been homeless for a length of time, and chronically homeless have been homeless for 6-8 months or longer, maybe for years. Serious mental illness or physical disability, and not capable of working are some reasons. Another big reason is the lack of affordable housing. We see so much housing, but to hear that it's not the case is surprising. The metroplex is still more affordable than other big cities. However, someone who isn't working with mainstream benefits cannot afford housing, even with a minimum-paying job. Young families are more stricken, uneducated. What do these people need? If they are willing, what is best? To be willing is the most important. No one wants to be homeless. So when they come to our program, which covers all of Tarrant County, we first interview them, then we get their history and health needs as well as mental health and addictions information. The first thing they do is assess their family situation and family re-unification, not having a community. Housing first then the rest of the problem. Whatever trauma they've had, if they have housing first, we find there is better long term success. Why is that? The people are confused, similar to PTSD, depressed and frightened. Once they feel safe and sanitary, it reduces fear and anxiety. Everyone has experienced an electrical outage. It can make you anxious, and after a while people are ready to go home, tired of not having a bed and being exposed to the elements. Imagine being like that all the time -- it is traumatic. What other services are available once they are placed in housing? They can expect a personal relationship with a case manager. They can enroll in local health clinics. They can relearn how to do basic things like cleaning, being a good neighbor, etc. Being homeless is more than not having a home -- it is not having a community.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Seniors	Joy in Our Town #784	30:00	14:15	L	PA/0	1/04/2016 1/05/2016 1/09/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Sabrina Porter. Sabrina: History of Juliette Fowler. Cheri: She left a legacy. Talk to us about how things have grown over the years. Sabrina: Early 70's the orphanage went away, when they had small group homes. When it went away so did some of Juliette's dreams. In the 90's, brought children back, so they are focusing on bringing children back. We started big brothers and sisters. We provide houses to foster parents. Cheri: How do you see this effect the spirit of seniors? Sabrina: Foster care allows inter-generational, feels like family. Cheri: What advice can you give people when looking for a senior? Sabrina: First, going in unannounced is a good thing. You can speak to a resident who really know what it is like. Food is important and life enrichment program. Our seniors want more than games, not like children. Enrich their lives by activities, or what they offer, in wellness programs, gyms and pools, we have them on site. Cheri: What about the need for more health care? Sabrina: Different levels of living, to being independent, to assisted living to fully skilled nursing care. We could not do it without volunteers. Cheri: How do we know what level they are at? Sabrina: We do testing on site by nurses or social workers.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Seniors	Joy in Our Town #786	30:00	14:15	L	PA/0	1/18/2016 1/19/2016 1/23/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Angela Bentle, MD. The elderly lose their independence as time goes by and they lose their memory. It can be scary. Some things are reversible or treatable like metabolic and thyroid issues. Alzheimer's is 60-80% of dementia out there. Other causes are alcohol or drug use, because it's a toxin that's attacking your brain. Sugar is also a big deal and problem as are processed foods because they can cause inflammation. Most elderly people do not develop dementia. Aging and dementia do not have to go hand in hand. Less than 1/3 of population develop dementia at all. Genes are not necessarily linked to Alzheimer's. You shouldn't worry about it if your grandma had it, it's not a sign you'll get it. Keep your mind sound. Do daily activity, mall walking. Social involvement, reading, doing puzzles other things to make your mind sharp. Also rest and regular sleep is important. Your regular checkups with doctor are good, have your heart looked at, physical exams once a year to make sure nothing is happening that is preventable. There are memory losses that aren't dementia (they are mild cognitive impairment--losing keys, etc.). There is natural aging forgetfulness. Dementia is more about forgetting to pay bills, forgetting how to dress themselves, not knowing names or faces of people they are familiar with. It's not always the patient that notices they are developing symptoms. If they are overly concerned with memory loss, they are most likely not developing dementia. Control blood pressure, because mini-strokes can cause dementia, also diabetes (has to do with diet and weight), family history of obesity (biggest reversible cause). Your mood and energy can be affected by your diet. Be active (socially, physically, and mentally). Berries, Brussels sprouts, omega 3, vitamin D, can all help.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Seniors	Joy in Our Town #790	30:00	14:15	L	PA/0	2/15/2016 2/20/2016	5:30PM 2:30PM

Our host Cheri Duckworth introduces our guests today, Vinsen Faris and Victoria Johnson. Cheri thanks them for what they do for the community. Who qualifies for Meals on Wheels? We're not socio-economically based, we're need-based. If someone has arthritis or can't get out of the house, they are often good candidates to receive Meals on Wheels. Or people who have moved in with their families. We see clients of all different abilities. A case manager will go out and determine if they are a good fit. It's so good that you bring a smile to their face. A lot of people are homebound and we are a good source of human contact for them. Elderly people and food insecurity. How can we have hunger here in North Texas? We do, we have a lot of it. We have people that are taking as many as 25 prescriptions a day. How do people find Meals on Wheels in their community? It's referrals mostly, we also partner with churches. Referrals can come with anyone. It can be a person that you used to see on Sundays that you no longer see anymore and you wonder what happened to them. Referrals: anyone can send a referral. With this wonderful social media, we help connect people to the Meals on Wheels in their community. A proven fact, keeping people in their home where they want to be is a lot cheaper than being somewhere else. And a person who is checked on regularly will be healthier. Wellness checks help people save medical money. It's wonderful to hear that people can stay home longer and that there are services out there to help them. Programs that are offered in addition to the meals. We have an AniMeals program, where we feed their animals as well. We make sure they are feeding themselves first and then feeding their pet. Sometimes they would share their food with their pet, so we give them pet food as well. We also help people understand the variety of services that are out there that they can access. It's so tough when you know someone who is experiencing dementia. It's really great to have that kind of education available. You often feel helpless because you can't help them. Meals on Wheels and your volunteers can. You all make things work because you have a lot of volunteers. We have people who come in on their days off of work during the holidays, and students who come in during the week.

Issues	Program Title	Program Duration	Segment Duration	Source	Type	Air Date	Time
Seniors	Joy in Our Town #792	30:00	14:15	L	PA/0	2/29/2016 3/01/2016 3/05/2016	5:30PM 3:30AM 2:30PM

Our host Cheri Duckworth introduces our guest today, Katherine Krause. Their organization, VNA, cares for our aging loved ones. They've been in existence for 81 years, and their goal is to help people age with dignity. What is the need in numbers? The hunger issue with seniors, out of all the US states, we are the fifth highest in terms of hunger in seniors. Right now, Meals on Wheels takes care and delivers to 4,700 homes in Dallas County, and we have 2,800 on a waiting list. Why do we have that high number? We have 10,000 people turning 65, so our population continues to grow, grow, grow. But the good thing about it is we have hundreds of people donating their time and money. Our oldest client was 107 years old, and she said they never forget about her. They always take care of her. It's a humbling experience to deliver Meals on Wheels, so we highly encourage you to do that. It's about the isolation more than the meal, or it's at least as important. Some people fall and can't get up, and without some Meals on Wheels people stopping by to check on them, they could die. For hospice care, you have to have a diagnosis of 6 months or less to live and decide that you are not going to get cured of treatment anymore. Chaplains, nurses, aides, surround you with guidance and love, to get yourself in a situation where you are living the best you can for the last 6 months. Preparing helps the people and families to know what to expect. It's never easy but it can be a beautiful experience. Medicare has been in existence for a long time. Some of the challenges that caregivers are facing: Number 1, as a caregiver, whether it's your spouse, or whether you are the child of an aging parent, you have help in the community. If you're not at the hospice level, you still have support. You have to take care of yourself first. Caregiving is a very consuming thing and if you don't take care of yourself you will not be able to take care of the other person. Many people are from a generation where they don't ask for help. So many times, it's someone calling on their behalf to have the caregiver get some support. Staying home, Medicare services, those needs are lined up and you know the costs of at home or long-term care, this is what Medicare will cover, this is what they won't. All of that can get very overwhelming. Make sure you're having the conversations. What are your parent's goals? Do they have an advanced directive? Do you have a will? Especially in the state of Texas, otherwise your relatives and beneficiaries when you've passed. Have a discussion with your older parents to find out what their goals are. Where do they want to be in their last year of life? We are still the same person when we're elderly that we were when we were young. The person that you are now, it's ok to make decisions and choose things now. Something else to know for the community? Long-term care. Medicare does not pay for most long-term services if you're aging in your home, unless you have a long-term policy, Medicare policy.