

THE QUARTERLY REPORT

Issue/
Problem

Program Title

Program
Duration

*Topic
Segment
Duration

Source

Type

Air-Date

Time

Trinity Broadcasting Network
Quarterly Report

January, February, March 2011

KDOR-TV BARTLESVILLE, OK

Ascertainment List
Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from TBN viewers,
printed media comprising newspaper and magazine publications whenever possible.*

Youth

Environment

Health

Minority

Substance Abuse

Civic Affairs

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>YOUTH</u>	JOY IN OUR TOWN#527	28:30	13:00	L	PA/O	1/07/11	12:00PM
						1/11/11	10:30AM
						1/13/11	2:30AM

Host Annica Thomas interviews Courtney Linsenmeyer-O'Brien, MHR, LPC, PhD talks about bullying. Bullying occurs at all ages. Any excursion of power: psychological, emotional, physical control over an individual. It occurs psychologically in adults. Kids bully for various reasons: to be accepted. Non confirmative to gender roles. Wanting to belong to a group is one of the biggest reasons. Teens bully, physically and verbally. Groups are more apt to do that. They do it online also. Kids can't escape it and it's public and most exploited. Stats: same in public and private school. Depression and anxiety in kids is a result. Parents can turn to a therapist, to the school because they have provisions they must abide by...there are no laws right now against bullying but laws are being worked on. Parents can talk to their kids and ask if peer relations in school if they are good. Instill trust in your child and ask them. Don't wait to your child to come to them. Communicate with your child. Ask them what is going on at school. Stay in tune with what is happening with their kids.

JOY IN OUR TOWN# 528	28:30	13:00	L	PA/O	1/14/11	12:00PM
					1/17/11	10:30AM
					1/18/11	2:30AM
					1/20/11	2:30AM
					1/25/11	3:00AM

Annica Thomas interviews Felecia Rowland from Margaret Hudson organization about teen pregnancy. Stats on teen pregnancy are getting worse. We rank 5th in the nation, we used to be 6th, a poor ranking. Teens ages 15-19, for every 1,000 teens 61.5 will become pregnant this year. We have a large percentage of Hispanics that do become pregnant, but the numbers are rising in every race and ethnicity. Risks with teen pregnancy: delivering early, low birth weight babies, teens try to hide their pregnancies so a lot of times we don't see a student until they are in their 2nd or third trimester so they don't have any prenatal care. It changes 3 generations, the mother, the baby and the parents of that young lady. It affect the economy, costs the nation \$9 Billion a year! In Oklahoma, it costs \$149 million a year due to the medical costs, welfare and incarceration. Sons of teen moms tend to become incarcerated. They need to be taught how to become parents. To prevent teen pregnancy: teens wish parents would talk to their kids about teen pregnancy. Use teachable moments with your kids about teen pregnancy. Education is so important.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
JOY IN OUR TOWN# 529		28:30	13:00	L	PA/O	1/21/11	12:00PM
						1/24/11	10:30AM
						1/25/11	2:30AM
						1/27/11	2:30AM

Host Annica Thomas interviews Carol Whitebrook of the Cherokee Area Council #469 Boy Scouts of America. A lot of boys don't have father figures in their home. 11 and up we see 95% of the role models are men to help develop young men into leaders. Children are always looking for strong men to give leadership and guidance. We try to impart character into the youth. So when they do something that's "off" we talk to them and learn from their mistakes, great teaching moments. Life skills that are taught: leadership but also practical skills for young men too is very important. Learning interview skills, teaches them how to record their accomplishments and put on a resume. Communication skills are important with their peers, adults.

JOY IN OUR TOWN# 532		28:30	13:00	L	PA/O	2/11/11	12:00PM
						2/14/11	10:30AM
						2/17/11	2:30AM

Host Annica Thomas interviews Rodney Gray, Youth at Heart. Gang violence, drop outs, teen pregnancy-all of these issues still remain today. But we've seen a drop in teen pregnancy in the last ten years and a drop in violent crime. The recession has hit and the schools have had to make cuts in teachers, so you have larger class sizes and then you see problems with employment. So budget has been hard to meet here. Education-if kids are going to have a hope they need to finish school. We still have 5,000 that drop out of high school every year. 870 kids don't even make it to high school. In low-income areas the problems are just magnified in every area. Tutorial programs help the kids so they are being helped. We want to see these kids go to higher education. Career exploration helps teens find out their interests and their career path. Mentoring is a solution also. These kids need someone to encourage them and believe in them.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Environment</u>	JOY IN OUR TOWN#527	28:30	13:00	L	PA/O	1/07/11	12:00PM
						1/11/11	10:30AM
						1/13/11	2:30AM

Annica Thomas interviews Claire Roby, Sustainable Crew Leader from Tulsa’s Young Professionals. Sustainability is more about than just protecting the natural environment; we want to balance economy and healthy communities or Planet, People and Profit to create a vibrant Tulsa. Part of sustainability is also creating a community where they want to live, say, you don’t have to drive your car so you save on emissions you walk and get some exercise or ride your bike. Giving an awareness of local produce or telling you what the most cost effective ways to reduce carbon emissions by running your ceiling fans in the summers or having any type of plants, at least 3 in your home and they clean your air. To live more green: change your light bulbs to compact fluorescents, start small, just do something today, purchase food locally, and engage in organizations to make a great impact.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 530	28:30	13:00	L	PA/O	1/28/11 1/31/11 2/03/11 2/08/11	12:00PM 10:30AM 2:30AM 3:30AM

Host Annica Thomas interviews Anna America from Up With Trees, Inc. Benefits trees give our community: beautification, but more importantly the environmental benefits are incredible. Trees clean the air, they help clean water, the shade protects pavement, save energy by the shade of trees. We have a difficult to grow things here in Tulsa. We have drought, freezing, extreme high temps, extreme heavy rains and winds so it's hard to get things to grow here. It's easier to grow trees in better environments but we need to plant trees to protect us from those types of environments. We lost tens of thousands of trees in the ice storm and for a number of years to come we will still lose trees for years to come. Losing all these trees hurt the environment in all these ways. Plant trees. Be sure to plant them in the right location, proper way, water thoroughly. Trees don't last forever. Established trees you think will last forever but they will die eventually so think ahead and start thinking about planting now to replace those trees. Do it on an ongoing basis.

JOY IN OUR TOWN#535	28:30	13:00	L	PA/O	3/07/11	10:30AM
----------------------------	--------------	--------------	----------	-------------	----------------	----------------

Host Annica Thomas interviews Becky Wheelus, Sustainable Tulsa. Sustainability is the interaction of people, profit and planet: Quality of life for all, the responsible economic growth and stewardship of the planet. Tulsa's could buy locally, you're not only helping out your community, and you are becoming an investor. For every dollar spent in the community that dollar gets reinvested 10x! Buy produce from farmer's markets, restaurants, etc. With recycling, find out what you can recycle and where to drop things off. There are more options. It's important to recycle, the more we recycle the more jobs that are created. It saves on the economy all the way around. To be greener transportation wise-car pool, ride your bike, walk if you can. A new thermostat can be a wise investment to regulate the heat and air. Compost.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#536	28:30	13:00	L	PA/O	3/11/11 3/14/11	12:00PM 10:30AM

Annica Thomas interviews Brett Fidler, City of Tulsa about environmental issues. Sustainability has 3 pieces: social justice, economic piece and politically viable. Anything you do should address all 3 of these. Natural gas: it's a great fuel for OK, it's locally produced and equipment to make it manufactured here. Right now, because of federal subsidies etc. we pay 50 cents per gallon so very cost effective and popular for large fleets of vehicles that travel a lot. The city has started to change over to CNG. It's a great alternative fuel. Vehicles tend to be more expensive at first so we're hoping to push it into the private sector. Biodiesel: availability isn't decent. CNG is a better fuel. Partnering with large fleets is an economic option.

	JOY IN OUR TOWN #538	28:30	13:00	L	PA/O	3/25/11 3/28/11	12:00PM 10:30AM
--	-----------------------------	--------------	--------------	----------	-------------	----------------------------	----------------------------

Host Annica Thomas interviews Christina Stallings, Project Learning Tree. A lot of people don't know we have forests here in Oklahoma. We are a forestry state. Started in 1925. Documenting the forest resources in the state and make suggestions, to manage, protect it and enhance it. The best time to plant a tree is 20 years ago, or it's right now. Protection involves things like fire. We have crews around the state for protection. We have subtle protection like insect outbreaks to look for. In Oklahoma City the pine trees are dying because of insect outbreak and that's slowly coming into Tulsa. We grow seedlings and educate people on how to manage forests. Education is key: reaching out to families and community members and we also do programs in schools for children for things like "Natural Resource Day." We talk about the importance of forestry resources. The benefits of trees: children are taught about "tree treasures". In 85 years you will use the products and benefits of about 100 trees. So in order to simply give back to the earth what you have used, plant about 100 trees.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Health	JOY IN OUR TOWN# 526	28:30	13:00	L	PA/O	1/03/11	10:30AM
						1/04/11	3:00AM
						1/06/11	2:30AM

Host Annica Thomas interviews Mary Benes, and Sharlene Dupee from the OK Chapter of the National MS Society. MS is a disease of the central nervous system. The myelin sheath that surrounds the fibers is attacked and eaten away and causes short circuits in people's walking or balance. We don't know the cause. Probably a combination of environmental, genetic, a virus...More than 400,000 nationwide and 4,000 in Oklahoma. Typically between ages 20-50 are diagnosed. Symptoms: numbness and tingling, vision, balance issues and walking issues. MRI's help diagnose MS but can be difficult to diagnose. 1 in 750 people can develop MS and if you have a family member your chances increase to 1 in 40. Being in a support group helps. There are two new treatments approved by the FDA. And there is a lot of research going on.

Health	JOY IN OUR TOWN# 529	28:30	13:00	L	PA/O	1/21/11	12:00PM
						1/24/11	10:30AM
						1/25/11	2:30AM
						1/27/11	2:30AM

Host Annica Thomas interviews Marilyn Cooper, RN, Osage County Health Dept. Right now diabetes is one of the most problematic diseases we have. Type 1, you can't prevent. You don't produce insulin. Type 2 is preventable. A lot of people have diabetes and they don't know it. See your doctor at least once a year. Symptoms: high thirst, weight loss for unknown reasons, going blind, vision problems, frequent urination, constant thirst. It's a difficult disease to treat. Everyone is different. If blood sugar is low, give them something sweet but then you must give them a protein to keep the sugar level up. Test your blood sugar throughout the day. Morning, after lunch or afternoon and then again in the evening before eating dinner.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 531	28:30	13:00	L	PA/O	2/04/11 2/07/11 2/10/11	12:00PM 10:30AM 2:30AM

Host Annica Thomas interviews Celsey Ross of the American Cancer Society. In 2010, over 18,000 people diagnosed with cancer. 7500 were expected to die from it so it's a huge need in our community. Cancer is an abnormal cell that overgrow and get out of control, we don't know why but we've made great strides to detect early and prevent cancer. Most cases of cancer don't have family history. Radiation, chemo, chemo in a pill form now are some treatments. Cancer prevention: don't smoke, exercise, eat well. This isn't a guarantee however. For women, get your pap's, mammograms; men get your PSA numbers. Support groups are great for caregivers and for the patient also.

	JOY IN OUR TOWN#534	28:30	13:00	L	PA/O	2/25/11	12:00PM
--	----------------------------	--------------	--------------	----------	-------------	----------------	----------------

Host Annica Thomas interviews Percy Brown, Oklahoma State University Wellness Center about tobacco use. Tobacco use causes so many problems in health: asthma, ear infections, to cancer and other diseases. 5,800 die every year in Oklahoma from tobacco related diseases. 2nd hand smoke causes even more problems. Dangers: those same diseases can occur to the person who inhales smoke. 100,000 people every year suffer problems from 2nd hand smoke and 700 in Oklahoma die from 2nd hand smoke exposure. Elderly and young are more susceptible to being affected by tobacco use by 2nd hand smoke. Avoid tobacco of all kinds. Get help if you're addicted. Quit all tobacco. Create tougher laws to reduce youth access to drugs and stringent laws for those who purchase tobacco for under age persons.

	JOY IN OUR TOWN#538	28:30	13:00	L	PA/O	3/25/11 3/28/11	12:00PM 10:30AM
--	----------------------------	--------------	--------------	----------	-------------	----------------------------------	----------------------------------

Host Annica Thomas interviews Stephen Eberle of the Indian Health Care Resource Center of Tulsa. Tulsa/Green Country we have a high pollen count, trees are blooming so a lot of people affected by tree pollen with Asthma and allergies. Factories affect air quality also. Car exhaust and bumper to bumper traffic. We have Ozone Alerts: it's a combo of heat and the fumes from Factories and the pollen from trees. If you have breathing concerns, this is not the ideal place to live. In your home: home inspections have shown filtration is the #1 issue, Replace your furnace filter every 3 months and purchase a good quality one. A pleated filter is the one to look for. They catch small micro particles. Change those every 3 months. Open the windows so fresh air can come in and the fresh air captures the contaminates in the home and cleans out the home. This is so important. Wipe your feet to stop the same dust particles from coming in the home.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
700 NewsWatch	Club CBN	1:00:00	6:00	REC	PA/O /E	01/06/20 11	12:00 PM
#010611							

Lori Johnson, CBN News Reporter, says resolving to live healthier in the new year is a great decision! If that's your goal, you should know studies show that the more specific you can be, the more likely you will reach your goal. Here are the top ten healthy habits for the new year:

1. Exercise. Exercising has both short-term and long-term benefits. Right away, it can improve your mood, reduce stress, and even make your brain work better. Over time, exercise can prevent health problems ranging from obesity and diabetes to heart disease and even cancer. Even with all these benefits, some 60 percent of Americans stay on the couch. If you'd like to be in the 40 percent of regular exercisers, psychologists say to focus on the first three weeks. Be encouraged that it will get easier! Studies have shown that any activity repeated daily becomes a habit after three weeks.
2. Eat a healthy breakfast. Preferably with protein, within 90 minutes of waking-up. This starts your metabolism for the day and also prevents you from getting too hungry and overeating later in the day.
3. Eat five servings of fruits and vegetables a day. One serving equals a 1/2 cup of cooked vegetables or a full cup of raw or leafy vegetables or one small whole fruit.
4. Avoid trans fats. Trans fats are found mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated," stay away.
5. Eat good fats. Omega-3s are found in foods like fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds, and flaxseed. These have been shown to reduce the risk of heart disease, improve your immunity, and reduce inflammation.
6. Avoid sugar. This is one of the toughest. Its negative laundry list runs from obesity to diabetes to heart disease and cancer. The average American consumes 135 pounds of sugar a year, compared with 109 pounds 20 years ago and only five pounds in the late 1800s!
7. Cleanse your hands often. Eating right and exercising aren't the only habits that keep you healthy. Did you know the best way to avoid getting sick is to keep your hands clean? When using hand sanitizer, make sure it's at least 60 percent alcohol, get in all those nooks and crannies, and rub your hands until they're dry. When using soap and water, lather-up for a full 20 seconds.
8. Practice good dental health. Believe it or not, periodontal infection contributes to heart disease, diabetes, and even premature, underweight births.
9. Get regular screening. The type of screenings you need depend on your age and gender, so consult with your doctor about which ones you need. Some of the most important ones include an annual physical, blood pressure, and cholesterol test, colonoscopy, mammogram, pap test, and prostate and skin cancer screening.
10. Get enough sleep. So at this time of year, when many of us vow to start afresh, take note of these habits to make 2011 your healthiest year yet.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
700 NewsWatch	Club CBN	1:00:00	5:00	REC	PA/O/ E	02/08/20 11	12:00 PM
#020811							

Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern climates. [Light therapy](#) is a very effective treatment and involves sitting in front of a specialized light box for 30 minutes a day. The box needs to have a power of 10,000 lux, which is more than 20 times stronger than the average light bulb. Beware though: Tanning beds are not an acceptable treatment because they emit ultraviolet rays. So say "no" to the tanning bed, but "yes" to the light box. And in addition to the light box, other ways to brighten up your life include: Using higher wattage light bulbs, installing a sky light, sitting closer to the window, trimming branches that block sunlight and simply opening the blinds. If you have SAD and work in a dark environment make it a point to spend a few minutes outside every hour or so. Although it's tempting for people with SAD to reach for their comforter, they should reach for their gym bag instead. Exercise is another great tool for fighting the effects of SAD. A cardiovascular workout pumps oxygen into the brain, making us alert and energetic. Exercise also releases endorphins, neurotransmitters that create a feeling of euphoria. So if you suffer from Seasonal Affective Disorder, or SAD, a few lifestyle changes can help you enjoy winter. And spring will be here before you know it!

*The figure designated as [Topic Segment Duration](#) is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
700 NewsWatch	Club CBN	1:00:00	5:00	REC	PA/O/ E	03/22/20 11	12:00 PM
#032211							

Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly drinks them. Energy drinks burst on the scene 20 years ago. They are now so popular, Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market. What's in these energy drinks that has them flying off the shelves? Mainly caffeine, at least the amount found in a strong cup of coffee, sometimes much more. The U.S. Food and Drug Administration only requires that manufacturers list the presence of caffeine in a product, not how much. Energy drinks can also be loaded with sugar -- a quarter-cup on average. Also, since they're marketed as dietary supplements, they often contain unregulated herbal stimulants like Taurine, Guarana, Creatine and B vitamins. Doctors say this can be a dangerous mix. In fact, the medical journal Pediatrics warns energy drinks can cause kids to suffer heart palpitations, seizures, strokes, and even sudden death. The pediatrician also tells his patients not to even drink one because they can be highly addictive. Energy drinks are often marketed to athletes for that extra boost. But they can pose even more problems for athletes than non-athletes, including increased blood pressure and serious dehydration. Because of that risk, many athletes who shy away from the energy drinks choose the sports drinks instead. But doctors warn that while sports drinks don't have the caffeine that energy drinks contain, they do have their own set of problems. For instance, sports drinks can corrode teeth even more than soda. The acid in sports drinks erodes the teeth from the first sip until 45 minutes after the last sip, when the saliva returns the mouth to its normal pH balance. So how many carbohydrates are in what you're drinking? It's on the bottle. But watch out -- that number is carbohydrates per serving. Many bottles contain two or more servings. So if you drink the whole bottle, you're consuming at least twice the number of carbohydrates on the label. So while Americans have more beverage choices than ever, doctors say don't be fooled. Just because a drink has a healthy image, that doesn't mean it's good for you.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor Doctor #280	to	28:30	28:30	REC	PA/O/ E	1/04/201 1	9:30 AM

Dr. Don Colbert talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

Doctor Doctor #284	to	28:30	28:30	REC	PA/O/ E	1/11/201 1	9:30 AM
-----------------------	----	-------	-------	-----	------------	---------------	---------

Dr. Dan Collins talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. **Dr. Clark Gerhart** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, There can be additional years of specialized study. It can take quite a few years to become a doctor.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
---------------------------	----------------------	-----------------------------	--	---------------	-------------	-----------------	-------------

Doctor Doctor #285	to	28:30	28:30	REC	PA/O/ E	1/18/201 1	9:30 AM
-----------------------	----	-------	-------	-----	------------	---------------	---------

Dr. James Krystosik talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or a food intolerance. It's important to identify the food and eliminate it from the diet. **Dr. John Fischer** talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. **Dr. Martin Finkelstein** talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.

Doctor Doctor #286	to	28:30	28:30	REC	PA/O/ E	1/25/201 1	9:30 AM
-----------------------	----	-------	-------	-----	------------	---------------	---------

Dr. Eric Braverman talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.

Doctor Doctor #287	to	28:30	28:30	REC	PA/O/ E	2/01/201 1	9:30 AM
-----------------------	----	-------	-------	-----	------------	---------------	---------

Dr. Jessica Setnick talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. **Dr. Teresa Carlson** talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. **Dr. Karen Bierman** talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
---------------------------	----------------------	-----------------------------	--	---------------	-------------	-----------------	-------------

Doctor Doctor #288	to	28:30	28:30	REC	PA/O/ E	2/8/2011	9:30 AM
-----------------------	----	-------	-------	-----	------------	----------	---------

Dr. Bettye Alston talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. **Dr. James Mittelberger** talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. **Dr. David Cawley** talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

Doctor Doctor #289	to	28:30	28:30	REC	PA/O/ E	2/15/201	9:30 AM
-----------------------	----	-------	-------	-----	------------	----------	---------

Dr. Mike Ronsisvalle talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. **Kay Spears** talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. **Dr. Dale Peterson** talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
---------------------------	----------------------	-----------------------------	--	---------------	-------------	-----------------	-------------

Doctor Doctor #290	to	28:30	28:30	REC	PA/O/ E	2/22/201 1	9:30 AM
-----------------------	----	-------	-------	-----	------------	---------------	---------

Lisa Buldo talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. **Dr. Ace Anglin** talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. **Dr. Glee Steele** talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.

Doctor Doctor #291	to	28:30	28:30	REC	PA/O/ E	3/08/201 1	9:30 AM
-----------------------	----	-------	-------	-----	------------	---------------	---------

Dr. Brian Nimphius talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. **Dr. Bob DeMaria** talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. **Dr. Bernice Gonzalez** talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor Doctor #292	to	28:30	28:30	REC	PA/O/ E	3/15/201 1	9:30 AM

Dr. Don Colbert talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. **Dr. Malcolm Hill** talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. **Dr. Kelafo Collie** talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

Doctor Doctor #293	to	28:30	28:30	REC	PA/O/ E	3/22/201 1	9:30 AM
-----------------------	----	-------	-------	-----	------------	---------------	---------

Dr. Tonya Lyons talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. **Dr. Gerard Guillory** talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. **Dr. Chris Lewis** talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Minority</u>	JOY IN OUR TOWN# # 528	28:30	13:00	L	PA/O	1/14/11	12:00PM
						1/17/11	10:30AM
						1/18/11	2:30AM
						1/20/11	2:30AM
						1/25/11	3:00AM

Annica Thomas interviews Jan Figart, MS, RN from Community Service Council of Greater Tulsa, Inc. about minority issues. Unique health challenges in the minority pop. In the next four years OK will cross over from minority / majority population. We have huge health issues some of them are related to: giving birth, pediatric care but in our adult population we are seeing heart disease, cancer, stroke and diabetes in a compared to the rest of the U.S. Life expectancy for a women is reduced by 10 yrs and 10 yrs for men in Oklahoma. We have incredible challenges here. A lot of times it's economics, can't afford basic health care, nutrition-some areas do not have a grocery store in their county so they don't get healthy vegetables, fruits. We are #1 in the US for heart disease, 38 in the number of people who have cancer particularly lung cancer, and infant mortality we are one of the highest, we are 7th in child abuse. Awareness is a key, recognition that we have control of changing our health. We have to choose to eat well, exercise, to seek healthcare on a preventative way, there is much individuals can do for themselves and their families.

JOY IN OUR TOWN#533	28:30	13:00	L	PA/O	2/18/11	12:00PM
					2/21/11	10:30AM
					2/24/11	2:30AM

Host Annica Thomas interviews Daniel Jeffries, Metropolitan Environment Trust (MET). Recycling is a big issue these days. It's up to us to keep the planet nice, it's our job to take care of it. The focus on energy savings and saving money is part of environmentalism. Electricity has sky rocketed so switch to fluorescent bulbs. Recycling creates more jobs than landfills do. Sustainability-new catch phrase. Taking what we are given and improving it for future generations. Planting trees is a lasting legacy to leave and helps the air quality and quality of life. Stay up to date on environment "news". More options are given all of the time so stay informed and talk to your friends about it.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

**Issue/
Problem**

<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
JOY IN OUR TOWN#535	28:30	13:00	L	PA/O	3/07/11	10:30AM

Host Annica Thomas interviews Milagros Cappelletti, LaCasa Hispana House of Bartlesville. Mainly the Hispanic community needs help but there are other minorities with need. They have education needs, translation help, health issues, transportation and immigration issues. The language barrier is a big problem. Most likely they need to go to English classes and they have courses for older people. Tutors are available. They need to take a class and try to resolve the communication problem.

**Substance
Abuse**

JOY IN OUR TOWN#530	28:30	13:00	L	PA/O	1/28/11	12:00PM
					1/31/11	10:30AM
					2/03/11	2:30AM
					2/08/11	3:30AM

Host Annica Thomas interviews Brad Collins, and Amanda Spriggs of Palmer Continuum of Care, Inc. Teen substance abuse is getting to a younger and younger age. They have access to drugs via the Internet, school or their parents medicine cabinet. Parents need to be a good role model. Don't drink or use alcohol or drugs around the kids. One of the most left out thing we do with kids is don't have solid boundaries. Have set boundaries. Don't allow them to use alcohol or drugs. Not all kids drink and use. Tell them it's not ok. Have consequences if it does occur. Reward good behavior. Teens have stressors that pushes them toward alcohol and/or drug use. Peer pressure, or abuses like physical, verbal, emotion or sexual abuse. Expectations imposed on kids can cause stressors. Treatment: holistic approach to treat the entire person. It's not just a disease of using but it permeates every aspect of life.

JOY IN OUR TOWN#531	28:30	13:00	L	PA/O	2/04/11	12:00PM
					2/07/11	10:30AM
					2/10/11	2:30AM

Host Annica Thomas interviews Robert Alves from H.O.W. Foundation. Formed for a way to get homeless alcoholics off of the street and put in a recovery program. Robert tells his story of alcoholism and drug addiction. You're not ready until you're ready to get clean. With men, their job is the last thing to go usually. Using people, doctor shopping for prescriptions for narcotics is a sign you have a problem, financial difficulties and even keeping your job, poor work history. Rehab-runs on authority, on time, you have to be open and willing to listen to other people. Admit you need to listen to other people and that you're not in control. Accountability and responsibility.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 532	28:30	13:00	L	PA/O	2/11/11 2/14/11 2/17/11	12:00PM 10:30AM 2:30AM

Host Annica Thomas interviews Vicki Baker from Recovery Plus Family Counseling Center. Meth is still on the rise, cocaine, crack and also the younger people are using a lot of pills. And we're seeing people addicted to the pain pills prescribed for pain. Alcohol abuse is common. It causes more body damage than even meth and cocaine. Genetic, biological, sociological and some psychological. Hard to give numbers for those who are addicted but they say out of every 10 clients, only 3 will stay sober. People use for a stress relief, they become hopeless and they also use for celebration. The younger generation is doing more and more drugs today. Family intervention-the addict can't do it. The family must step in. Get a professional involved, be willing to talk to a professional. Call professionals, get someone to help. The addict can't do this alone.

	JOY IN OUR TOWN#533	28:30	13:00	L	PA/O	2/18/11 2/21/11 2/24/11	12:00PM 10:30AM 2:30AM
--	----------------------------	--------------	--------------	----------	-------------	--	---

Host Annica Thomas interviews Bryan Day and Stevi Harper of 12 and 12. Addiction affects 10% of our population in Tulsa. So one out of every 10 people are in an addiction mode. We see a lot of different substances: a rise in opiates, alcohol is always a problem. Teens-higher rate of teens using opiates, they get into the medicine cabinet and sports injury so they are prescribed pain meds. Meth is about 7-8% of the pop. You can detox on your own but not recommended. There are medical risks stopping the drug. Best thing is to do it over a 5-7 day period where you are monitored.

	JOY IN OUR TOWN #534	28:30	13:00	L	PA/O	2/25/11	12:00PM
--	-----------------------------	--------------	--------------	----------	-------------	----------------	----------------

Host Annica Thomas interviews Tom Boone and Pamela D. Richardson from Tulsa County Drug Court. Oklahoma has the highest incarceration rate for women in America, 80% need treatment for substance abuse. The drug court is an alternative to incarceration. Help them *before* they have to go to prison. Treatment and rehabilitation model for these women. Some have mental health issues and substance abuse issues. This helps with the costs to our state as a whole. 70-80% of those incarcerated have some sort of addiction. Treatment works, incarceration doesn't. Three outcomes to substance abuse: recovery, incarcerated or death.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Civic Affairs</u>	JOY IN OUR TOWN#536	28:30	13:00	L	PA/O	3/11/11	12:00PM
						3/14/11	10:30AM

Annica Thomas interviews Mayor Ray Bowen and Trish Richey about civic affair issues. We've grown at a 56% rate. We are one of the fastest growing in Oklahoma. Regarding public safety, we had the worse snow storm in Oklahoma, with very little equipment, we did great. ODOT came and helped dig out Memorial and Tulsa County helped also. Citizens benefited. Pot Holes-we have a few, not as many as others. We are doing a lot of over lays and road construction. Finishing up a 4-lane on Memorial and Riverview, this is near the high school. The economy this year Bixby is up 9% and up for the year with the fiscal year starting in July and the last four months we've been up. No cuts have had to be made, we've done a good job of saving money and so we've not had to make cuts like other cities.

JOY IN OUR TOWN# 537	28:30	13:00	L	PA/O	3/18/11	12:00PM
					3/21/11	10:30AM
					3/24/11	2:30AM

Annica Thomas interviews Zaida Kepford from the Tulsa Hispanic Resource Assoc. Over 55,000 in Tulsa are Hispanic, 97% increase in the Tulsa community and 147% increase in Broken Arrow. The population has outgrown the native American population. There was a need for the community to have social service professionals to share information for networking, resource sharing, and so forth. Work shops regarding health and immigration are held. Under insured and under insured is a big problem in the community so we hold health fair so those can receive the treatments they need. Information and education is given. Mammograms and other screenings are given. Suicides have been prevented because of health screening.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 526	28:30	13:00	L	PA/O	1/03/11 1/04/11 1/06/11	10:30AM 3:00AM 2:30AM

Annica Thomas interviews Robert Morton, Mayor of the City of Coweta. Coweta is under a city charter so we have council members elected by the citizens and the council hires a city manager in charge of the day to day city government. The mayor is elected by the city council. In 70 and 80s the expressway helped us grow from 1700 to 9.000. We were outgrowing our infrastructure, our water treatment center and sewer treatment and distribution of water...so we've been able to work on the infrastructure problems and after the economic downturn things will come back up. Sales tax has been flat this entire year and we're just starting to see a sales tax increase of 5% last month.

Roll in Clip	JOY IN OUR TOWN	28:30	:30	L	PA/O	1/21/11	12:00PM
						1/25/11	3:30AM
						1/31/11	10:30AM
						2/01/11	3:30AM
						2/08/11	3:30AM
						3/7/11	10:30AM
						3/11/11	10:30AM
						3/21/11	10:30AM

Roll in clip of car accidents. Every wreck has a story; you are the authority of yours. It's more than just the law. The Oklahoma Highway Department's Officer Timmons encourages Oklahomans to Buckle up. Truck-OK highway.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

Issue/
Problem

Program Title

Program
Duration

*Topic
Segment
Duration

Source

Type

Air-Date

Time

Trinity Broadcasting Network
Quarterly Report

April, May, June 2011

KDOR-TV BARTLESVILLE, OK

Ascertainment List
Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from TBN viewers,
printed media comprising newspaper and magazine publications whenever possible.*

Public Safety

Economy

Health

Education

Family

Civic Affairs

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Public Safety</u>	JOY IN OUR TOWN#539	28:30	13:00	L	PA/O	4/01/11	12:00PM
						4/04/11	10:30AM
						4/07/11	2:30AM
						4/14/11	3:00AM

Host Annica Thomas Tim Lovell, Executive Director, of Tulsa Partners, Inc. Oklahoma experiences a lot of natural disasters: Floods, earthquakes, tornadoes, wild fires. Wild Fires: because of the high drought conditions, don't drive through smoke on the road. If you have a wild fire near your home, listen to the radio/tv and listen to what the emergency mgmt. tell you to do. Have documents and other things ready to go (that you want to save from a fire.) Have a family safety kit prepared. Get a safety room installed in your home. Have a plan in place for your family in case a disaster does happen. Public education campaigns is something we are doing to educate the community about what to do. Even have a plan for your pet. Extra food, water available for them also in your family safety kit. Prepare children by talking to them. Practice your plan. Have a fire drill at home. Help the children know what to do during a disaster. Have a children's kit also including some of their toys, coloring books.

JOY IN OUR TOWN# 541	28:30	13:00	L	PA/O	4/15/11	12:00PM
					4/21/11	11:30AM

Annica Thomas interviews Tom Hufford, Tulsa Fire Dept. Safety education is a way to prevent unnecessary deaths in young children. The key is community safety education. Smoke detectors are very important. One recliner chair's smoke can kill everyone in the house in 3.5 minutes. Smoke goes up, so crawl under smoke. Get out and get out fast. Make sure your smoke alarms work. Check it every month and replace batteries twice a year. After 8 yrs, your smoke alarm isn't reliable, the sensors go bad. Treating burns: cool the burn with water. If it blisters, see your physician.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 542	28:30	13:00	L	PA/O	4/25/11 4/28/11	10:30AM 2:30AM

Host Annica Thomas interviews Brook Arbeitman, Public Affairs Coordinator, OK Office of Homeland Security. Homeland security begins at home. A lot our citizens should be proactive and take it seriously preparing for a disaster. It doesn't matter the time of the year, a disaster can happen so be prepared. If you're prepared for a natural disaster you'll be prepared for a terrorist attack. Wild fires: plan for it the same way. Follow instructions from your public safety people; sense of urgency, don't go through your home collecting items to take with you. Have a neighborhood meeting spot with your loved ones. You all may not be at the home when a disaster strikes. Cell phones don't always work. Tornadoes: severe weather season having a kit of supplies. The kit should contain: canned food items, food opener, water, blanket, flash light, but contain it in one area. It needs to contain enough food for 3 days. Non perishable items. One gallon of water per person per day. If you have pets, have water for them also. A wrench in case you have to shut off utilities at home. Boots.

	JOY IN OUR TOWN# 545	28:30	13:00	L	PA/O	5/13/11 5/16/11	12:00PM 10:30AM
--	-----------------------------	--------------	--------------	----------	-------------	----------------------------	----------------------------

Host Annica Thomas interviews Roger Joliff, Interim Director, Tulsa Area Emergency Management Agency. Preparedness is the first stage to prepare for a disaster; response is immediately after an event; recovery is over the longer term; and finally mitigation takes place throughout the last 3 phases to lessen the effects a disaster could cause. In Oklahoma tornadoes are a real concern, flooding threats, heat, drought, winter storms, ice storms, wild fires these are some of the natural disasters we deal with here in Oklahoma. Technological disasters would be a truck carrying hazardous waste spills on the road. Terrorism acts also. Family preparedness: have a radio, family kit, critical insurance papers with you. Each family has to have a plan of where they go in case their home is destroyed. Have a list of phone numbers.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#548	28:30	13:00	L	PA/O	6/03/11 6/06/11 6/07/11 6/09/11	12:00PM 10:30AM 3:00AM 2:30AM

Host Annica Thomas interviews Kaylene Keener, Director of Community Preparedness, Tulsa Red Cross. Prepare now *before* tornado season hits. Prepare a family safety kit. Be prepared to evacuate your home for various reasons. Say a house fire. Things to put in your kit: bottled water, non-perishable foods, pet food if you have a pet, any medicines you need, baby food, diapers, toys, coloring books, crayons, canned food, can opener, flash light and batteries, family first aid kit. Have enough food and water for 3 days. Best way to plan with the family for a disaster is make a plan. How would you leave the home if there was a fire. Think about before a disaster happens. Practice "escaping" your home with the kids.

	JOY IN OUR TOWN#551	28:30	13:00	L	PA/O	6/24/11 6/27/11 6/30/11	12:00PM 10:30AM 2:30AM
--	----------------------------	--------------	--------------	----------	-------------	--	---

Host Annica interviews Kary Cox, Director of Emergency Mgmt., Bartlesville/Washington County Emergency Management. We've already had tornadoes and wild fires. Now Oklahoma is third in the nation for federally ranked disasters. Everyone needs to prepare for emergencies. Businesses and other organizations need to prepare. Schools need to prepare. Each person is responsible for their own safety. Preparedness steps help you survive and come through an event easier. It also helps relieve the burden on emergency services from being overwhelmed during a disaster. Have a first aid kit, a battery operated radio, if you wear prescription glasses put your old one in the disaster supplies kit, medications, formula and diapers if you have an infant, things to take care of your pets and other items to help you the first few days after an emergency.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Economy</u>	JOY IN OUR TOWN#540	28:30	13:00	L	PA/O	4/08/11	12:00PM
						4/11/11	10:30AM
						4/12/11	3:00AM
						4/14/11	2:30AM

Annica Thomas interviews David Blatt, Director of Public Policy Institute. Oklahoma is seeing signs of recovery from the worst of the downturn but it's a slow and halting recovery. The employment rate reached a high of 7% but we are still close to that 7% with a 6.5%. Some people have given up and are not even looking for employment. Many are under employed. Trends are moving in the other direction. 2013 to 2014 till we see the large # of jobless finding jobs is predicted. Sales Tax revenues are rising so we are climbing back up. Oklahoma's oil prices are a strength; a lot of oil drilling, and natural gas prices remained much weaker. Oklahoma foreclosures still remain high, 20-30% higher than years ago.

JOY IN OUR TOWN# 546	28:30	13:00	L	PA/O	5/20/11	12:00PM
					5/23/11	10:30AM
					5/26/11	2:30AM

Host Annica Thomas interviews Bob Ball, Economist, Tulsa Metro Chamber. Tulsa's economy is doing quite well. Tulsa is 12% below US average, 11% below cost of living, home owner pricing is stable. Careless mortgage lending hurt many other states but in Oklahoma, we're pretty conservative so we didn't have this problem. Unemployment rate is 7.7% as of Jan. 2011. This isn't a big problem because of the seasonal factor, Christmas season is done. The U.S. economy is 9.6% so we've been consistently 2 percentage points under that. The recession ended in June 2009 across the country and many people have difficulty believing that but recessions are always jobless recovery. Hiring has just begun to show in the Tulsa market. The first step toward that is hiring temporary work. It's a real key in the economy. That number is up by 14%.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#549	28:30	13:00	L	PA/O	6/10/11 6/13/11 6/16/11	12:00PM 10:30AM 2:30AM

Host Annica Thomas interviews Mike Bunney, Economic Development Director, City of Tulsa. Tulsa's economy has been diverse enough to handle the downturn. It's starting to rebound. Businesses are starting to hire. In terms of foreclosures, Tulsa is surviving the recession very well. Unemployment is still in the high end of the single digits but hiring is taking place. We have started on the growth trend. Oklahoma because of our unique history with the oil bust of the 80s, we've probably become a little more conservative in our lending practices. The real estate frenzy didn't happen here. It served us well. Housing prices are stable. People are able to stay in their homes. Our economy is based on agriculture, oil/gas, aerospace : we know these industries well.

	JOY IN OUR TOWN#550	28:30	13:00	L	PA/O	6/17/11 6/20/11 6/23/11	12:00PM 10:30AM 2:30AM
--	----------------------------	--------------	--------------	----------	-------------	--	---------------------------------------

Annica Thomas interviews Doug Bonebrake, Mayor and Warren Lehr, City Mgr. of Owasso. We've had our dips like any city has. We haven't had to reduce work force or have any furloughs. The sales tax is up over 2% from last year but signs of recovery. The new campus is on the way and more retail expansion so the city is starting to move back in the right direction. The city does very well in the retail world drawing in other shoppers from the surrounding communities. 80% come from others who aren't Owasso residents. We must be doing something right to get folks to come and shop at Owasso. Much of our retail development is new and it looks brand new. Some people are just finding us and realizing we have a shopping experience closer to home compared to Tulsa. Encourage citizens to "Buy Owasso" campaign.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Health</u>	JOY IN OUR TOWN# 539	28:30	13:00	L	PA/O	4/01/11	12:00PM
						4/04/11	10:30AM
						4/07/11	2:30AM
						4/14/11	3:00AM

Host Annica Thomas Jyl Curry, Director of Health promotions from American Lung Association...3 areas of need: tobacco issues, asthma, air quality in Oklahoma. Focus on preventing behaviors that will be poor for lung health, air quality etc. Lung health issues we look mostly at tobacco. It has the poorest health outcomes but we can change this. Lung cancer specifically and other cancers are a cause of tobacco use. So if behaviors change we can lower the outcome of cancers. Here in Oklahoma, about 1 in 4 people smoke or use tobacco. We are one of the highest smoking state. Asthma is very prevalent here and in Oklahoma 1 in 6 children have Asthma. We try to educate triggers of Asthma to educate the people. Environmental exposures and genetic components can lead to asthma also. Treatment: asthma is not curable but best way is by management. Have a strong relationship with health care provider, use medicine appropriately and find out what triggers there are for asthma. Tobacco smoke is one potential asthma trigger, so if you avoid cigarette smoke than you'll avoid an asthma attack. Don't smoke or expose yourself or family to tobacco smoke.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 540	28:30	13:00	L	PA/O	4/08/11	12:00PM
						4/11/11	10:30AM
						4/12/11	3:00AM
						4/14/11	2:30AM

Host Annica Thomas interviews Nicole English, Program Coordinator for Metropolitan Tulsa Urban League. Infant mortality is the death of a child in the first yr of life. In 2005-2007, 253 infants died before one year of age. That's a lot. Averages out 8.8 deaths /1,000 live births. Oklahoma is high in infant mortality. It seems to affect African American's more. In 2005-2007: African American's 18.5; Hispanic 5.8 and American Indian and Caucasian were the same at 7.2%. So race does have an impact on infant mortality. Prenatal care, in 2005-2007, the percentage that did not receive prenatal care was 28.4%. Lack of prenatal care is a huge problem in our community. Very important to go to the doctor. Tobacco use. Quit smoking not just during pregnancy but even after. Solution: attend a regular doctor's appointments during the course of the pregnancy; take prenatal vitamins and folic acid, this can prevent birth defects, and the mom needs extra nutrition during this time also; Alleviate stress if they can. Exercise. Have a healthy diet, avoid junk food, eat whole grains, fresh fruit, vegetables. Proper dental care is a need also.

	JOY IN OUR TOWN# 541	28:30	13:00	L	PA/O	4/15/11	12:00PM
						4/21/11	11:30AM

Host Annica Thomas interviews Pam Rask, Division Mgr. of Health promotions at the Tulsa Health Dept. Child obesity is a growing problem in our community. Trying to encourage people to incorporate physical activity and healthy eating habits. Stats: Oklahoma is still really bad. We have an "F" in Oklahoma in fruit and vegetable consumption, a "D" in being overweight. Kids age 10-13 are 33.9% overweight. So we still have a long way to go. As early as 2000, we were a "B". We're doing poorly now but we are making changes. Fast food restaurants are giving healthier options. Obesity affects the health: increase for heart disease, stroke, respiratory issues, sleep issues, diabetes is a huge risk factor. A lot of parents are working outside the home, so kids stay home after school and so they are playing video games, watching TV, etc. more Sedentary lifestyle.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#543	28:30	13:00	L	PA/O	4/29/11 5/02/11 5/03/11 5/05/11	12:00PM 10:30PM 3:00AM 2:30AM

Host Annica Thomas interviews Denyce Willis, Alzheimer's Association OK & AR Chapter. Subtle symptoms in the beginning. There are 7 stages. No one really notices except very close friends. It's like a short-term memory loss. In OK 70,000 families are affected with Alzheimer's. It's very widespread. It can affect any age. More and more it's affecting younger people. A small percentage affects younger people. Affecting many baby boomers. This health crisis could bankrupt the healthcare system. 10 warning signs: short-term memory loss; trouble with things they've always known; mood and personality and socialization are a few things to look for. Prevention: lifestyle, eating healthy, exercise, brain exercises like memory games.

	JOY IN OUR TOWN#544	28:30	13:00	L	PA/O	5/06/11 5/09/11 5/10/11 5/12/11	12:00PM 10:30AM 3:00AM 2:30AM
--	----------------------------	--------------	--------------	----------	-------------	--	--

Host Annica Thomas interviews Phil Van Stavern, Interim Chief Operation Officer, LifeShare Transplant Donor Services of OK. 110,000 American's are on the transplant waiting list and without transplants many, up to 7,000 die because they need an organ transplant in order to survive. 80% of the National waiting list are people waiting for kidney transplants. Kidney failure can be controlled by dialysis. Uncontrolled high blood pressure can cause organ failures. Some people are born with specific diseases so they need transplants like cystic fibrosis. They'll eventually need lung transplants. Diabetes cause many failures in kidneys also.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#546	28:30	13:00	L	PA/O	5/20/11 5/23/11 5/26/11	12:00PM 10:30AM 2:30AM

Host Annica Thomas interviews Lore Phillips, Executive Director, Older Citizen’s Services, Inc. in Bartlesville. Nowata county 2400 of 10,000 are over 60 and 1300 of the county are in rural isolation and have limited resources. 420 are at risk of being institutionalized or put in nursing homes. It’s a big need. Budget cuts have hit 3% cut across the board. Seniors are on waiting list for food services. Congregate settings are important because without them seniors wouldn’t get socialization. Nutritionally 1/3 of the guidelines are met for the seniors to eat healthy. For a good daily diet, about 3 oz. of lean protein, small starch, a vegetable and a fresh fruit. Exercise is important for seniors. Seniors can wear a pedometer to record how many steps they take a day.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

Issue/
Problem

Program Title

Program
Duration

*Topic
Segment
Duration

Source

Type

Air-Date

Time

700 Club CBN 1:00:00 6:00 REC PA/O/E 06/16/2011 12:00 PM
NewsWatch
#010611

Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor to Doctor #295		28:30	28:30	REC	PA/O/ E	4/05/2011	11:30 AM

Dr. Eric Braverman talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

Doctor to Doctor #296		28:30	28:30	REC	PA/O/ E	4/12/2011	11:30 AM
-----------------------	--	-------	-------	-----	------------	-----------	----------

Dr. Scott Hannen talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. **Dr. John Fisher** talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. **Dr. Ross Dorsett** talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor to Doctor #297		28:30	28:30	REC	PA/O/E	4/26/2011	11:30 AM

Dr. Mike Ronsisvalle talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. **Dr. James Mittelberger** talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. **Dr. Glen Steele** talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

Doctor to Doctor #298		28:30	28:30	REC	PA/O/E	5/03/2011	11:30 AM
-----------------------	--	-------	-------	-----	--------	-----------	----------

Lisa Buldo talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	Doctor to Doctor #299	28:30	28:30	REC	PA/O/E	5/10/2011	11:30 AM

Dr. Christopher Chen talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

Doctor to Doctor #300	28:30	28:30	REC	PA/O/E	5/17/2011	11:30 AM
-----------------------	-------	-------	-----	--------	-----------	----------

Dr. Marc Unterman talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor #301	to Doctor	28:30	28:30	REC	PA/O/E	5/24/2011	11:30 AM

Dr. Doreen Lewis talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. **Dr. George Alonso** talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. **Dr. Abinash Achrekar** talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.

Doctor #302	to Doctor	28:30	28:30	REC	PA/O/E	5/31/2011	11:30 AM
-------------	-----------	-------	-------	-----	--------	-----------	----------

Eric Braverman talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. **Dr. Nicole Gordon-Moton** talked about colon cancer. It is the 3rd most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. **Dr. David Cawley** talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor #303	to Doctor	28:30	28:30	REC	PA/O/E	6/07/2011	11:30 AM

Dr. Tonya Lyons Anderson talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. **Dr. Randy Burden** talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. **Dr. Bernice Gonzalez** talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.

Doctor #304	to Doctor	28:30	28:30	REC	PA/O/E	6/14/2011	11:30 AM
-------------	-----------	-------	-------	-----	--------	-----------	----------

Dr. Ace Anglin talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. **Dr. James Krystosik** talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. **Jannie Wolff** talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor #305	to Doctor	28:30	28:30	REC	PA/O/E	6/21/2011	11:30 AM
	<p>Dr. Valerie Saxon talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. Dr. Bill Williams talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. Dr. Dale Peterson talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.</p>						
<u>Education</u>	JOY IN OUR TOWN # 542	28:30	13:00	L	PA/O	4/22/11 4/25/11 4/28/11	12:00PM 10:30AM 2:30AM

Annica Thomas interviews Principal Tammy Shepherd, MS Ed., NBCT, Copan Public School. Education state wide is a high priority right now. Huge issues with finance and school funding right now. Education has changed to help students get ready for college. No Child Left Behind is probably going to under go some serious revisions. We don't really know what's going to happen with it. We're seeing the affects of accountability. More testing and more analysis to see if it's working or not. Core Curriculum is a big issue right now. There's been a movement to move from state passed objectives to national objectives....so we can compare Oklahoma kids to kids across the nation. This came into being about a year ago so implementation date is 2014 so we're going to have a few years of transition. Teaching "the test" is unethical; teaching "to the test" is smart. Good teachers focus on the state passed objectives and now the national objectives.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#544	28:30	13:00	L	PA/O	5/06/11 5/09/11 5/10/11 5/12/11	12:00PM 10:30AM 3:00AM 2:30AM

Host Annica Thomas interviews Jan Boomer, Community Resource Coordinator, Delaware Child Development. Most critical years are 0-3, because brain development is at its peak in a child. By age 4, 90% of a child's brain is developed. Positive experiences are *crucial* at this age and so vital at this age for success in the child later in life. Early literacy is so important in the child's growth in language and socially and emotionally so they can relate to people all through life. Parents can do an amazing job of making sure the child is successful. Parents can read, sing, play and talk to their child. Hold them close, keep that attachment strong. These are real strong bonding times with their child that translates to the child that they are special.

	JOY IN OUR TOWN#547	28:30	13:00	L	PA/O	5/27/11 6/03/11 6/09/11	12:00PM 2:30AM 3:00AM
--	----------------------------	--------------	--------------	----------	-------------	--	--

Host Annica Thomas interviews Kim Macy, Lead Clinician, Sooner Start. Kids need a head start and if they have any special services after they reach kindergarten then services are available. There is a developmental check list: a child that's not sitting up or starting to crawl by 6-9 months, walking around a year to 15 months, first words around a year and looking at the overall development of the child. It's really important for early identification of developmental problems. Look at where the child is spending their time, they do best with a natural environment that they are familiar with. Helping parents recognize what their child is or isn't doing so they can help their child catch up. Routine based intervention: find things the family is already doing with the child and incorporate those things into helping the child.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#551	28:30	13:00	L	PA/O	6/24/11 6/27/11 6/30/11	12:00PM 10:30AM 2:30AM

Host Annica interviews Kathy Quick, NCSP, School Psychologist for Bartlesville Schools. Work with teachers, parents and administrators to help children be more successful in school. Design activities and programs to help a child be more successful if they have academic problems or anger or mental health disorders. We can help prevent these issues from becoming barriers to their education. What makes a successful student? Each child is unique they each bring different skills that are unique to them. If they learn these things they can become more successful and self directed to meet their educational goals: They are prepared, good night's rest, good breakfast, they are strong and healthy, any health issues have been taken care of. They are sufficiently dressed for the weather. A prompt student and are ready to start when the teacher begins. One who participates in the class room. They work at learning. They are polite and treat others with respect.

Family

	JOY IN OUR TOWN#543	28:30	13:00	L	PA/O	4/29/11 5/02/11 5/03/11 5/05/11	12:00PM 10:30PM 3:00AM 2:30AM
--	----------------------------	--------------	--------------	----------	-------------	--	--

Host Annica Thomas interviews Larry Siebold, Divorce Care Facilitator, Divorce Care. Divorce in Oklahoma it is as high as 50%. Great amount of divorce goes on in the Bible belt. It really affects the children: their grades can go down; mood changes...it can hurt the whole family. The high divorce rate is because of the stress of finances, the "me" generation, infidelity are many causes. It hits families of all walks of life. There is no quick fix to a divorce. They say it usually takes 2 years of healing for every year married. If you get remarried, the odds are 65% chance you'll get a 2nd divorce and if it's a 3rd marriage the odds are even worse.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#545	28:30	13:00	L	PA/O	5/13/11 5/16/11	12:00PM 10:30AM

Host Annica Thomas interviews Steven Hahn, MS, Family & Children’s Services. Parents are going to make mistakes. But one thing we can do is help kids take part in making rules in the house. Let kids help create boundaries. Recognize the child’s love language. They each express and receive love differently. Words of affirmation, gifts, touch, quality time and acts of service are the Love Languages. Parents need to be aware to not show too much stress to their kids. Communicating is a big deal. Model proper communication with the spouse, the children are watching.

JOY IN OUR TOWN# 547	28:30	13:00	L	PA/O	5/27/11 6/03/11 6/09/11	12:00PM 2:30AM 3:00AM
-----------------------------	--------------	--------------	----------	-------------	--	--------------------------------------

Host Annica Thomas interviews Dr. Terry Bell, Director of the Marriage and Family Institute of Tulsa. Statistics are a little confusing. We’re still around 50% divorce rate in Oklahoma, a little higher than the national average. Many couples are cohabiting so it skews the divorce statistic now. Living together isn’t a good thing because the economic disaster it leaves in its wake. These trial relationships end up with “trial kids” and the kids are really affected by this. It causes a huge economic burden to the state. As a solution, Oklahoma created the Oklahoma Marriage Initiative to alleviate this problem. Marriage Preparedness: couples need not only counseling but mentoring. Couples to go alongside a new couple and help them in their new marriage. Oklahoma has the highest rate of the youngest marriages and it presents so much stress on the family starting families so young.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#548	28:30	13:00	L	PA/O	6/03/11 6/06/11 6/07/11 6/09/11	12:00PM 10:30AM 3:00AM 2:30AM

Host Annica Thomas interviews Desiree Doherty, Executive Director. Over 11,000 children are investigated for being victims of abuse and neglect. Oklahoma ranks near the bottom in taking care of children and watching out for children's well being. Child abuse in Oklahoma is: physical or emotional harm, and neglect. Most happens to children under the age of 2 because they can't tell anyone or runaway. They are most often the victims of severe injury or neglect. Neglect: failure to provide basic needs to a child. Not feeding properly, not dressing them properly say in cold weather. In Oklahoma, child abuse is declining slightly but *neglect* is rising rapidly. Many families are struggling in this economic stress. Every child deserves to be protected, nurtured and to grow up healthy and safe. If we could solve poverty we would go a long way to reducing child neglect. Substance abuse is a huge influence on abuse. In the last decade, meth has destroyed the fabric of families and creates incredible dangers for children. We need more targeted education for families to learn how to help with these problems and individual training.

	JOY IN OUR TOWN #549	28:30	13:00	L	PA/O	6/10/11 6/13/11 6/16/11	12:00PM 10:30AM 2:30AM
--	-----------------------------	--------------	--------------	----------	-------------	--	---

Host Annica Thomas interviews Scott Thomas, Therapist, Restoration House of Tulsa. The state of marriage is improving in Oklahoma. Oklahoma is a marrying state. 82% of adults get married. Still one of the highest divorce rate. #4 in the nation for divorce. 32% of all divorces compared to 21% of the national average. 56% of Oklahoman's think about divorce as to 42% nationally; those that marry under the age of 20 most often get divorce, 44% get married under the age of 20 compared to 28% nationally. They marry 2.5 years younger than the national average. They are younger, not as mature nor economically stable. One: lack of commitment; two, too much arguing and conflict, three: infidelity. Key is communication and conflict resolution. You must learn how to do this. Are you trying to prove your partner wrong? Listen to your partner. Put your own opinion aside. Listen to what your partner wants and needs.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Civic Affairs</u>	JOY IN OUR TOWN#550	28:30	13:00	L	PA/O	6/17/11	12:00PM
						6/20/11	10:30AM
						6/23/11	2:30AM

Annica Thomas interviews Doug Bonebrake, Mayor, City of Owasso and Warren Lehr, Asst. City Mgr. The city has increased to 29,000 today. The contributions to the growth have been the schools but also to the economy that can handle a larger population, retail, restaurants etc. Owasso is more than just a bedroom community. Improved city infrastructure. To relieve property tax structure, the city didn't do any obligation bonds and hasn't done one for years so the schools are some of the best in Oklahoma as a result. Starting a quality of life initiative: Improve things like the streets, transportation and you want it to look nice by improving the parks, trails, landscaping and etc. We have citizen input online. We just finished the first stage of the master plan of the quality of life.

<u>Roll in Clip</u>	JOY IN OUR TOWN	28:30	:30	L	PA/O	4/11/11	10:30AM
						5/09/11	10:30AM
						5/10/11	3:15AM
						6/13/11	10:30AM
						6/20/11	10:30AM
						6/17/11	12:00PM

Roll in clip of car accidents. Every wreck has a story; you are the authority of yours. It's more than just the law. The Oklahoma Highway Department's Officer Timmons encourages Oklahomans to Buckle up. Truck-OK highway.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

Issue/
Problem

Program Title

Program
Duration

*Topic
Segment
Duration

Source

Type

Air-Date

Time

Trinity Broadcasting Network
Quarterly Report

July, August, September 2011

KDOR-TV BARTLESVILLE, OK

Ascertainment List
Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from TBN viewers,
printed media comprising newspaper and magazine publications whenever possible.*

Crime

Housing

Health

Youth

Family

Civic Affairs

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Crime</u>	JOY IN OUR TOWN#553	28:30	13:00	L	PA/O	7/08/11	12:00PM
						7/11/11	10:30AM
						7/12/11	3:30AM
						7/14/11	2:30AM

Host Annica Thomas interviews Mary Thomas; Consumer Credit Counseling Centers of OK, Inc. Teenagers need to know how to manage their money. Parents need to be an example to their children...how you save money and track your finances. Involve kids in the finances of the home. Be a leader in the home about finances. When a child “wants” something teach them how to earn money and save for what they want. Allowances give teens choices. When there are choices they learn consequences. IT’s good that teens learn about how the family budget works. Teach them about why you pay the mortgage, the bills first and then you have money left over for savings and “fun” money.

JOY IN OUR TOWN# 558	28:30	13:00	L	PA/O	8/12/11	12:00PM
					8/15/11	10:30AM
					8/16/11	3:00AM
					8/18/11	2:30AM

Annica Thomas interviews Pamela Smith Foundation, My Turning Point. There is a lot of violence in the prisons towards women who are incarcerated. The abusers are the care takers of the women. Crime behind bars against female offenders is increasing. More women are incarcerated in Oklahoma than any other state. 90% of the women in prison are in on non-violent offenses such as forging checks. They are locked up because of their addiction issues. Women don’t have the programs to help them with the addiction issues. The state of Oklahoma has failed the families of the women tremendously. The children are left with family members or the state. Solutions: the judges need to make it a mandate that women behind prison can do an alternative sentence where they can learn about their addictive behavior, to deal with the pain of their addiction...more programs to help the women deal with the addiction is the solution not imprisoning women.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 560	28:30	13:00	L	PA/O	8/26/11	12:00PM
						8/29/11	10:30AM
						9/1/11	2:30AM
						9/6/11	3:30AM

Host Annica Thomas interviews Jason and Kristin Weis of Stop Child Trafficking Now! Trafficking is buying and selling for sexual purposes. Kids are lured through force, fraud and coercion. Oklahoma is in the top 10 because of our highway system, they transport the kids in and out on our highway systems. It's a rising crime in our states. You can make more money selling a person for sex than you can selling drugs. It's under reported so hard to give statistics. Child porn is one of the fastest growing enterprises on the Internet. At least 100,000 our sexually exploited in our country every year that's more than dying from 2nd hand smoke and car accidents in our country. Don't allow a computer in your child's room. Have it out in the open. Watch who they are talking to on line and becoming friends with. Parents need to monitor their children's computer use.

	JOY IN OUR TOWN# 563	28:30	13:00	L	PA/O	9/16/11	12:00PM
						9/19/11	10:30PM
						9/20/11	3:00AM
						9/22/11	2:30AM

Host Annica Thomas interviews Mr. Giles Gere, Pres. Of Board of Operation of Operation Hope Prison Ministry. Approx. 24,000 are incarcerated in Oklahoma. We are #1 for women; #5 for men for incarceration. The drug trade is the main reason for both. Our legislature is trying to do things to mitigate those stats. Drugs produce the crime. Family stats go to pot. If a child has a parent in prison, the child is 7x more likely to go to prison also. We try to alleviate the child from going to prison. How do we help prevent the child from going to prison. It costs about \$24,000/yr to incarcerate a prisoner. We need to help a prisoner when they are released. Teach them job skills; provide them with help to find employment. Give them food and shelter and medical especially for the women when they get out. They need help to get an ID to get a job.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Housing	JOY IN OUR TOWN#552	28:30	13:00	L	PA/O	7/01/11	12:00PM
						7/07/11	2:30AM

Annica Thomas interviews Greg Shinn, MSW, Assoc. Director of Mental Health Assoc. of Tulsa and Connally Perry, Administrator of SafeHaven. Mental health in Oklahoma is an enormous issue. We are at the top per capita for serious mental issues for years. 1 in 4 people in this country will have some type of mental illness. Oklahoma struggles, the amount of money spent on mental health is a lot. There's a gigantic shortage of treatment beds for substance abuse etc. and so people in crisis there is no hospital bed to put a person in. They fall through the cracks and end up homeless. If you have a disability or are low-income you can't find affordable housing. We need more affordable housing for those suffering mental illness issues. Mental illness and substance abuse issues are hand in hand.

JOY IN OUR TOWN#559	28:30	13:00	L	PA/O	8/19/11	12:00PM
					8/22/11	10:30AM
					8/25/11	2:30AM
					9/23/11	12:00PM

Annica Thomas interviews Lela Brinlee, Board Member, Habitat for Humanity Bartlesville; Charlotte Dausses, Pres. Of Habitat for Humanity. Housing is a problem in every community. The price bracket that most people living in poverty can afford isn't available. With the economic crisis going on, it's more and more difficult to qualify for a home loan. Minimum wage workers don't make enough to buy a house. They can't get a mortgage. A lot of people have poor credit because of medical bills. That drives down the credit scores. When a family has to move from a lot, say from an apartment to apartment, to grandma's, to a shelter back to an apartment...that upheaval creates havoc with the child. They have to change schools, changes friends and teachers for example...there's no congruency. This affects a child's learning. They get "lost" in all of that.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 562	28:30	13:00	L	PA/O	9/09/11	12:00PM
						9/12/11	10:30AM
						9/13/11	11:00AM
						9/15/11	2:30AM
						9/20/11	3:30AM

Host Annica Thomas interviews Terri Cole VP Assisted Housing; LaDeanna Anderson, Ex. Vice Pres./COO of Housing Authority of the City of Tulsa. Housing is a top need right now for everyone. Not just low income families. We are experiencing something different that we've never had before: the waiting list has been closed since 2009 and with HUD funding we probably won't be able to open our waiting list again for another year which means people receiving housing (section 8 assistance) will keep their assistance but we won't be accepting any new clients. The economy has affected a lot of families. Some have had to apply for housing that has *never* had to need help before. Many have lost their jobs for the first time because of the economy and need assistance. Unemployment is a major problem.

	JOY IN OUR TOWN#564	28:30	13:00	L	PA/O	9/23/11	12:00PM
						9/26/11	10:30AM
						9/27/11	3:00AM
						9/29/11	2:30AM
						9/30/11	12:00PM

Host Annica Thomas interviews Mack Haltom, Assoc. Director, Tulsa Day Center for the Homeless, Inc. There will always be situational homeless because of the economic situations. Folks for some reason or another, lost job, physical illness or what have you can become homeless. About 400-450 /day check into the Day Center. Helping the homeless become self sufficient is key. Mental illness is an issue with homeless. Statistically 30% of homeless are mentally ill...I think it's more like 50%. They need to take their medication. If they don't they can wind up homeless. Building a relationship is key with the mentally ill. They need medication services. Substance abuse is another problem. Addiction issues. Treatment is important. Communities can't ignore the homeless. The cost to the community will cost about \$45,000 per person/year.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 564	28:30	13:00	L	PA/O	9/23/11	12:00PM
						9/26/11	10:30AM
						9/27/11	3:00AM
						9/29/11	2:30AM
						9/30/11	12:00PM

Host Annica Thomas interviews Kelly Hall, Community Relations Coordinator, Rebuilding Together Tulsa. Aging and low-income need help with minor home repairs. It also improves neighborhood and create proud home ownership. Homes are unsafe and unsuitable for their needs. Without home repair the homes can be dangerous for an older person. Fixing things in the home to prevent them from falling is important. Roof leaks cause all sorts of mold problems which can create illness. Fixing problems in the home can also help with the stress of high utility bills. There are more people in the over 65 age bracket and they are living with a disability and are unable to do home repairs.

Health

	JOY IN OUR TOWN#552	28:30	13:00	L	PA/O	7/01/11	12:00PM
						7/07/11	2:30AM

Annica Thomas interviews Jennifer (Smith) Johnson and Bob Thompson from Oklahoma Parkinson Disease Chapter. Parkinson's is a brain disorder that affects the neurotransmitters of the brain, dopamine being the primary one. It controls smooth and coordinated movements so it stops producing and as a result you have problems of moving, shaking, slow gate, shuffling feet, tremors, and overall weakness. We don't know the cause so we treat symptoms only. It usually starts on one side of the body. Once the symptoms occur, 50% of dopamine is depleted from the brain. It's different for every person. Tremors are the primary symptom. Age can be as young as 40s. New research for medicine to slow the progression of the disease in the patient is taking place right now.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 555	28:30	13:00	L	PA/O	7/22/11	12:00PM
						7/25/11	10:30AM
						7/28/11	2:30AM

Host Annica Thomas Jabar Shumate (D), State Rep. OK State Capital. Oklahoma has some huge problems when it comes to health. Oklahoma City is named America's fattest city and Tulsa is right behind them. We find out southern states often the lifestyle, everyone drives everywhere, and not many opportunities to walk places there are health challenges as a result. We need access to healthier food choices in Oklahoma. We need better preventative care. We need to understand about the damages of alcohol and drugs on the body. We have a food desert in North Tulsa and rural communities. Access to healthy food is hard. So people make unhealthy food choices. We need to improve food choices.

	JOY IN OUR TOWN# 560	28:30	13:00	L	PA/O	8/26/11	12:00PM
						8/29/11	10:30AM
						9/1/11	2:30AM
						9/6/11	3:30AM

Host Annica Thomas interviews Mandy Middleton, SR Campaign Manager. There are three different types of blood cancers, Leukemia, lymphoma and myeloma. We don't have a cure. Some studies say it is linked to exposure to hazardous chemicals or radiation. Symptoms: nausea, night sweats, fatigue, sometimes swollen glands or lymph nodes and easy bruising. Treatment: chemo, radiation, cell transplants, and clinical trials. Nationwide a million people have blood cancers or are in remission. See your doctor. Prevention: Live a healthier lifestyle; eat high fiber, vegetables and fruits and exercise. Stay away from hazardous chemicals. Wear a protective mask.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 561	28:30	13:00	L	PA/O	9/02/11	12:00PM
						9/05/11	10:30AM
						9/06/11	3:00AM
						9/08/11	2:30AM
						9/13/11	3:30AM

Host Annica Thomas interviews Sandra Edwards, from Parkside. About 5 million children are diagnosed with a mental illness and one out of every 10 children in Oklahoma. Children can suffer anxiety disorders which can be related to PTSD or ADD/ADHD. Symptoms: Tummy aches, unable to sleep. It can affect their school. They have a hard time concentrating at school. Kids who are exposed to violent crimes or child physical or sexual abuse can cause Post Traumatic Stress Disorder symptoms. Natural disasters can create this also. Solutions can be medication and counseling or psychotherapy. We have a lot of pre teen suffer from anorexia or bulimia. They can also lead into self harming like cutting or other self harm behaviors. Parents can get help through a licensed therapist. Parents need to be available to listen to their children. Parents who work need to make extra effort to communicate with their children.

	JOY IN OUR TOWN#563	28:30	13:00	L	PA/O	9/16/11	12:00PM
						9/19/11	10:30PM
						9/20/11	3:00AM
						9/22/11	2:30AM

Host Annica Thomas interviews Stephanie Colclasure, Jane Phillips Medical Center. Our state is very unhealthy. Tulsa and Oklahoma City use to be some of the fittest in the country, now we are the *least* fit cities. We've become lazy, we don't want to take the time to be healthy or better ourselves. It's what can I pick up on the way home. Let's go out to eat. We've become lazy. It's a lifestyle issue. Oklahoma is one of 8 states that have a child obesity rate of over 30%. Overall it's tripled in the last 30 years. Being obese causes many other health issues. Causes: children watch too much TV; more than 2 hrs of TV a day makes them higher risk for obesity. Get them active, get them out. Limit the video game time and TV watching time. Get them involved in a sport or a club; something where they can be active. Help them choose healthy food items like fruits and veggies not just junk food.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
---------------------------	----------------------	-----------------------------	--	---------------	-------------	-----------------	-------------

Doctor to Doctor #307	to Doctor	28:30	28:30	REC	PA/O/ E	7/05/2011	11:30 AM
-----------------------	-----------	-------	-------	-----	------------	-----------	----------

Dr. Scott Hannen talked about food and suppression. Some foods can steal energy which can lead to being tired, rundown and feeling depressed. It's important to eat a balance diet and to exercise. **Dr. Ross Dorsett** talked about stroke. It is caused by areas of damage to the brain or spinal cord due to lack of blood flow. Risk factors include smoking, diabetes and high cholesterol. It's important to get medical attention with the onset of symptoms. **Dr. Mason Savage** talked about teeth whitening. It should not be performed if you have active tooth decay or periodontal disease. A dental exam should be performed prior to whitening to determine if you are an adequate candidate. Some problems cannot be corrected by whitening.

Doctor to Doctor #308	to Doctor	28:30	28:30	REC	PA/O/ E	7/12/2011	11:30 AM
-----------------------	-----------	-------	-------	-----	------------	-----------	----------

Dr. Mike Ronsisvalle talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. **Jessica Setnick** talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. **Dr. James Mittelberger** talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
---------------------------	----------------------	-----------------------------	--	---------------	-------------	-----------------	-------------

Doctor to Doctor #309		28:30	28:30	REC	PA/O/E	7/19/2011	11:30 AM
--------------------------	--	-------	-------	-----	--------	-----------	----------

Dr. Doreen Lewis talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. **Dr. George Rhoades** talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. **Dr. Mark Sheehan** talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.

Doctor to Doctor #310		28:30	28:30	REC	PA/O/E	7/26/2011	11:30 AM
--------------------------	--	-------	-------	-----	--------	-----------	----------

Dr. Rita Hancock talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. **Dr. Randy Brinson** talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. **Dr. Jeffery Crowhurst** talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor to Doctor #311		28:30	28:30	REC	PA/O/E	8/02/2011	11:30 AM

Dr. Bill Williams talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. **Dr. Charles Simmons** talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. **Dr. Jill Westkaemper** talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.

Doctor to Doctor #314		28:30	28:30	REC	PA/O/E	8/23/2011	11:30 AM
-----------------------	--	-------	-------	-----	--------	-----------	----------

Dr. Isabel Lopez talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. **Dr. James Krystosik** talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. **Dr. Carl Schmidt** talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

Issue/
Problem

Program Title

Program
Duration

*Topic
Segment
Duration

Source

Type

Air-Date

Time

Doctor #315	to Doctor	28:30	28:30	REC	PA/O/E	8/30/2011	11:30 AM
----------------	-----------	-------	-------	-----	--------	-----------	----------

Dr. Stephanie Blenner talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. **Dr. Dale Peterson** talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. **Dr. Bernice Gonzalez** talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.

Doctor #316	to Doctor	28:30	28:30	REC	PA/O/E	9/06/2011	11:30 AM
----------------	-----------	-------	-------	-----	--------	-----------	----------

Dr. Valerie Saxon talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. **Dr. Wayne Gordon** talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. **Dr. Rick Winick** talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
Doctor #317	to Doctor	28:30	28:30	REC	PA/O/E	9/13/2011	11:30 AM

Dr. Mark Brown talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. **Kay Spears** talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. **Dr. Brian Nimphius** talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrate move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.

Doctor #318	to Doctor	28:30	28:30	REC	PA/O/E	9/20/2011	11:30 AM
-------------	-----------	-------	-------	-----	--------	-----------	----------

Dr. Barbara Madden talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. **Dr. Sylvia Johnson** talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. **Dr. Allen Moore** talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Youth</u>	JOY IN OUR TOWN # 554	28:30	13:00	L	PA/O	7/12/11	3:30AM
						7/15/11	12:00PM
						7/18/11	10:30AM
						7/21/11	2:30AM

Annica Thomas interviews Nathaniel Jones, Juvenile Probation Officer, Office of Juvenile Affairs-State of OK, Bartlesville. Juvenile crime is up in our community. The breakdown of the family structure hurts kids. A lot of families don't have fathers in their homes. Low income also is a problem. Kids become vulnerable when coming from a single-parent home. The parent has to be both mom and dad to them and they can't. Gangs will try draw in a young person to their "family". They are angry and can start using substances like drugs and alcohol to combat the pain. Mentoring is a great solution for kids. They have someone to talk to and to encourage them and give them that one on one attention they need so much. Some kids realize they can go to college and be successful in life even if no one in their family has ever had high education.

JOY IN OUR TOWN # 554	28:30	13:00	L	PA/O	7/12/11	3:30AM
					7/15/11	12:00PM
					7/18/11	10:30AM
					7/21/11	2:30AM

Annica Thomas interviews Kristin Pebsworth, Prevention Educator, Operation Aware of OK. Anytime someone uses their power to hurt someone else is bullying. Anytime someone is using their power or advantage over someone is bullying. Cyber bullying is a newer trend that's been happening with younger and younger kids. It's not just physical bullying. Cyber bullying there is never an escape. It's not like they can leave school and leave the bullying behind. Kids write terrible mean things on their Facebook, texting and so on to bully. Stats: 20-40% of kids say they have been cyber bullied. Education is the key to prevent bullying. Role playing helps so they can see how bullying affects a young person. It's against the law to allow bullying. Schools must take action against it.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#561	28:30	13:00	L	PA/O	9/02/11	12:00PM
						9/05/11	10:30AM
						9/06/11	3:00AM
						9/08/11	2:30AM
						9/13/11	3:30AM

Host Annica Thomas interviews Jim Walker, Executive Director, and Youth Services of Tulsa. Five percent of our youth population so 7,000 young people are homeless in our community. Last year we worked with 350 young people last year. Why homeless: the downturn in the economy is part of it. Many said their parents can't afford for them to live with them anymore. Substance abuse of the parents. They leave the home because they can't handle seeing the parents using or selling drugs. What do youth need: they need guidance and someone to believe in them and support them. Discover what they want to do and create a life plan to help them get there. Transitional living is provided. They must have a plan, they work and/or go to school and case managers work with them almost daily.

	JOY IN OUR TOWN#557	28:30	13:00	L	PA/O	8/05/11	12:00PM
						8/08/11	10:30PM
						8/11/11	2:30AM
						8/16/11	3:30AM

Host Annica Thomas interviews Senator John W. Ford, Bartlesville, OK. Education is critical for our state and for our children. He talks about a piece of legislation that tries to make it easier to get rid of low-performing teachers. If a teacher needs to be terminated, there is a long process. A teacher can then go to district court. It takes time, effort and expenses...and finally up to the court. So this legislation says that if the locally elected school board votes to terminate than that is the termination of the employee. Good teachers have a last positive influence on our teachers, and of course bad teachers have a negative impact.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Family</u>	JOY IN OUR TOWN#556	28:30	13:00	L	PA/O	7/29/11	12:00PM
						8/01/11	10:30PM
						8/04/11	2:30AM

Host Annica Thomas interviews Rebecca Hackworth, International Director of Social Services, Dillon International and Lori McMurphy. Families adopt for a number of reasons. We assume most people adopt because they have infertility issues but that's just about half of the families. Some want to grow their families through adoption. Country by country is different for each child, immigration services are something to take into, how long you've been married etc. Before adopting families should know: it's similar to raising children born to you there are some issues questions kids may have later in life. They may have some grief and loss for their birth parents and what they may have missed being raised by a different family.

<u>Family</u>	JOY IN OUR TOWN# 558	28:30	13:00	L	PA/O	8/12/11	12:00PM
						8/15/11	10:30AM
						8/16/11	3:00AM
						8/18/11	2:30AM

Annica Thomas interviews Sarada McGaha, Interim Executive Director, Youth and Family Services of Washington County, Bartlesville, OK. Substance abuse is one of our newest issues that we get to serve in the community. Substance abuse affects loss of trust with a child from a parent or care giver that uses drugs/alcohol...it can affect the family finances; parents and care givers start to live in a state of denial because a family member is living in a denial state. Parents model substance use to their kids. Addiction can run in the families. There are studies that children of alcoholics have 4x more risk to becoming an alcoholic. Look for major drastic changes in a person's mood, sleep patterns, behavior that something's different in the person...are signs of possible substance abuse.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#559	28:30	13:00	L	PA/O	8/19/11	12:00PM
						8/22/11	10:30AM
						8/25/11	2:30AM
						9/23/11	12:00PM

Annica Thomas interviews Midtown Family Therapy, Lori Thompson. Families still have the issues they've always had. Communication problems are still an issue. Often people come from different background so they misunderstand each other. Stress escalates those problems. We've started to see technology interfere increasing some of these problems. They have a disconnect issue or an unproductive conflicts so some texting, emailing, Facebook specifically and some online roll playing games. In these games there is no "ending" to the game. It's an alternative world. They enjoy that part of the world rather than reality. This pulls them away from their own partnerships and family. We've seen affairs. I don't think people go out on Facebook looking for affairs but they get curious. They find old flames and high school friends. Most of the time people come in after an affair has started. Affairs are not always sexual...but emotional. Solutions: Try to reconnect with their families but first come to terms with awareness that this is going on and admit there is a problem. Limit time on the computer. Schedule family time. Have rules on how to protect the family. Do NOT connect with a former flame.

	JOY IN OUR TOWN#562	28:30	13:00	L	PA/O	9/09/11	12:00PM
						9/12/11	10:30AM
						9/13/11	11:00AM
						9/15/11	2:30AM
						9/20/11	3:30AM

Host Annica Thomas interviews Cheryl Bauman, Director, Crisis Pregnancy Outreach. Crisis pregnancies, the girls are more in their 20s *not* just teenagers. Some are 11, 12 and 13 years of age who are wanting to keep their baby and parent so there are problems with that as they can't even drive and haven't finished their education. It's a difficult process for a very young teenage girl to be all you need to be unless you have a tremendous amount of support. Some are in their 30s and have 3-4 children and can't afford another baby so giving their baby to an adoptive family is an option. There are alternatives to abortion. Many families want to adopt. Open adoption is when the family remains in contact with the birth mom.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Civic Affairs</u>	JOY IN OUR TOWN# 553	28:30	13:00	L	PA/O	7/08/11	12:00PM
						7/11/11	10:30AM
						7/12/11	3:00AM
						7/14/11	2:30AM

Annica Thomas interviews Mike McGrew, Ward 2, City of Bartlesville. We are a city manager form of government. The council is the final authority to the city and the city manager is responsible for making the things happen. City council elections will now run every two years now. Our rainy day fund got us through 18 months of tough time. We didn't lose any public safety persons as a result. Our economy is doing better. The last 9 months the sales tax has increased-the peak was about 10% above where we are now. Most cities are living with a new norm about 10% lower. The last sales tax came in slightly lower but doing ok overall.

JOY IN OUR TOWN# 555	28:30	13:00	L	PA/O	7/22/11	12:00PM
					7/25/11	10:30AM
					7/28/11	2:30AM

Host Annica Thomas Jabar Shumate (D), State Rep. OK State Capital. You can't have a healthy economy if people aren't educated. They are married together. We have a great higher ed. system in the world. Parents have a lot of choices regarding choices. Charter Schools. Trying to teach young people about the importance of high education. Pre-K we are a pre setter for the nation in our preschool education. Teacher evaluations are necessary. Not all teachers are good. We need to look at our teachers and if they're not committed to being an educator ask them to leave.

JOY IN OUR TOWN#556	28:30	13:00	L	PA/O	7/29/11	12:00PM
					8/01/11	10:30PM
					8/04/11	2:30AM

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

Issue/
Problem

Program Title

Program
Duration

*Topic
Segment
Duration

Source

Type

Air-Date

Time

Host Annica Thomas interviews Mayor Mickey Perry, City of Claremore. Police Chief became mayor. The city is a council and city manager set up. Public safety in Claremore is 18,000 people. Rogers County is one of the fastest counties. We have a university and a tourist town. We have 3 highways that dissect the city so a lot of our problems are on traffic. City development: an industrial park is expanding in the next 10 yrs and probably 600 jobs to the city. The job market is doing very well in the community. The economy is slow but we are seeing signs of it turning around. We are dependent on sales tax. So when it's flat it hurts.

JOY IN OUR TOWN#557	28:30	13:00	L	PA/O	8/05/11	12:00PM
					8/08/11	10:30PM
					8/11/11	2:30AM
					8/16/11	3:30AM

Host Annica Thomas interviews Senator John W. Ford, Bartlesville, OK. Oklahoma and the drop out rate of students is very high. Of a 100 students that start the 9th grade, 75 will graduate in 4 yrs; 42 will start post secondary education and only 17 will get a degree (including 2 yr and 4 yr degrees.) We must do better. We must improve teachers, make sure they can read and have a vigorous curriculum to improve these numbers. Every 10 yrs we reconfigure the districts to balance the districts. We want to make sure everyone has about 80,000 people.

Roll in Clip

JOY IN OUR TOWN	28:30	:30	L	PA/O	7/14/11	2:30AM
					7/25/11	10:30AM
					8/01/11	10:30AM

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
						9/13/11	10:30AM
						9/20/11	3:30AM

Roll in clip of car accidents. Every wreck has a story; you are the authority of yours. It's more than just the law. The Oklahoma Highway Department's Officer Timmons encourages Oklahomans to Buckle up. Truck-OK highway.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

Issue/
Problem

Program Title

Program
Duration

*Topic
Segment
Duration

Source

Type

Air-Date

Time

Trinity Broadcasting Network
Quarterly Report

October, November, December 2011

KDOR-TV BARTLESVILLE, OK

Ascertainment List
Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from TBN viewers,
printed media comprising newspaper and magazine publications whenever possible.*

Crime

Youth

Health

Substance Abuse

Electoral

Family

Civic Affairs

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Crime</u>	JOY IN OUR TOWN#565	28:30	13:00	L	PA/O	10/03/11	10:30AM
						10/06/11	2:30AM
						10/11/11	3:00AM

Host Michelle Gustafson Butler interviews Ann Dapice, PhD, Director of Education and Research, TK Wolf Inc. Power and control is the main thing in stalkers. Stalking is a crime. They become obsessed. Oklahoma has higher numbers in terms of actually domestic violence. We're 7th in the nation. In terms of dating violence we're 3x the U.S. average rate. Nationally, 3.4 million people are stalked every year. Perpetrators of intimate partner abuse think they are protecting themselves. Males don't recognize facial expressions as well as females do. People with Post Traumatic Stress Disorder don't recognize facial expressions. For example, someone in the military have this problem. Women stay in a relationship like this because they try to help and heal. Technology can be very helpful. We can see brain damage injuries. We can teach people how to recognize facial expressions accurately. Stalkers become addicted to the dopamine produced while stalking. So we can start to understand where they are.

<u>Crime</u>	JOY IN OUR TOWN# 567	28:30	13:00	L	PA/O	10/14/11	12:00PM
						10/17/11	10:30AM
						10/18/11	3:00AM
						10/20/11	2:30AM

Host Michelle Gustafson Butler interviews Sharon Doty, Founder and Director of Empowering Adults-Protecting Children, Inc. (EAPC). Adults need to be empowered to be aware of who is around your children, what potential predators look like. Most people want to think that child sexual abuse is happening to someone else's child, in another neighborhood. One out of four young women will be molested by age 18 and 1 out of 6 men. We need to see what those behaviors are to protect their children. Always be aware of people who always want to be alone with children. People who work with a child in solitude. Request that the child never be alone with an adult, ask who else will be there. That person may not have any bad intentions but better to be safe. Also look for people who are crafting their time with kids to isolate them. Look for those who *always* want to be with kids. We need to talk to our kids about "safe friends" and "unsafe friends". Safe friends follow the rules your family has established. Unsafe don't follow those family rules and guidelines you as a family has set up. Educate them to what's safe and unsafe.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
---------------------------	----------------------	-----------------------------	--	---------------	-------------	-----------------	-------------

JOY IN OUR TOWN# 569		28:30	13:00	L	PA/O	10/28/11	12:00PM
-----------------------------	--	--------------	--------------	----------	-------------	-----------------	----------------

Annica Thomas interviews Carol Bush, Executive Director, Crime Commission. We're still seeing major crimes like burglaries, robberies but we are also seeing an increase in arrest. Homicides are down. We have an 80% solve rate on crimes, one of the highest in the nation. There is no safe place anymore in our community. What we are learning is it doesn't matter what time of day. Crime will happen. We need to educate people to be smarter. Don't be complacent that it's not going to happen to you because you are in a "safer" part of town. Door to door magazine and carpet cleaners were really "casing" the neighborhood to see who is home and who isn't. We encourage neighborhoods to be aware of what is happening in their community. Form a Neighborhood Watch group. Do not leave your purse in your trunk. They are watching you put your purse in your trunk. Do not leave anything of value in your car. They will break in and steal it. Not even loose change.

JOY IN OUR TOWN# 571		28:30	13:00	L	PA/O		
						11/14/11	10:30AM
						11/15/11	3:00AM
						11/17/11	2:30AM

Host Michelle Gustafson Butler interviews Lisa Ford, Broken Arrow Crime Prevention Specialist. In the summer, auto burglaries go up. They are preventable. Lock your doors, don't leave anything of value in plain sight. Don't leave change out. Don't leave a phone or computer out. Don't hide your keys under the fender. Putting things in your trunk, a robber is watching. Keep your cell phone on you so you can call in case of emergency. Put the non-emergency number in your cell phone and call anytime doesn't look right. To prevent burglaries in your home, have automatic lights come on, keep a radio station or tv on low so it sounds like voices, like someone is home talking in the house. Have someone collect your newspaper and mail. Neighbors should watch what is happening in their neighborhood. A parked car with someone in it, they could be casing a neighborhood. Call the police. A door-to-door salesman should have a permit. Do not open the door but tell them through the door you aren't interested.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 573	28:30	13:00	L	PA/O	11/25/11 11/28/11	12:00PM 10:30AM

Michelle Gustafson Butler interviews Mark Elam, Oklahomans Against Trafficking of Humans(OATH). Education and awareness is the key to human trafficking prevention. The State Dept. tells us that Oklahoma's highway systems, we are the cross roads of the nation with I35 and I44 going east and west, 1/3 of all victims come from Texas. There is a lot of trafficking activity here in Oklahoma. We do have a vulnerable population that is being recruited out of Oklahoma. A kid goes missing every 30 seconds in America. Almost a million girls run away every single year and they get recruited into sex trafficking. They get exploited by a boyfriend and controlled and marketed as a product. There is labor trafficking and sex trafficking. What to look for in the sex industry: runaways, if they live with their boyfriend, tattoos on neck or initials on their neck which is branding by the pimp. With the labor groups, you need to look for foreign nationals in restaurants, or roofing etc. They are recruited to come here to America to work for free basically trying to pay off the debt it took for them to get here. But they can't ever pay that bill, so they end up working for free.

Youth

	JOY IN OUR TOWN#566	28:30	13:00	L	PA/O	10/04/11 10/07/11 10/10/11 10/11/11 10/13/11	3:00AM 12:00PM 10:30AM 3:00AM 2:30AM
--	----------------------------	--------------	--------------	----------	-------------	---	---

Host Michelle Gustafson Butler interviews Phil Black, MS, LPC, Director, Creeks Behavioral Health. Bullying has always been around. There is more awareness to the damage bullying can do. Some who are bullied have a lack of self esteem, likelihood to get into substance abuse, poor grades, etc. It's persistent harassment. There is online bullying. More females do this. Boys are more physically aggressive. 1-4 kids under 17 experience some form of bullying. To teach kids that are effective to reduce bullying is to get the kids and schools to work together. Get the bully to play a part in restoring the relationship. Help them understand what it feels like create empathy for those they've bullied. Help them to understand the weight of the harassment. Educating the kids to express their feelings to the bully. Educating the bully and helping them be aware of what they are doing.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#569	28:30	13:00	L	PA/O	10/28/11	12:00PM

Annica Thomas interviews Trudy Green, Bartlesville Public Schools and Amanda Hendrix. Homelessness is a problem in Bartlesville. The Federal definition: families with lack of regular or fixed and adequate night time residence. This can include families living with other families because they have lost their housing, living in shelters, transitional housing, temporary situations like hotels, motels. It's a growing problem in our community. It's a problem to find affordable housing, transportation is a problem for those who are moving residences... the problem is also magnified with the downturn in the economy. As everyone's income has gone down, the giving has gone down also. Teens who aren't sure where they are going to be sleeping at night have a tough time caring about getting their homework done. Try to identify teens who are struggling in this way so you can help them and create a support group for them. Some students live independently from their families.

	JOY IN OUR TOWN# 570	28:30	13:00	L	PA/O	11/07/11 11/15/11	10:30AM 3:30AM
--	-----------------------------	--------------	--------------	----------	-------------	------------------------------------	---------------------------------

Host Michelle Gustafson Butler interviews Heather Oakley, Founder and Executive Director, Global Gardens. Engaging a child in the classroom is difficult but going outside immediately engaged them. Growing seeds and giving children something of their own to take care of and realize they can make a difference in. Keeping kids in school and helping engage them so they are interested in learning is the key. Every student gets their own plot of land: they learn responsibility by taking care of their very own plants. They learn about other foods, how they taste, hopefully have a healthier perspective on what is good food. If they grow it, they may eat it and make healthy choices. Starting nutrition teaching while they're young, this may follow the child into adulthood. Childhood obesity is preventable. Keeping kids in school and helping them choose healthy behaviors. After school is when most juveniles get into trouble but giving them something else to do helps them make right decisions.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#577	28:30	13:00	L	PA/O	12/23/11 12/26/11	12:00PM 10:30AM

Host Michelle Gustafson Butler interviews Rodney Gray, Director of Youth at Heart. The biggest concern with youth today is due to the economic slump. 10% of families have at least one family member unemployed in Oklahoma. 50% of kids in Oklahoma are born in poverty or low economic situations. The down economy has changed the tax revenue which has led to school closings and other issues that affect children. Poverty conditions lead to higher crime and gang activity in youth. Programs like the ones offered by Youth at Heart help kids realize they can live above their circumstances. Programs that give the kids good role models and mentors are effective at showing kids they can be successful. Tutoring and assisting educators also help kids get ahead.

	JOY IN OUR TOWN# 577	28:30	13:00	L	PA/O	12/23/11 12/26/11	12:00PM 10:30AM
--	-----------------------------	--------------	--------------	----------	-------------	------------------------------	----------------------------

Host Michelle Gustafson Butler interviews Gale Mills, OSU Cooperative Extension Services, Washington County area. Bullying occurs in up to 25% of middle and high school age kids. Bullying effects kid's self esteem and they may stop doing as well in school. Depression and change in appearance may be the result of bullying. Parents should monitor a child's activity and look for signs of bullying. Physical examples of bullying are shoving, pinching, and pushing. Non-physical forms of bullying are mocking, name calling, imitating, date violence, and cyber bullying. Bullying laws in Oklahoma were developed in 2002. Schools are required to have a policy to prevent bullying. Causes of bullying are self esteem issues, not being in the in crowd, and even being bullied themselves. Parents should have a close relationship with a child and openly monitor their texts and internet activity.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

**Issue/
Problem**

Program Title

**Program
Duration**

***Topic
Segment
Duration**

Source

Type

Air-Date

Time

Health

JOY IN OUR TOWN#565	28:30	13:00	L	PA/O	10/03/11	10:30AM
					10/06/11	2:30AM
					10/11/11	3:00AM

Host Michelle Gustafson Butler interviews Su An Phipps, Ph.D., RN of The U. of Oklahoma College of Nursing. We have much higher rates of infant death in Tulsa County than in our state and in our nation, particularly infant death. The rates for infant mortality in the U.S. are 6.4 for every 1,000 live births our rate is 9.4. Preconception care has been important because research shows about 40% of deaths are because the moms aren't healthy when they get pregnant. Those are preventable. Getting women healthy before they conceive give a good outcome for the baby. Our premature birth rate is higher in Tulsa County also from 11% to 12%. This could have lifetime consequences for their learning and well being as well. We're finding through research many conditions if we could work at them before they conceive then the baby can have a healthier outcome. Some women have diabetes, high blood pressure, etc. and they don't even know it. Obesity affects the outcomes of the children. Pregnancy spacing: a woman's body needs time to restore and rebuild after a baby is born. Space them about 2-3 years apart.

JOY IN OUR TOWN#568	28:30	13:00	L	PA/O	10/21/11	12:00PM
					10/24/11	10:30PM
					10/25/11	3:00AM
					10/27/11	2:30AM

Annica Thomas interviews Sherilyn Walton, LCSW, TARC, Family Support Coordinator. About 10% of some school districts have children with special services. A child qualifies when they first start having problems. We look at do we need to simply supply supports or go ahead and do some more evaluations. There are 13 categories that are identified for special education. Autism, specific learning disabilities, Other Health Impaired: ADHD or other health problems that affect their stamina in school, visually impaired and those are just a few of the categories. The school gives suggestions to the parents first and then possibly decide to do an evaluation that is complete and comprehensive. There are new things in schools that they are trying to implement first for those students who are falling behind. If they don't respond, then they do the different evaluations. When parents receive an evaluation and they have a diagnosis, they should go to the school. Tell them they think their child has a disability and that it's impacting their education services. Consider putting them on special education services. Child Find is part of Federal Law for the school to identify and find students with a disability. They need to take it serious by the parent and come to a conclusion for an evaluation.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 570	28:30	13:00	L	PA/O	11/07/11 11/15/11	10:30AM 3:30AM

Host Michelle Gustafson Butler interviews Jennifer Croley, President, Tulsa Chapter Celiac Support Group. It's an autoimmune disease from wheat, rye and barley...called gluten. It primarily does damage to the small intestines and affects how you absorb nutrients. About 3 million people in the U.S. have the disease but only about 3% of them have been diagnosed. Symptoms: gastrointestinal, losing weight from malnutrition, sometimes it's different. Tingling in their arms and feet, extreme fatigue, a lot of adults are diagnosed after they have anemia. Bone loss, osteoporosis is a symptom, depression...there's been over 200 symptoms. Screening is a key. Just looking for stomach problems isn't enough. There is a genetic component to it. It's 1 in 22 if someone in your family has it. Gluten free-anything can say gluten free on it.

	JOY IN OUR TOWN# 571	28:30	13:00	L	PA/O	11/14/11 11/15/11 11/17/11	10:30AM 3:00AM 2:30AM
--	-----------------------------	--------------	--------------	----------	-------------	---	--------------------------------------

Host Michelle Gustafson Butler Amber England, Project Coordinator, Oklahoma Fit Kids Coalition. One in 3 kids in Oklahoma is overweight or obese, we rank dead last in fruit and vegetable consumption in our state, we're 46th in the nation for overall worst health so we have a long way to go to improve our health indicators. Access to care is an important issue to talk about. Access to fresh food. Access to safe areas for kids to play and all these things are important. We are "south" and we like fried foods. We need to learn how to like "clean" and fresh foods. Health problems related to obesity: chronic diseases, most common thing we are seeing in type 2 diabetes; heart disease, cancers...all are preventable if we address the food they are eating. You can reverse type 2 with diet, exercise and a lifestyle change. Families need to be educated about what's healthy. Parents and kids need information on exercise and how to eat better. A new food pyramid was created and it's easier to understand. Whole grains, lean proteins, fresh produce are beneficial. Start kids young about what's healthy and what's not. Get them excited about food. Let them help in the kitchen.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 572	28:30	13:00	L	PA/O	11/18/11 11/21/11	12:00PM 10:30AM

Annica Thomas interviews Janet Segraves, Founding Member, Lyme Disease Support Group of Oklahoma (LDSG). Lyme Disease is an infectious bacteria that is spiral shaped. You can get it from any blood sucking insect. Symptoms: arthritic aches, pain, to neurological...flu like symptoms, chills etc. antibiotics are treatment. There are several tests to take to find out if you have it. They only have an 89% accuracy rate. 69 % of the negative serum tests are actually positive after they do a biopsy. Only two tests test for the disease, the bacteria itself. Treatment: most go with antibiotic treatments. It mimics other diseases. Five members have died since 2005 in the support group. To protect yourself from bugs that bite and suck on your blood: treat your yard, use insect repellants, time release granular. In Oklahoma we have ticks year round. We don't have cold enough weather for long enough time to die off the tick population. Wear long sleeves, tuck your pants into your socks, check for bites, check your hair for a rash in the scalp. Not everyone gets a rash however!

Doctor to Doctor #320	28:30	28:30	REC	PA/O/E	10/04/2011	11:30 AM
------------------------------	--------------	--------------	------------	---------------	-------------------	-----------------

Doreen Lewis talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It's important to look at the chemicals being used, cut sugar and exercise. **Dr. Elizabeth Matthews** talked post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It's important to get help and the treatment based up the severity of the depression. **Dr. Samuel Verghese** talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	Doctor to Doctor #321	28:30	28:30	REC	PA/O/E	10/11/2011	11:30 AM

Dr. George Rhodes talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spin, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spin back into position. It's important to maintain proper posture when sitting, standing and sleeping.

	Doctor to Doctor #322	28:30	28:30	REC	PA/O/E	10/18/2011	11:30 AM
--	------------------------------	--------------	--------------	------------	---------------	-------------------	-----------------

Dr. Jill Westkaemper talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. Dr. Leonard Scott talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. Dr. Janet Poole talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	Doctor to Doctor #323	28:30	28:30	REC	PA/O/E	10/25/2011	11:30 AM

Dr. April Speed talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. **Dr. Wayne Gordon** talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. **Dr. Thomas Di Stefano** talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.

	Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/2011	11:30 AM
--	------------------------------	--------------	--------------	------------	---------------	-------------------	-----------------

Dr. Bryan Wasson talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. **Dr. Mason Savage** talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once day. You should visit your dentist regularly. **Dr. Stephanie Blenner** talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/15/2011	11:30 AM

Dr. Bob DeMaria talked about healthy thanksgiving eating. It's important to try to eat organic fruits, vegetable and meat. #9 on labels for fruits/veggies means it's organic and #8 means it has been genetically engineered. It's important to drink plenty of water, steam veggies, use sweet potatoes or yams and combine food properly. **Dr. Martin Finkelstein** talked about distressing for the holidays. There is a lot of tension that can make the immune system weak and lead to sickness. It's important to let go of emotional stresses. It's also important to envision the type of relationships we want and to practice forgiveness and appreciation. **Dr. Hale Akamine** talked about overcoming holiday blues. It can be a season of mixed emotions like sadness or bitterness. It's important to allow other people to come into your life and to also share with those less fortunate than you.

	Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/22/2011	11:30 AM
--	------------------------------	--------------	--------------	------------	---------------	-------------------	-----------------

Dr. Bettye Alston talked about sugar free holiday desserts. It's important for diabetics to not elevate their blood sugar, but still be able to enjoy desserts. You can make smoothies and tarts by using certain ingredients that diabetics can enjoy. **Dr. Malcolm Hill** talked about holiday stress. Stresses are situations that come into our life that causes us to have to change. It can lead to high blood pressure, heart attack, stroke, diabetes and depression. It's important to live within our means, exercise daily, drink plenty of water and eat a plant based diet. **Dr. Brian Nimphius** talked about health care vs. sick care. Health care is preventative and involves eating right and exercising. It's taking the necessary steps to make sure your body stays healthy. Sick care is reactive and it's waiting until you are sick to seek care. It's not exercising and not eating right.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Substance Abuse</u>	JOY IN OUR TOWN # 566	28:30	13:00	L	PA/O	10/04/11	3:00AM
						10/07/11	12:00PM
						10/10/11	10:30AM
						10/11/11	3:00AM
						10/13/11	2:30AM

Host Michelle Gustafson Butler interviews Phil Black, MS, LPC, Director, Creeks Behavioral Health. We have a significant issue with alcohol, marijuana, cigarettes with underage smokers and prescription meds...they are acquiring the meds from parents of other friends, they go through medicine cabinets. If a family has pain killer in their home, a child is 3x more likely to abuse them. So lock them up, keep track of how many capsules you have. Kids are inhaling spray paint, whip cream (whippets), anything that has aerosol in it... you can do a lot of damage with these very quickly. The high is very short. It's like putting salt on your brain. There has been a slight 2-3% decrease in Oklahoma. The key is preparing your child or teenager so when they are in a situation that they practice good judgment. Keep communication open between you and your child.

JOY IN OUR TOWN # 573	28:30	13:00	L	PA/O	11/25/11	12:00PM
					11/28/11	10:30AM

Michelle Gustafson Butler interviews Marilyn Powell, Prevention Specialist located in the Washington County Health Dept. Washington County anti-drug network. Substance use is gradually increasing among the youth. Drug use over laps, if you see alcohol there is drugs with it. A lot of youth may not drink but start with marijuana. Synthetic drugs: the bath salts, K2 Spice synthetic marijuana) which is purchased semi-legally. It's doesn't show up on a drug test. A lot of research: an adolescent brain doesn't finish developing until 22-25 years of age. It affects their brain development and can damage it. These are the kids you see drop out. Parents need to be aware that these things are going on. Follow up on what your kids are doing, go look in their room, investigate if you see anything fishy. Kids want their parents to be involved. They need parents to step up and be a parent. The best way is to surround yourself with friends who do not want to party. Join a group of friends that have determined to not use alcohol, drugs, or bully, or make destructive decisions.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#574	28:30	13:00	L	PA/O	12/02/11 12/05/11	12:00PM 10:30AM

Host Annica Thomas interviews Sylvia Starr-Community Liaison and Prevention Specialist, Family Crisis and Counseling Center. We are finding that underage drinking is the issue in our community. We are trying to change the social norms. Alcoholism is a craving, your body actually experiences trauma if you aren't using alcohol. The dangers of teens using alcohol at such an early age: driving under the influence, it also affects things in their body. Prevention must be taught. There is a hippocampus. It affects their memory! It damages that area. Teaching young people this helps in prevention. Kids need to think down the road when they are in their 20s, 30s and 40s and the affect of alcohol on their body right now. Alcohol inhibits your ability to think clearly, they participate in risky behavior. Alcoholism begins that trek of getting high and seeking that euphoria...so when they don't get that original high then they do to stronger substances. Education is the key.

	JOY IN OUR TOWN# 575	28:30	13:00	L	PA/O	12/09/11	12:00PM
--	-----------------------------	--------------	--------------	----------	-------------	-----------------	----------------

Michelle Gustafson Butler interviews Sgt. Jim Rice, Drug Task Force and Street Crime Unit Mounds Police. The FDA says that drugs are the most addictive substance to man. More than food. Methamphetamine is the largest problem drug in the Tulsa area. The police watch stores and monitor activity and pay a visit to suspected meth labs. The police dog is used to search for illegal drugs. If the dog smells something they do not have to get a warrant. The dog's alert is considered probable cause. A Dog's sense of smell is 20 times that of humans so they are very effective in searching for drugs. Schools are very vigilant and use drug dogs. They have no tolerance for drugs so students are not bringing the drugs to school. Drugs and gangs are a major problem. Gangs are prominent in almost every community in Oklahoma.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN#576	28:30	13:00	L	PA/O	12/16/11 12/30/11	12:00PM 12:00PM

Host Annica Thomas interviews Channing Grinnell, Volunteer Victims Advocate, MADD Oklahoma. MADD's 11,000 people are killed by drunk driving every year. Over 200,000 are injured by drunk drivers every year. Three in ten people are affected by drunk driving. The occurrence of repeat offenders is very common. Oklahoma passed the Erin Elizabeth Swezey Act which requires an ignition interlock system be placed in an offenders car who is convicted with a blood alcohol level .15 or higher. Blood alcohol level is the amount of alcohol in your blood. .08 is the legal level for being drunk in all 50 states. 170lb man would have to consume 4 drinks in 1 hour on an empty stomach to reach a .08 blood alcohol level. She encourages people to have a designated driver when going out. If you see someone swerving or driving erratically get plate numbers and description of the car and call 911. Drinking and driving is color blind and effects young and old. Teen drinking is a major problem. 30-40% of 8th graders have tried a drink. The drinking age is 21 because the brain is not fully developed until the early 20s and is not ready for the effects of alcohol. Social hosting is when parents host parties believing it is safer for kids to drink in the home. Social hosting is illegal in Oklahoma and it is still dangerous for kids to consume alcohol even at home. MADD has programs for family intervention and other programs for youth and college age students.

<u>Electoral</u>	JOY IN OUR TOWN# 567	28:30	13:00	L	PA/O	10/14/11 10/17/11 10/18/11 10/20/11	12:00PM 10:30AM 3:00AM 2:30AM
------------------	-----------------------------	--------------	--------------	----------	-------------	--	--

Host Michelle Gustafson Butler interviews Patty Bryant, Secretary, Tulsa County Election Board. New voting equipment has been installed. The old system had been there since 1992. It's a similar system, you still fill in a box... and cast the ballot the same. There is still a paper trail as there was before. July 1st every voter has to show a federal or state issued ID. i.e. passport, military, driver's license or a state ID, and we accept the county issue Voter ID Card. We're working on redistricting the districts from the 2010 Census...redrawing district lines, special analysis etc. We are hoping to not increase the number of precincts but to at least keep it the same so we don't have to hire more staff. At every precinct there is an inspector, clerk and a judge that show up on election morning. The judge looks at your ID and verifies the info. The clerk gives you your correct ballot. One is a Republican and one a Democrat and the other it doesn't matter. 327,000 voters in Tulsa County which we maintain.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Family</u>	JOY IN OUR TOWN#568	28:30	13:00	L	PA/O	10/21/11	12:00PM
						10/24/11	10:30PM
						10/25/11	3:00AM

Annica Thomas interviews Dane Tyner of Home Improvement Ministry. Divorce stats are high. We can't assume the other marriages are healthy and good. A lot of times families stay together for financial reasons, for the sake of the kids, but still it doesn't mean your marriage is a quality one. We have a lot of people that live together. Cohabitation: these relationships are different. They could have something that functions like a marriage. They are committed, loyal and have a good healthy relationship. But a lot of these are rooted in a fundamental fear of commitment and a lot of other things that are necessary to have a healthy relationship. Marriages succeed best when people are prepared well. This is part of the big problem in our culture. Many enter marriage lacking skills, maturity and character. We have so many unhealthy families bringing children into the world and not preparing the children to have a healthy marriage.

JOY IN OUR TOWN#574	28:30	13:00	L	PA/O	12/02/11	12:00PM
					12/05/11	10:30AM

Host Annica Thomas interviews Sylvia Starr-Community Liaison and Prevention Specialist, Family Crisis and Counseling Center. Domestic violence occurs more than we think. The stats are 1 in 4 women and 1 in 6 men will be abused in their lifetime. Much of it goes unreported. Men don't report because they think they can take care of themselves. Domestic violence can be emotional abuse. Domestic violence can happen in any home. Signs: a person who comes to work with bruises or appears to be afraid of their partner when they call for example. What is going on with a person's emotions. When it's a emotional domestic violence it's compounding. You have an inability to handle normal situations. Ask them and try to help the person out. It can take up to 7x for a person to leave an abusive relationship. They may even go back to an abusive relationship because there is such a bond. There is a honeymoon period and then it happens again. You walk on eggshells.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	JOY IN OUR TOWN# 575	28:30	13:00	L	PA/O	12/09/11	12:00PM

Michelle Gustafson Butler interviews Debra Patterson, Foster Care Specialist, Washington County DHS. There are over 8000 foster kids in the state of Oklahoma. Bridge foster homes are traditional foster homes where children are placed with families they do not know. Kinship foster homes are where there was a previous bond including blood relations or family friends. When a child is going into foster care they try to create a similar family environment. Therapeutic foster homes are for children with a higher level of need. While any foster child may have problems, those with extreme problems such as aggression, defiance, bullying, and acting out sexually will be placed in a Therapeutic foster home. Foster parents have background checks and their homes are inspected for safety. They also go through a home study to determine family history and dynamics to make sure foster care is right for them. Mentoring and parenting classes help the biological parents to be able to regain custody of their children. In Washington County biological parents normally have regular visitation with their children. The goal is for the children to be placed back with the parents or extended family members. Adoption by foster parents is also encouraged where the biological parents are not capable of taking the children back.

	JOY IN OUR TOWN#576	28:30	13:00	L	PA/O	12/16/11	12:00PM
						12/30/11	12:00PM

Host Annica Thomas interviews Stacie Barnett, Program Director for COPES for Kids, Family and Children's Services, Tulsa, OK. COPES is an acronym for Community Outreach Psychiatric Emergency Services. Teen suicide is the 3rd leading cause of death among adolescents. Firearms are the most common method with suicide so it is particularly an issue in Oklahoma. It is important to keep firearms secured in a home with children and especially with teens at risk. Overall, six percent of teens attempt suicide. It is important that they receive mental health care to prevent a repeat attempt. Teens are very emotional and tend to live in the moment but it is important to not dismiss those mood swings. Warning signs of suicide are change in social interaction with friends, patterns of behavior, and overall change in mood. Ask teens what is going on. Adolescents are not good at verbalizing but you should make sure they know you are available. Check with friends and things like Facebook and be aware of any changes. Bullying can be a major factor especially with cyber bullying and the emotional bullying that kids may have to endure. Being exposed to suicide in the family or community puts kids at a higher risk. Practical ways to help kids cope are through art, journaling, and blogging.

*The figure designated as Topic Segment Duration is based on our
Good faith judgment and may not represent exact time.

THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Civic Affairs</u>	JOY IN OUR TOWN# 572	28:30	13:00	L	PA/O	11/18/11	12:00PM
						11/21/11	10:30AM

Mary Thomas interviews Mike Lester, Mayor of Broken Arrow. Broken Arrow listed as one of the top places to retire. There is a lot of recreational activities in the area and it's a great community for families. There is development on Main Street. The city has tried over the last year to bring new economic development to downtown. Anytime there is change there is resistance, it's all in proposal stage right now. We've talked about removing parking and adding parallel parking. We're just going through the process to try to invigorate downtown. We didn't have the interchange to promote growth but now through an effort with the Turnpike authority and the city we have an interchange near Aspen. We're working with a developer out of Houston and this should be finalized in a few weeks.

<u>Roll in Clip</u>	JOY IN OUR TOWN	28:30	:30	L	PA/O	10/11/11	3:00 AM
						10/25/11	3:00 AM
						11/21/11	10:30AM
						12/05/11	10:30AM

Roll in clip of car accidents. Every wreck has a story; you are the authority of yours. It's more than just the law. The Oklahoma Highway Department's Officer Timmons encourages Oklahomans to Buckle up. Truck-OK highway.

*The figure designated as Topic Segment Duration is based on our Good faith judgment and may not represent exact time.