

TRINITY BROADCASTING NETWORK

QUARTERLY REPORT

KDTX-TV DALLAS, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

FOR

January, February, March 2011

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

CRIME

ENVIRONMENT

MINORITY

PUBLIC SAFETY

TRANSPORTATION

CIVIC AFFAIRS

HEALTH

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

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #524	29:30	14:00	REC	PA/0	01/03/2011	10:30 AM
						01/04/2011	3:30 AM
						01/07/2011	12:00 PM
						01/08/2011	3:30 AM

Cheri introduced Officer Carrie Lindemuth from the Irving Police Department. Officer Lindemuth informed us that crime rates are higher around apartments because there is a denser population of people. The most common offense is car burglary. This crime can be prevented by not leaving things in cars such as loose change, bags, luggage and purses. Criminals will smash a window, grab the item, and quickly make a getaway and the car owner has just lost their stuff. Officer Lindemuth encouraged the audience to be aware of their surroundings and report suspicious behaviors. Go ahead and "bother" the police in order to be safe. She cautioned parents not to leave their children unsupervised. It takes only seconds for someone to snatch a child. For personal safety, have a cell phone handy and charged. Always park in well-lit areas. Visually scan the area and pay attention to one's surroundings. If you are going to carry pepper sprays or stun guns, be proficient in their use. The current mandatory crime reduction ordinance enables the police force to discuss who can live in certain areas of high crime and can have people to trim bushes, supply good lighting, have good locks on doors and windows, and install alarm systems in order to curb crime. To become more involved, Officer Lindemuth suggested participation in Citizens on Patrol.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #525	29:30	14:00	REC	PA/0	01/10/2011	10:30 AM
						01/11/2011	3:30 AM
						01/15/2011	3:30 AM

Cheri introduced Kathy Haecker, a crime victim's liaison. She educated the audience that there are primary victims, who have been the target of a crime, and secondary victims, a family member or a witness to the crime. There are lots of resources to help those that have experienced a crime. Ms. Haecker shared that the first thing a victim needs is someone to listen. Statistics show there is more crime reported now. The reason may be because people are more willing to report an offense than they used to be. She encouraged the viewers if they know a victim, show them resources and even go with them to the police to file the report. There may be people who come from another culture where they don't have the freedom to talk about some of these things. There are resources in 12 languages and also certain organizations to help non-natives. Often the biggest fear an undocumented immigrant victim is that they will be deported. They may not know that they can get a visa by helping solve a crime. Police don't ever ask the victim if they are here with documentation or not. Women can also get a sexual assault exam without making a report and can even use another name. Ms. Haecker concluded by mentioning programs, even for the abusers, which include drug, alcohol, and mental health programs.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #526	29:30	14:00	REC	PA/0	01/17/2011	10:30 AM
						01/18/2011	3:30 AM
						01/21/2011	12:00 PM
						01/22/2011	3:30 AM

Cheri introduced Detective Michael Dana, who investigates incidents of fraud in the DFW area. His work mostly involves transient groups that target senior citizens. Detective Dana addressed the question of how elderly people can protect themselves from being swindled. He shared the common threads in many scams which include earning people's trust; or, quoting a good price and then doing a terrible job and overcharging them. Most of these scams come unsolicited by someone coming to the door. Go to the phone book to find someone to do repairs. The Better Business Bureau is a great resource to find reputable businesses. There are also non-profits that help with identity theft and other scams. Detective Dana encouraged seniors to talk with friends and neighbors if they have been taken advantage of. People that scam are very convincing and often pretend to be police or other officials. He cautioned if someone comes to the door and says they are an official or with an organization, ask to see their badge or I.D. to prove it. Make a report if you have been scammed and the police will investigate it. Detective Dana reports that when the swindler gets caught, there will be a criminal case. However the criminals don't spend much time in jail for this type of crime. It's important to be alert because many of these offenders repeat the crimes. He concluded by warning the viewers that in fraud, criminals are different. They are called con-man, "con" coming from the word "confidence", because they have a way to build up their victim's confidence in them. Always try to verify identity of workers and check out the background of that person.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #527	29:30	14:00	REC	PA/0	01/24/2011	10:30 AM
						01/25/2011	3:30 AM
						01/28/2011	12:00 PM

Cheri introduced Heather Kovall, a licensed social worker with the Irving Police Department. Ms. Kovall defined "domestic" as people related by blood or marriage, having lived together at any point, had a child together, etc. Domestic violence is not just physical violence. It also can be verbal, psychological or emotional abuse as well as financial control or jealousy. Police only respond to incidents of physical abuse. There has been an increase recently in the number of abuse reports recently and this could be the result of an increased awareness of information and options for victims. Ms. Kovall reported that many agencies can provide information and support, and the police can help by linking the victim to a victim services liaison within the department who knows what victims' rights are. She encouraged the audience to reach out for help before the act of violence actually occurs. Ms. Kovall then listed reasons victims stay in bad relationships which include such things as "it didn't start out abusive"; "there are good qualities" about the abusive partner; "the abuse isn't happening all the time"; "we have children together"; the abuser may be their only financial support; the victim may become isolated from family; may see little hope in getting out of the relationship; or feel they must stay because of religious beliefs, etc. When officers go out on a domestic violence call, the safety of the victim is their #1 priority, not deporting people. All domestic violence reports go to a detective to be reviewed who will then follow up with the victim. Victim Services will also contact them and provide options. She concluded by listing resources and programs for the abuser.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #525	29:30	14:00	REC	PA/0	01/10/2011	10:30 AM
						01/11/2011	3:30 AM
						01/15/2011	3:30 AM

Cheri introduced John Promise, Director of the Environment and Development for North Central Texas Council of Governments (NCTCOG). Mr. Promise informed the viewers that NCTCOG is

both concentrating on making homes more green and efficient as well as working on environmental projects. Unlike the past efforts, the current plan is called the Trinity River Common Vision and its goal is to make the river safer, cleaner and friendlier to wildlife. The Council is also working with different communities around the river on the levee system and other projects to try to prevent flooding. Part of the initiative is making people more aware of rising waters and low roads. Working with local governments, plans have been put in place for a trail system around the river from Fort Worth to Dallas and include canoeing access as well. Mr. Promise instructed the audience to contact their local cities or to check the NCTCOG website to find out more information about the initiative or the river. Lakes were built around the river and then homes were constructed around these waterways before the restrictions that we have now were put in place. He concluded by encouraging people to be careful when there is a storm and to stay away from river areas where flooding is likely.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #527	29:30	14:00	REC	PA/0	01/24/2011	10:30 AM
						01/25/2011	3:30 AM
						01/28/2011	12:00 PM

Cheri introduced Gary Olp, President of GGO Architects. Mr. Olp told the audience that he was in school during the first oil and energy crisis. He started his practice in DFW to make people more environmentally aware. In his opinion, "Going Green" is an inadequate term. "Going green" is more of a stewardship of resources than of buying some nice green bags to take to the store. Uses of renewables are a diversion from the real problem. He explained that we need to be better stewards and be more efficient with our fuels. The focus should be on making adjustments so that homes become more efficient and can use less energy without changing quality of life. Mr. Olp gave tips on how to become more energy efficient by insulating attics and sealing the ducts, and also by shading south and west facing windows. Environmental stewardship is also being economically efficient. Wait until a refrigerator stops running and then shop to replace it with the most efficient model. He concluded by directing the viewers to change their light bulbs to compact fluorescents. Incandescent bulbs will be off the market soon, and they should go ahead and get more efficient bulbs.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #528	29:30	14:00	REC	PA/0	01/31/2011	10:30 AM
						02/01/2011	3:30 AM
						02/04/2011	12:00 PM
						02/05/2011	3:30 AM

Cheri introduced Gary Olp, President of GGO Architects. Mr. Olp told the audience that he was in school during the first oil and energy crisis. He started his practice in DFW to make people more environmentally aware. In his opinion, "Going Green" is an inadequate term. "Going green" is more of a stewardship of resources than of buying some nice green bags to take to the store. Use of renewables are a diversion from the real problem. He explained that we need to be better stewards and be more efficient with our fuels. The focus should be on making adjustments so that homes become more efficient and can use less energy without changing quality of life. Mr. Olp gave tips on how to become more energy efficient by insulating attics and sealing the ducts, and also by shading south and west facing windows. Environmental stewardship is also being economically efficient. Wait until a refrigerator stops running and then shop to replace it with the most efficient model. He concluded by directing the viewers to change their light bulbs to

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						02/08/2011	3:30 AM
						02/11/2011	12:00 PM
						02/12/2011	3:30 AM

Cheri introduced Mark Steinbach, Executive Director from the Texas Land Conservancy. Mr. Steinbach explained that Texas Land Conservancy is a 5013c non-profit company that is designed to conserve land in the area. Texas is one of the fastest growing states. Each year it loses 200,000 acres of land. Water resources, animals that need protection and other natural resources are all taken into consideration when focusing on efforts to conserve land. Mr. Steinbach reported on the different types of land conservation. Parks are not growing much anymore so people are donating land and raising money to purchase land. Another way land is preserved is by entering into a contract with the landowners. He reviewed the procedures for people desiring to donate land for conservation and proper steps to follow to make this happen. Mr. Steinbach gave updates on several local projects currently taking place. He concluded by encouraging viewers to visit conservation sites and explore the land. Children can be educated to support organizations that protect land. It is critical to preserve it for the future.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #530	29:30	14:00	REC	PA/0	02/14/2011	10:30 AM
						02/18/2011	12:00 PM
						02/19/2011	3:30 AM

Cheri introduced Gary Olp, President of GGO Architects. Mr. Olp addressed the priorities needed to save the planet and its resources. Recycling is a place many people start and is more holistic than the old model. He cautioned the audience about dumping chemicals down the drain. A creek close to his house was polluted three times last year because of construction workers in the area dumping chemicals down the storm drain. He is concerned that people don't have a sense of stewardship for the Earth or the education that we need in this present time. Mr. Olp encouraged the audience to consider their purchases, realizing that one day they will throw it away. We cannot live a disposable lifestyle, so be resourceful. Hospitals are sending instruments that, although they are perfectly good cannot be reused here, to places in Africa. Apple will disassemble used computers and recycle parts. Almost 89% of construction waste can be recycled these days. He concluded by encouraging the viewers to be better stewards and caretakers of our planet and be more aware of options to accomplish this goal.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Minority	Joy In Our Town #529	29:30	14:00	REC	PA/0	02/07/2011	10:30 AM
						02/08/2011	3:30 AM
						02/11/2011	12:00 PM
						02/12/2011	3:30 AM

Cheri introduced Rosario Mezo and Rodolpho Santa-Cruz from Catholic Charities Immigration Counseling Services. They informed viewers that Catholic Charities has been around since 1975 providing legal services and immigration counseling for 72 counties. Immigrants who have lived here in the US for 5 years are eligible to apply for citizenship. Ms. Mezo and Mr. Santa-Cruz shared with the audience that it is a big misconception is that obtaining citizenship is a long process and they then reviewed the steps of applying for citizenship. Also, those who have been victims of domestic abuse can report it without the fear of being deported and can even become a citizen as a reward for reporting the crime. There is a checklist to follow that can protect immigrants from being taken advantage of. They caution immigrants to be careful when filling out their citizenship forms. If the immigration paperwork is submitted incorrectly, the applicant has sealed his fate and probably won't get papers. If an immigrant is detained by ICE (Immigrations and Customs Enforcement) they can contact Catholic Charities for help. Ms. Mezo and Mr. Santa-Cruz concluded their interview by reminding immigrants that there are many quirks to immigration law and they need to go to an accredited organization as soon as possible to avoid missing deadlines.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Minority	Joy In Our Town #530	29:30	14:00	REC	PA/0	02/14/2011	10:30 AM
						02/18/2011	12:00 PM
						02/19/2011	3:30 AM

Cheri introduced Claudia Vargas, Development Associate with the Dallas Concilio. Ms. Vargas began by explaining that Hispanic students have the highest high school dropout rate and lowest college attendance rate in DFW. In Mexico, parents don't really get involved in their children's education because many parents haven't even completed 3rd or 4th grade themselves. The Concilio teaches these parents the important questions to ask teachers concerning their children's grades, attendance, classes they're taking, and more. Ms. Vargas shared a story of a parent whose son dropped out of high school. Through the resources from the Concilio, the mother was able to show him the importance of completing his high school education. As the children get older, Hispanic parents today can become disconnected from their kids' education because they are afraid of embarrassing their child if they show up at school. She reminded parents that it is their responsibility to be involved in their child's education. Another area of concern for the Hispanic population is the factors associated with obesity. Over 78% of Latinos in DFW are at risk of being obese mostly due to a lack of funds to buy the healthy foods. Vargas concluded by informing the audience that the Concilio addresses obesity in the population and the chronic illnesses associated with it by offering programs and classes to the Hispanic population.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Minority	Joy In Our Town #532	29:30	14:00	REC	PA/0	03/07/2011	10:30 AM
						03/08/2011	3:30 AM

Cheri introduced Anthony Patricio, Chairman of the DFW Native American Chamber of Commerce. Mr. Patricio educated the viewers that card-carrying Native Americans population numbers about 50,000 in North Texas. If enrolled in a federally recognized tribe, members receive a card and are recognized. Two million Native Americans live on reservations. On these reservations, the child suicide rate is much higher than US average. They have a 220% higher than US average occurrence of obesity and the poverty rate is 30% higher. Challenges to Native Americans include lack of job training, poverty rates, unemployment rates (sometimes as high as 50%) and healthcare. Mr. Patricio tells us that it is hard for many to walk away from the culture, food and people to seek an easier life away from the reservations because this is all they know.

According to Mr. Patricio, on the average, native people are underfunded by the federal government. He shared of the situation of border patrol concerning Anthony's tribe in Arizona and border safety with Mexico. The United States does not get involved with local issues, leaving the tribes to fight the battle by their selves.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Minority	Joy In Our Town #533	29:30	14:00	REC	PA/0	03/11/2011	12:00 PM

Cheri introduced Rachel Lopez, Founder and President of Hispanic Forum of Mesquite, who spoke about concerns for local Hispanics. Ms. Lopez informed the viewers that the Forum began to help citizens feel safe in their community. Language barriers exist and communication is a continual challenge. Trust issues exist as well between certain resources, agencies, police, authorities, etc. She shared that the Forum has tried to educate their community to change their mindset. Other concerns include teaching parents about the importance of supporting their children in school and making sure they complete school. She explained that the Latino culture is extremely family oriented, and is reluctant to seek assistance from outside the family unless it's a church or pastor. The Forum's purpose is to educate the community about the many social services available if people are struggling. Ms. Lopez encouraged the viewers not to be embarrassed or too prideful about using of these services. The organization tries to focus on the success of the kids, instead of the high dropout rates. Ms. Lopez concluded with the concern that diet and exercise have not been priorities to Hispanic people, but that mindset is changing as more and more people are exercising and out enjoying Mesquite's parks.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Minority	Joy In Our Town #535	29:30	14:00	REC	PA/0	03/21/2011	10:30 AM
						03/22/2011	3:30 AM
						03/25/2011	12:00 PM
						03/26/2011	3:30 AM

Cheri introduced Colleen Walker, Chief Executive Officer from the Girl Scouts of North East Texas, who addressed issues facing young girls in the Dallas-Fort Worth area. Ms. Walker informed the audience that these days, girls are growing up so much more quickly than in the past and are being asked to confront challenging issues at earlier ages. In our area, childhood poverty is much higher than the national average combined with a low graduation rate in urban centers. Through Girl Scout leadership experience, girls can discover who they are, have a strong sense of self and become grounded in values. Their programs also allow the girls to connect with others, make quality friends, and be involved in a positive peer group. Girl scouting builds girls' courage, confidence and character to make the world a better place. This makes a big difference in the choices girls make as they grow up. Emotional security is a concern for most young girls, as 1 out of 3 girls in middle/high school are afraid of being mocked, teased or harassed. The Girl Scout Cookie Program might be the first time girls introduce themselves to strangers. This program builds self-confidence at a young age allowing girls to practice leadership in safe environments. Ms. Walker concluded by sharing that Girl Scouts develops more female leaders than any other program.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #524	29:30	14:00	REC	PA/0	01/03/2011	10:30 AM
						01/04/2011	3:30 AM
						01/07/2011	12:00 PM
						01/08/2011	3:30 AM

Cheri introduced Jeff McKissack, instructor from Defense By Design. Mr. McKissack teaches how to spot trouble before trouble spots you. He informed the audience that the number one mistake people make is not listening to their instincts. When asked on camera after having been lured by Jeff, all of the victims stated that they knew they shouldn't have done it, but they didn't listen to their gut. Mr. McKissack encouraged everyone to be aware of their environment. Follow a few simple rules such as don't be distracted by cell phones or don't walk or jog alone, especially with an iPod. When using an ATM, look around and make sure people aren't close. If there are, then stand where you can see them out of the corner of your eye. Listen for things people say and do that may tell you that there could be trouble ahead. It's ok to be a good Samaritan, just be smart about it. He concluded by reminding the audience to have someone watch your back if you go to help someone. No matter what part of the world a person may live in, criminals look for easy prey.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #528	29:30	14:00	REC	PA/0	01/31/2011	10:30 AM
						02/01/2011	3:30 AM
						02/04/2011	12:00 PM
						02/05/2011	3:30 AM

Cheri introduced Public Education Specialist, Randy Westerman. Mr. Westerman informed the audience that the Office of Emergency Management is part of the Fire Department of Fort Worth. If a disaster does happen, it is a large department with the manpower and tools to keep people and their property safe. He explained that severe weather; accidents with chemicals; natural disasters such as earthquakes or tornadoes; and other circumstances occur in north Texas and most cities have emergency programs. Mr. Westerman showed a DVD on screen that provides information for many different emergency situations. He encouraged the viewers to be aware of their surroundings. That is the best protection against natural disasters. Everyone should be prepared by having a 3-day emergency kit that is kept near the interior of the house to sustain you until emergency responders arrive. Mr. Westerman warned that Texas weather is unpredictable. Flash floods are 6 times more common than tornadoes in North Texas and more people die from flash floods than any other disaster. An emergency checklist can be found on the department's website. He concluded by reviewing items needed for an emergency including a light, a radio, water, food, can opener, pet food and a whistle (to call for help if one is trapped). A dust mask is also important to keep you from breathing dirty air. The SNAP program is available for people with special needs that might have difficulty evacuating. First responders can help those people get oxygen and other items they need.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #531	29:30	14:00	REC	PA/0	02/21/2011	10:30 AM
						02/22/2011	3:30 AM
						02/25/2011	12:00 PM
						02/26/2011	3:30 AM

Cheri introduced Jeremy Roberts from the Carrollton Fire Department who spoke on how to handle hazardous materials safely. Mr. Roberts reported that there are many hazardous materials in our homes that are sometimes left sitting out that children and pets could get into such as gasoline, fertilizer and engine oil. He cautioned parents to store these things in the container in which they were purchased with a secure lid and re-label the container if the label starts peeling off or becomes faded. Some cleaning chemicals look like drinks and kids can be attracted to them and ingest them. Mr. Roberts informed the viewers that there are three to ten gallons of cleaning supplies scattered around the average house in areas such as the bathroom, kitchen sink, etc. He recommended keeping these items together and storing them in a shed that is away from their house or in a big cabinet that locks. Instructions on the backs of containers will tell you how to discard hazardous chemicals. Most communities have certain days to collect them up for disposal. Mr. Roberts warned if a child gets into a harmful chemical, call 911 first, and then call 1-800-222-1222 for Poison Control. He reviewed possible signs of chemical exposure and reminded the audience that it is crucial to get help in the first few minutes. He recommended that a carbon monoxide detector as well as a smoke detector be installed in every house and concluded by encouraging parents to read labels, making sure it's the right thing to be used for the purpose and in the right amount.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #532	29:30	14:00	REC	PA/0	03/07/2011 03/08/2011	10:30 AM 3:30 AM

Cheri introduced Luther Perry, contractor for the National Highway Traffic Safety Administration. In 2001, this organization created a pilot program to see how they could communicate their message effectively to multi cultural groups concerning traffic safety. People can respond to the information that they are given along with strong police enforcement and with programs such as *“Click It or Ticket”*, or *“Drink. Drive. Go to jail.”* The focus isn't on ticket-giving, but rather on saving lives. With various cultures, the department has learned that you need to find the “gatekeepers.” In the Hispanic community, they had trouble explaining how important booster seats were. So they approached a local priest who blessed the chair, and then people embraced it. Mr. Perry informed us that some groups like Hispanics and Native Americans usually listen to the information coming out of the pulpit. The population looks at different ways due to cultural differences, so communication styles need to change with each group. Mr. Perry, an African American retired officer, lets people know he understands what he's talking about, and they listen to his instruction. He concluded by instructing parents to model good behavior for their children. When it comes to safety he suggested that the audience not to think of themselves only as parents, but also as instructors of safety to their kids.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #536	29:30	14:00	REC	PA/0	03/28/2011 03/29/2011	10:30 AM 3:30 AM

Cheri introduced Mike Yudzky from the Texas Poison Control Center who answered the question of why children get poisoned. He shared that if children are hungry or thirsty, everything looks appetizing and showed one example of how chocolate candy and ibuprofen look similar and another example comparing a sports drink and cleaning solution. Mr. Yudzky gave advice to

parents on steps to take if they suspect their child has eaten something that could be poisonous, reviewing symptoms of poisoning as well. He explained that the Poison Control Center is important to the area. The Center not only saves lives, but it also saves community resources when ambulances are not sent out to homes because the Poison Control Center can handle the problem over the phone. He let the viewers know that pet poisoning is handled through the Poison Control Center as well. Mr. Yudzky gave tips on how to prevent poisoning in the home and how make homes safer. He concluded by sharing the poison control website.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Transportation	Joy In Our Town #526	29:30	14:00	REC	PA/0	01/17/2011	10:30 AM
						01/18/2011	3:30 AM
						01/21/2011	12:00 PM
						01/22/2011	3:30 AM

Cheri introduced Jim Cumbie, Webmaster of the McKinney Avenue Transit Authority. He shared that there are several trolley cars in the system that have been around for a number of years. Rosie, a car that is over 100 years old, requires a lot of maintenance but still runs. Ninety-five percent of the drivers and workers are volunteers and rides on the cars are free. This transportation is good for the environment because trolleys have zero emissions. Some people have been taking the trolley for 20 years and have become friends with their fellow riders during their commute time. Children love the trolley and the system's biggest charter business is from children's birthday parties. There are also churches, businesses, and families that charter trips as well. Mr. Cumbie informed the audience where to find out more about advertising on the trolley, where to ride, how to charter and more. The website can give answers as well. He reviewed the history of MATA (McKinney Avenue Transit Authority) which began in 1981 to create some ambience in the city. In 1983, MATA was created as a non-profit organization. Eventually the business community came around and MATA got federal grants as well. It runs 365 days a year from 7 am -10 pm, Monday through Thursday and Friday till midnight.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Transportation	Joy In Our Town #531	29:30	14:00	REC	PA/0	02/21/2011	10:30 AM
						02/22/2011	3:30 AM
						02/25/2011	12:00 PM
						02/26/2011	3:30 AM

Cheri introduced Vic Suhm, Executive Director of (TRTC) Tarrant Regional Transportation Coalition. Mr. Suhm reported that our region's population increases more annually than any other state or area in Texas. There are many challenges to keep people and goods moving. The resources are not available to keep our roads maintained as they should be or to add rail lines where they are needed. Mr. Suhm encouraged the audience to stay informed about transportation issues in our area by attending the regular monthly meetings of the local legislature. Transportation Advocates of TX, Inc. was just organized to help on a local basis to educate the public concerning transportation issues and to suggest possible solutions. He shared that three of the largest roadway projects in the country are underway in our region (LBJ, North Tarrant Express, and DFW Connector). To stay informed, Mr. Suhm encouraged the audience to review the "Priority Projects" link on their website which gives daily information on travel patterns and lane closures for such projects.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Transportation	Joy In Our Town #534	29:30	14:00	REC	PA/0	03/14/2011 03/18/2011	10:30 AM 12:00 PM

Cheri introduced Charles Emery, Board Chairman of the Denton County Transportation Authority. Mr. Emery shared that last year Denton Co. TA was only a small piece of a regional system. This year their bus system has matured and ridership has increased 13% from 2009. Fifty miles of track tracks will be completed soon and will carry between 7000-8000 passengers a day and serve about half of the county's population. Over 50000 students attend the two universities that are in Denton and many people are excited to have this transit system finished and offering more transportation options. The Trinity Mills Station is their point of connectivity to Dallas and the Green Light Rail. Mr. Emery also updated the audience that DCTA has just started a van pool program and has gotten good response. They have held public information meetings, developed websites and more in order to get information out to the public. He concluded by speaking about economic development being important and shared that there are plans for train stops in Lewisville, Highland Village, and Old Town Denton. The conceptual plans are all done and investors are becoming interested.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Transportation	Joy In Our Town #535	29:30	14:00	REC	PA/0	03/21/2011 03/22/2011 03/25/2011 03/26/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Cheri introduced Karla Weaver, Principal Transportation Planner for North Central Texas Council of Governments (NCTCOG), who addressed current area transportation issues and trends. Ms. Weaver focused on land use and transportation and informed the audience of several programs in development. She stated that commuters in the DFW area lose two days a year stuck in traffic. NCTCOG wants to work on the congestion problem as we grow and believes that trains can help with transportation needs. People may be looking for a bigger better house out in the suburbs but think that the commute may not be worth it. Ms. Weaver explained that one way communities can use the train if there isn't a stop in their town is by using the Park and Ride System which significantly cuts down on traffic and can make the commute better.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #533	29:30	14:00	REC	PA/0	03/11/2011	12:00 PM

Cheri introduced Mayor Harry Jeffries from the City of Watauga. Mayor Jeffries informed the audience that the city government of Watauga began in 1988 and the only way for the city to operate financially was by raising taxes every year. Budget improvements included purchasing the city's own water system from Fort Worth instead of simply using North Richland Hills' water supply; and, selling 15 acres of property to Albertson's. For the past few years, the city has developed great budgets that have been maintained well by city managers and the city council. It has also has done a good job of formulating plans and sticking with them. Mayor Jeffries reviewed several improvements made in the city such as a building housing four stories of office

space with a 2 million gallon water tank located on the roof. A gourmet chef purchased one of the gas stations on Watauga Road and converted it into a restaurant/gas station. Watauga works very closely with surrounding cities for fire department services, SWAT, and other safety issues; and, networking and support between neighboring cities is good. Mayor Jeffries concluded by saying that the city is stable. Public hearings are held about the budget and copies of the minutes and budgets can be found at their library. He assured the public that Council members are very approachable and welcomed being asked about the budget or other city issues.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #534	29:30	14:00	REC	PA/0	03/14/2011 03/18/2011	10:30 AM 12:00 PM

Cheri introduced Councilman Roger Fisher of the City of Bedford. Councilman Fisher shared that "Discover the Center" is Bedford's new motto. The city just redesigned their logo to show that they are in the center of the Metroplex. Their new Community Affairs Commission (CAC) serves as an outreach to local business, home owners associations, apartment owners associations, and more. For business retention, their program *Shop Bedford First.com* has coupons, deals and other offers in an effort to keep tax dollars in Bedford and is a free service for the city's businesses. CAC helps the City Council keep an eye on what's going on in the community, such as foreclosures and crime. The Green Energy Sub-Committee teaches homeowners how to be more energy efficient, save money and get government tax incentives. Currently there is a new state-of-the-art public library being built, to be unveiled February 12th. Starting soon the city will be syncing about 30 traffic signals to work together to handle heavy traffic from the Hwy 183 expansion. Councilman Fisher explained the CPR (Community Power and Revitalization), a cooperative program between Hurst, Euless and Bedford, will do mini-makeovers for homes in their cities in an effort to keep the three communities strong, so the schools stay strong.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #536	29:30	14:00	REC	PA/0	03/28/2011 03/29/2011	10:30 AM 3:30 AM

Cheri introduced Mayor Ward from Hurst. He has been mayor for 9 years and has seen a lot of change while he has been in office. One goal for the city he would love to see completed is the Transforming Hurst Program. He explained the program's desired renovations, including hopes to see a new apartment complex built and an updated shopping center going up around Bellaire Drive near Bell Helicopter. He shared about the Citizen's Police Academy where citizens are trained to patrol the city and be on the lookout for crime. Even with the economic downturn, Hurst has done very well, reporting unemployment rates at less than 10%. Mayor Ward reports that there are over 1300 businesses in Hurst even though the city's population is under 40,000. Hurst boasts that the airport is easily accessible and the city is in four different school districts. He concluded by proclaiming that Hurst is a great place to live because it is in the center of DFW.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	700 Club CBN NewsWatch #010611	1:00:00	6:00	REC	PA/0/E	06/01/2011	2:00 PM

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

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	700 Club CBN NewsWatch #020811	1:00:00	5:00	REC	PA/0/E	02/08/2011	2:00 PM

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!

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	700 Club CBN NewsWatch #032211	1:00:00	5:00	REC	PA/0/E	03/22/2011	2:00 PM

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 require 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #280	28:30	28:30	REC	PA/0/E	01/04/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #284	28:30	28:30	REC	PA/0/E	01/01/2011	11:30 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 Gerhert** 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #285	28:30	28:30	REC	PA/0/E	01/18/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #286	28:30	28:30	REC	PA/0/E	01/25/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #287	28:30	28:30	REC	PA/0/E	02/01/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #288	28:30	28:30	REC	PA/0/E	02/08/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #289	28:30	28:30	REC	PA/0/E	02/15/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #290	28:30	28:30	REC	PA/0/E	02/15/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #291	28:30	28:30	REC	PA/0/E	03/08/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #292	28:30	28:30	REC	PA/0/E	03/15/2011	11:30 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #293	28:30	28:30	REC	PA/0/E	03/15/2011	11:30 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.

TRINITY BROADCASTING NETWORK

QUARTERLY REPORT

KDTX-TV DALLAS, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

FOR

April, May, June 2011

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

EDUCATION

FAMILY

HEALTH

UNEMPLOYMENT

YOUTH

CIVIC AFFAIRS

HEALTH

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

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #538	29:30	14:00	REC	PA/0	04/11/2011	10:30 AM
						04/12/2011	3:30 AM
						04/15/2011	12:00 PM
						04/16/2011	3:30 AM

Cheri introduces Darwin Day from Huntington Learning Center. Mr. Day agrees that currently there is an atmosphere of uncertainty within the government that affects teachers. No one is saying what layoffs are going to happen in the area, but there will be an increased student-to-teacher ratio. He explains that the actual student-to-teacher ratio is different than what is published by most schools. The schools' numbers are usually lower than the real numbers because coaches and specialty teachers are included who don't actually teach classes. Mr. Day discusses some red flags a parent can watch for which indicate that their student needs more specialized help. A teacher saying that a student needs improved study skills is a sign. If a student is doing well in all of their classes but that particular one, it is probably a red flag showing that class size or the teacher is part of the problem. If they are putting in all the work but are still not succeeding, then they may need outside help. Mr. Day encourages parents to never accept the answer "okay" when asking how school was, dig deeper. The parent/ teacher/ student relationship is very important. The parent should visit the teacher and find out the class' expectations. Mr. Day concludes that if the parent is unable to be a part of the educational experience, a student can possibly get support from another family member, or from the learning center.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #539	29:30	14:00	REC	PA/0	04/22/2011	12:00 PM

Cheri introduces Mavis B. Knight, District 13 School Board Representative. Ms. Knight informs the audience that parents should expect overcrowded classrooms and increased class size, as well as layoffs for teachers in the coming school year. She recommends that teachers who are laid off to busy themselves doing volunteer opportunities while they are looking for employment, and do tutoring as well. The layoff can be viewed as an opportunity to re-educate oneself, become an entrepreneur, volunteer or retire. For the students, losing a favorite teacher will be difficult. There is the potential for dropout rates to increase. A student needs to feel connected and understood by teachers. If this doesn't happen, the student may give up. Ms. Knight believes that students need to encourage each other and the school needs to provide an explanation of how they will reach out to students while having fewer personnel. She also explains that the schools may lose some extracurricular activities because of the loss of personnel to sponsor them. Hopefully outside organizations will step up and offer these programs to students. Other areas that will be affected by the cuts are social services, counselors and psychologists; and after school programs may be cut as well. Ms. Knight is hopeful that companies, organizations and the community will step up here as well to help compensate wherever cuts are made. She concludes by alerting the audience that school will be more hectic than usual and that communication will make the transition easier for students.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #540	29:30	14:00	REC	PA/0	04/25/2011	10:30 AM
						04/26/2011	3:30 AM
						04/29/2011	12:00 PM
						04/30/2011	3:30 AM

Cheri introduces Ray de los Santos, director of LULAC National Educational Service Center. Mr. De los Santos informs our audience that Hispanic students are the ethnic majority now in the state of Texas and for many of them, English is a second language. There are extra issues that Hispanic students deal with such as maybe having a family member who has been deported or is in danger of being deported. Mr. De los Santos states that Hispanics really value education, but many need to learn to speak English at home so they can help reinforce what their children are learning in school. There is also a need for future leaders in areas like math and science, so parents should encourage kids to pursue those subjects. Parents should talk to their children about the opportunities that were or were not available when they were young. Not everyone will go to college, but everyone should have the option. A high percentage of Hispanic students do not finish high school or go to college. Mr. De los Santos addresses how adults can encourage students to change that statistic by asking about school, their grades, etc. Employers can encourage them by asking that they keep a B average. He believes that if adults value education, the students will value it as well. Mr. De los Santos concludes by encouraging parents to visit a college campus while on vacation, even when children are young, to encourage them to think about college.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #542	29:30	14:00	REC	PA/0	05/09/2011	10:30 AM
						05/10/2011	3:30 AM
						05/13/2011	12:00 PM
						05/14/2011	3:30 AM

Cheri introduces Lisa Hembry and Cheryl Parker from the Literacy Institute for Texas (LIFT). They inform the viewers that this year LIFT is celebrating 50 years of teaching adults to read and write. It offers a general GED program both in the classroom and online, and an ESL program at nine campuses. LIFT works with faith-based organizations and other programs to make reading possible for adults. Ms. Parker informs us that the number one reason people want to read is to read the Bible and read to their children. Most don't want others to know that they can't read. The thing that makes LIFT different from other organizations is that most of its participants find out about the program through word of mouth and programs like *Joy In Our Town*. Ms. Hembry shares that when English-speaking people cannot read, it is usually because of a learning disability such as dyslexia. There is such shame in not being able to read. The shame is able to be addressed and faced by working in a small class with others encouraging and helping each other. Graduations are celebrated. Examples of success stories included the story of a home health care worker who could not read and as a result one of her patients almost died; and, of a father who learned to read "Green Eggs and Ham" with his daughter.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #537	29:30	14:00	REC	PA/0	04/04/2011	10:30 AM
						04/05/2011	3:30 AM
						04/08/2011	12:00 PM
						04/09/2011	3:30 AM

Cheri greets guest, Erica Penick, foster care and adoption case worker from Buckner Children and Family Services. Ms. Penick shares that in the foster care arena, most children have been removed from their homes because of abuse or neglect. Children whose parents have lost parental rights are available for permanent adoption. Ms. Penick explains the adoption process and how to know if a person is ready for that endeavor. People can check to see if they are in the position to adopt by going to the website, www.BeAFamily.org, and looking at the checklist. Foster children generally have experienced losses and the agency looks for families that can meet a child's specific needs. Ms. Pennick lists several agencies where support is available for adoptive families including ministries within churches. She also recommends "The Connected Child", a book by professor at TCU, as being very helpful also. For parents of an adopted child who is grieving or has been abused, the agency encourages "being a student of your child" by learning their feelings and buttons. Ms. Penick concludes by giving details for moms who might want to put her unborn child up for adoption which includes a counseling process, looking at finances and resources, and helping her make this permanent decision.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #538	29:30	14:00	REC	PA/0	04/11/2011	10:30 AM
						04/12/2011	3:30 AM
						04/15/2011	12:00 PM
						04/16/2011	3:30 AM

Cheri introduces Gayle Westapher from Coppell YMCA. She informs the viewers that the CARE program was started at the Park Cities YMCA as an effort to stop teenage drug abuse. Parents turn to the YMCA because it is a trusted organization in the community. The program has helped 68 kids so far. YMCA centers have programs with extracurricular activities that can keep kids involved and their focus off drugs and alcohol. Ms. Westapher explains that teens that have open lines of communication with parents are less likely to become addicted to drugs. She encourages parents to keep their prescription drugs put safely away from kids and be aware of their kid's activities. They should always keep their eyes open and feel free to do a little snooping if they are concerned about their child's behavior. Drug dealing in North Texas is huge problem because of the geographic location. Parents and teens are welcomed to come to the classes even if they aren't involved in drugs as a preventative measure. The CARE program usually gets kids involved because many of them need perform community service. Ms. Westapher concludes that both parents and teens can learn that they are not alone through class discussion, teaching, and community service.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #541	29:30	14:00	REC	PA/0	05/02/2011	10:30 AM
						05/03/2011	3:30 AM
						05/06/2011	12:00 PM

Cheri introduces Mary Kardell, Executive Director for MADD (Mothers Against Drunk Driving) - North Texas Affiliate. Mrs. Kardell informs us that alcohol is a huge issue in families. She addresses when and how to begin talking to children about alcohol. MADD begins teaching in elementary school, giving them tips. Power of Parenting, a free resource for parents, teaches how to talk to children about alcohol. This program was sponsored by an insurance company and is now being promoted by the national PTA. Seminars are also available for families to learn ways to prevent underage drinking. Mrs. Kardell tells us that children should be taught not to get in a car with someone who has been drinking. They need to find a trusted adult that they can go to. She encourages the viewers to teach their kids the dangers of alcohol that have been revealed in recent years. Alcohol is a gateway drug. Studies at Penn State conclude that parents who are permissive and allow underage consumption of alcohol have kids who are more likely to binge drink and drink often. Mrs. Kardell asks, "How much is too much information for younger kids?" For some families, alcohol abuse is a reality at an early age because a family member has been affected. In those cases, seek a professional counselor. Research shows that it is not a good idea for parents to allow their kids drink as long as they do it at home. It should be clear to children that underage drinking is not tolerated at home.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #542	29:30	14:00	REC	PA/0	05/09/2011	10:30 AM
						05/10/2011	3:30 AM
						05/13/2011	12:00 PM
						05/14/2011	3:30 AM

Cheri introduces Stacey Cochran, Resource and Referral Manager from the Child-Care Group. Ms. Cochran informs our audience that parents need to realize that children start learning from birth. Mom and dad are a child's first teachers. Reading with babies is important for their development, and being held and talked to is crucial. Books don't need to be read word for word. Ms. Cochran suggested other activities that parents can do to ensure that their child succeeds which include turning off the TV and the computer and spending time with their child, giving them undivided attention. Even just 15 minutes with a child reading, cuddling and talking can be relaxing for the parents and wonderful for the kids. She also encourages parents to set rules and boundaries for children as well. Ms. Cochran encourages parents with older children to be the child's biggest advocate and to review basic education on child development in order to recognize if there is a problem. It is a wise practice to check in with teachers through email or notes. Many schools offer free afterschool tutoring as well, so make use of those resources. The Child Care Group website has childcare assistance for low-income Dallas families. Head Start and Early Head Start are also groups offering assistance to low-income families. For anyone enrolled in ESL, call the ESL resource and referral program for help.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #549	29:30	14:00	REC	PA/0	06/27/2011 06/28/2011	10:30 AM 3:30 AM

Hosts Cheri Duckworth introduces Betsy, Dyslexia Specialist. Ms. Weaver explains that dyslexia is neuro-biological in origin and is considered a specific learning disability. If dyslexia runs in the family, children could be at risk. Dyslexia is language-based, which relates to both written and oral expression. Average or above average intelligent children can be affected by dyslexia and yet can grow up to become doctors or other professionals. Ms. Weaver comments that dyslexia is seen in children when they are learning names of letters and not seeing a relationship between the letter and its sound. Teachers may not notice that a child is mildly dyslexic because the child might be able to hide their problem until more complicated words need to be learned and the child finds it very difficult to cope. Ms. Weaver encourages parents to not panic if they find out their child is dyslexic. Visit with the teacher and do not put off helping the child because it will become more difficult to intervene as they get older. Children can be screened to see if they qualify for a reading class where they will get more attention and specific instruction. Ms. Weaver concludes by encouraging parents to get someone qualified to help the child because parents might not know the correct sound for letters. A child must learn the phonological word; how to make sounds and divide words into syllables. As a result, the part of the brain which helps with learning to read starts activating.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #539	29:30	14:00	REC	PA/0	04/22/2011	12:00 PM

Cheri introduces Dr. Bryan Wasson. Dr. Wasson provides the viewers with information on how the metabolic syndrome works throughout the body. Inflammatory markers put people at risk for stroke or heart problems. Dr. Wasson shows a normal artery and then shows fat and plaque buildup inside the artery that puts one at greater risk for diabetes. Statistics show that 25.8 million people in the U.S. have diabetes. That is 8.3% of population; and, 179 million people have pre-diabetes. Most diabetics die of heart attack or stroke, and blindness and kidney failure also result from diabetes. Dr. Wasson explains that stress can cause raised blood pressure and instructs the audience to test their blood pressure regularly at home. 120 over 80 is a normal blood pressure and an optimal reading is 115 over 75. He recommends seeing a doctor right away if you have headaches and blurred vision along with high blood pressure which indicates a condition known as malignant high blood pressure. Untreated blood pressure usually results in stroke and diabetics with high blood pressure have even greater risk for kidney damage. Dr. Wasson concludes by encouraging us to exercise, exercise, exercise! Weight lifting along with aerobic exercise 6 days a week and cutting starchy foods and foods with sugar in the root (carrots, for example) is one way to lose weight and resolve this problem for diabetics.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #541	29:30	14:00	REC	PA/0	05/02/2011	10:30 AM
						05/03/2011	3:30 AM
						05/06/2011	12:00 PM

Cheri introduces Dr. Bryan Wasson from Baylor Healthcare Systems. Dr. Wasson exhibits a skeleton to demonstrate the parts of the spine most affected by osteoporosis and shows how the thickness and density of healthy bones should look. He tells us that the most common reason for osteoporosis in women is menopause. 10 million people have osteoporosis and 2 million of that number is estimated to have suffered fractures, including breaking a hip and no longer being able to walk. Dr. Wasson lists several high risk factors of developing osteoporosis which include people who are very thin; have a family member who has had the condition; experienced menopause early; and, people with a hyperthyroid condition. The FRAX[®] tool has been developed to evaluate fracture risk of patients and can be found on the website. Dr. Wasson encourages women to drink plenty of milk, take calcium, do weight-bearing exercises and get plenty of vitamin D. The doctor cautioned that it is possible to take too much vitamin D, so have levels tested by a physician. He explains the way medicines work with osteoporosis in fighting osteoclasts. Dr. Wasson says it is important to prevent that first bone fracture because the first fracture makes one 5 times more likely to sustain another fracture. A second fracture makes it 12 times more likely to fracture again. Whenever older people are seen with a hunched over back, it is often a result of osteoporosis. Men are at risk to develop osteoporosis if they have low testosterone levels.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #543	29:30	14:00	REC	PA/0	05/16/2011	10:30 AM
						05/17/2011	3:30 AM
						05/20/2011	12:00 PM
						05/21/2011	3:30 AM

Cheri introduces Catherine Burton, a licensed therapist from CWB Media Group. Ms. Burton informs the audience that seeing a counselor does not carry the stigma that it once did. Medications have improved during recent years and a person might need an anti-depressant to help them. People that are experiencing emotional pain that they can't get a grip on should see a specialist to avoid needless suffering. Ms. Burton encourages the viewers that there is much that can be done to help with mental illnesses. She shares depression symptoms which include lack of concentration, trouble sleeping, sleeping too much, and change of appetite. Talk therapy may not always be enough and perhaps medication might be the answer. If a couple is struggling, then both should attend counseling. If an individual is single, going through counseling can help develop skills for a healthy relationship. Ms. Burton explains that "like" attracts "like" and dysfunction attracts dysfunction. Healthy attracts healthy. Catastrophic thinking makes people anxious. Don't look so far down the road because you can only control today. Also, set boundaries with people and learn when to say no. Ms. Burton concludes by saying 21% of American adults suffer from a diagnosable mental disorder and four of the top ten reasons for disability are mental illnesses.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #544	29:30	14:00	REC	PA/0	05/23/2011	10:30 AM
						05/24/2011	3:30 AM
						05/27/2011	12:00 PM
						05/28/2011	3:30 AM

Cheri introduces Misty Jones, a dietician and diabetes specialist. Mrs. Jones informs the audience that 27 million people live with diabetes. Diabetics are often worried when diagnosed that they will have to give up everything they love. In the south there are a higher percentage of people with diabetes (13%) while the national average is 11%. She lists symptoms alerting one to diabetes which include noticing a difference in urination, thirst, blurred vision, or excessive tiredness. Fasting glucose is one test to determine if you have diabetes. Mrs. Jones reviews helpful resources such as Diabetes and Wellness Institute for teaching people diabetes prevention, treatments, etc. She educates the viewers that there are two primary types of diabetes: Type 1 is juvenile diabetes which is diagnosed at a young age and victims immediately go on insulin; and, Type 2 which is usually based on diet and occurs later in life. 90% of diabetics are Type 2. The Wellness Institute takes a holistic approach to treatment and encourages everyone to check out the farmer's market every Friday where people can go and get fresh produce and find healthy foods. Mrs. Jones gave some tips for parents to teach their children how to prevent diabetes. Thinness is not the same as wellness, so make sure kids have a balanced plate which includes fruits and vegetables, whole grains, and lean protein including calcium found in low fat or skim milk. Three things to remember: meditation, moving and meals because how a person thinks, exercises and eats are important.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #546	29:30	14:00	REC	PA/0	06/06/2011	10:30 AM
						06/07/2011	3:30 AM
						06/10/2011	12:00 PM
						06/11/2011	3:30 AM

Host Cheri Duckworth introduces Pasquale Carbone, a personal trainer from Tom Landry Fitness Center. Mr. Carbone shares that joints and muscular health are connected. As a person gets older, it is important to stay mobile and pay attention to the body feels. To prevent injury as one ages, he encourages us to stay active and work on balance training not just strength training. This will help with stability. Exercises such as squats and lunges are good examples of load-bearing exercises which help prevent bone loss. Mr. Carbone mentions that chest exercises are important to help with posture. Breathing is important to control blood pressure while exercising. He tells the audience that holding your breath will cause blood pressure to increase quickly. Also, you will fatigue a lot quicker if you are not breathing from your diaphragm. To prevent range of motion problems from occurring, he suggests some simple exercises such as standing in a door way and reaching your arms out to stretch chest muscles; or, stretching hamstrings by leaning over touching toes. Eating properly is important, so avoid limiting caloric intake so much that the body cannot recover from workouts. This will damage the metabolism. Mr. Carbone concludes by telling the audience that getting information from a trainer at the gym is the best way to get started with a fitness routine.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	700 Club CBN NewsWatch #011611	1:00:00	6:00	REC	PA/0/E	06/16/2011	2:00 PM

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. 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #295	28:30	28:30	REC	PA/0/E	04/05/2011	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. **Jesssic 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #296	28:30	28:30	REC	PA/0/E	04/12/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #297	28:30	28:30	REC	PA/0/E	04/26/2011	11:30 AM

Dr. Mike Ronsivalle 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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #298	28:30	28:30	REC	PA/0/E	05/03/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #299	28:30	28:30	REC	PA/0/E	05/10/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #300	28:30	28:30	REC	PA/0/E	05/17/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #301	28:30	28:30	REC	PA/0/E	05/24/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #302	28:30	28:30	REC	PA/0/E	05/31/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #303	28:30	28:30	REC	PA/0/E	06/07/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #304	28:30	28:30	REC	PA/0/E	06/14/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #305	28:30	28:30	REC	PA/0/E	06/21/2011	11:30 AM

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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Unemployment	Joy In Our Town #537	29:30	14:00	REC	PA/0	04/04/2011	10:30 AM
						04/05/2011	3:30 AM
						04/08/2011	12:00 PM
						04/09/2011	3:30 AM

Cheri introduces Debby Kratky from the Workforce Solutions for Tarrant County. Ms. Kratky recommends as soon as a person knows that they are going to be laid off, they should start looking for another job. The decision for layoffs is usually based on financial reasons and affects many people. She informs the viewers that as soon as her organization is notified about an impending major layoff, they go to the company to give them next steps explaining about unemployment benefits. For people with general skills, it may take only 3 or 4 months to find work, while people with higher skill sets may have a harder time finding new jobs. Through federal funding, "The Workforce Investment Act" pays for a training program which helps people develop new or updated skills. Currently there has been an increased amount of layoffs in the Metroplex. On the workforce website, there are ways to help find jobs, interview tips, etc. Go to the workforce staff and learn from professionals how to create a resume. To distribute a resume widely, register it with *Work in Texas*. *Hot Jobs Newsletter* is another job resource for Tarrant County. If a person takes a survival job just to get by, they should find something that they really care about. She concludes by encouraging viewers to be very persistent, researching job opportunities and visiting possible jobsites.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Unemployment	Joy In Our Town #543	29:30	14:00	REC	PA/0	05/16/2011	10:30 AM
						05/17/2011	3:30 AM
						05/20/2011	12:00 PM
						05/21/2011	3:30 AM

Cheri introduces Crystal Lathridge, Senior Career Services Specialist, from North Lake College. Ms. Lathridge assists students as they decide on majors and careers. Lately she is seeing older students and more seasoned workers who have been laid off as the companies downsized returning to college. Many people find themselves in a job that's not what they are passionate about. Ms. Lathridge encourages parents to talk to the career counselors for direction about their child's plans after graduation because college is such an expensive investment. For those who are looking for another job, be prepared. Keep your resume current and stay involved with organizations. For students in college, make sure to take internships, mentorships, and part time jobs in your field. Employers are looking for real world experience in addition to a degree. Entry level positions and job fairs are great for networking and learning about the field. Research company websites to learn about the company before you work there. Ms. Lathridge reviews tips for a good resume which includes making sure the resume is short and simple, to the point, and directed to the job you are applying for.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Unemployment	Joy In Our Town #544	29:30	14:00	REC	PA/0	05/23/2011	10:30 AM
						05/24/2011	3:30 AM
						05/27/2011	12:00 PM
						05/28/2011	3:30 AM

Cheri introduces Steve Raab, Chairman and CEO from The InSource Group. Mr. Raab shares that jobs are not permanent anymore because of downsizing and layoffs. Even if a person is employed, they should be prepared be without a job and save money for living expenses. He feels it is easier to get a job when you have a job. Help other people with their careers and they will be inclined to help when you need things for your career as well. Mr. Raab says that a person's attitude needs to be right whether they are employed or are interviewing for a job. If things aren't looking good in one's current job, it's always ethical to go start looking for a new job. Continue to give 100% to your employer, but be job-seeking in your spare time, especially if there may be layoffs. Mr. Raab gives tips on how to be prepared including to network early; and, to prepare a resume and keep it current, making sure the grammar and spelling is correct. Attitude precedes an employee everywhere they go. Look for another position as though the search is a full time job and don't let ego get in the way. Even if the employee feels that their job is beneath their abilities, it is imperative keep their attitude in check. Mr. Raab feels humility is key, so be positive about where this opportunity may lead. Do research about the company, have questions prepared, and be ready to answer for their questions. Mr. Raab concludes by alerting the viewers that resumes should be well presented, grammatically correct and professional to stand out.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Unemployment	Joy In Our Town #548	29:30	14:00	REC	PA/0	06/20/2011	10:30 AM
						06/21/2011	3:30 AM
						06/24/2011	12:00 PM
						06/25/2011	3:30 AM

Host Cheri Duckworth introduces James Holcomb. Mr. Holcomb states that employment has changed a lot in the last hundred years. He shares his family employment history, how his parents and grandparents did not have college degrees. People that are in the job market who don't have a college degree are encouraged to get some kind of formal training even if it's not a degree. Community colleges offer training programs for different careers such as in HVAC service. Being trained in certain fields such as this or even having a nursing degree is a good place to start. There are instances when experience will trump a college degree. Experience is very important in today's market. "How do you know 'when to hold 'em and when to fold 'em' when it comes to your current job?" asks Mr. Holcomb? Ask yourself if you are passionate about what you are doing and if you are growing. If the answer is no to either of those things, it may be time to look for another job. He suggests not doing anything to damage your reputation or burn bridges because you may need a recommendation later on. Mr. Holcomb advises those that are older and are now looking for jobs to update your resume, then get out in the community and be visible.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Youth	Joy In Our Town #540	29:30	14:00	REC	PA/0	04/25/2011	10:30 AM
						04/26/2011	3:30 AM
						04/29/2011	12:00 PM
						04/30/2011	3:30 AM

Cheri introduces Mary Kardell, spokesperson from MADD (Mothers Against Drunk Driving). Ms. Kardell informs the viewers that the average age for a child to have their first encounter with alcohol is 12. Kids are bombarded with massive amounts of information through social media, internet, and television which show them things that look attractive, but may not be safe. She asks, "What can parents do?" Teach them what the consequences of underage drinking are and make sure they know that Texas is a zero tolerance state. Also, teach that alcohol is a gateway drug. Statistics show that 1 in 3 eighth graders binge drink. Peer pressure plays a huge role in teenagers' choices, so encourage them to find activities and be surrounded by friends who have positive values. Ms. Kardell supports groups in schools that provide information about other activities that don't include alcohol and has the students sign a contract promising that they will remain alcohol-free until they are 21. She educates the audience about terms such as binge drinking, which is consuming 4 or more drinks, and pre-loading, which is bingeing before an event and often leads to alcohol poisoning. MADD also works with students on college campuses as well because it's important for colleges and on-campus organizations to keep education the main focus, not partying. MADD has family members of people who have died in drunk driving or alcohol-related accidents speak to students of all ages. Ms. Kardell concludes that these talks really are a wakeup call for many of students, and if one life is saved, it's worth it.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Youth	Joy In Our Town #545	29:30	14:00	REC	PA/0	06/03/2011 06/04/2011	12:00 PM 3:30 AM

Cheri introduces Dr. Duy D. Le, director of Autism Services. Dr. Le informs us that autism is a neurological disorder. Autistic people lack social, communication, self help, and play skills. Some victims also exhibit behavioral habits such as hand flapping, hitting, biting and aggression. ABA (Applied Behavioral Analysis) therapy is the treatment of choice because studies show that it is the most effective in decreasing problem behaviors and increasing positive behaviors. The first thing ABA does is define what aggression looks like. Once they know why the autistic person reacts the way they do, counselors teach them appropriate ways to communicate instead of using aggression. Dr. Duy D. Le tells us that there are two reasons for aggression: inability to access things that are important to them and caregivers not knowing how to manage the problem properly thereby unintentionally reinforcing those negative behaviors. He encourages parents that an autistic child should be in other kinds of therapy in addition to ABA therapy such as music and speech therapy. Thirty-five hours a week is the usual amount of time child should spend in ABA therapy. This therapy can be very costly and the Child Study Center has been given some funding to reduce costs.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Youth	Joy In Our Town #547	29:30	14:00	REC	PA/0	06/13/2011 06/14/2011 06/17/2011 06/18/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Ligia Gutierrez, Director, YMCA of Metropolitan Dallas. Ms. Gutierrez informs the audience that a preteen getting involved with the YMCA for the first time may be a reluctant participant. But once they become active they do have fun and even learn something as well. It is important for students to have somewhere to go after and outside of school to have other activities. The YMCA gives them an opportunity to share and open up with adults and other peers. Ms. Gutierrez explains that the Counselor in Training Program offers teens and preteens the opportunity to grow as leaders and take ownership of their selves. She encourages parents to find out what their children's interests are and look for programs that will augment that interest. Parents need to teach their kids by example by being role models and volunteers. Find places to give back, bringing the kids along to establish that value early in their lives. Ms. Gutierrez mentions Y Face which is an interactive software program created by the YMCA that enables teens to ask questions and find resources about their interests. She concludes by encouraging parents to show teens that they are trusted; empower them by giving them responsibilities; but also, set boundaries for their safety. Getting involved in a civic organization is a great way for young people to develop their own political and world view.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Youth	Joy In Our Town #547	29:30	14:00	REC	PA/0	06/13/2011	10:30 AM
						06/14/2011	3:30 AM
						06/17/2011	12:00 PM
						06/18/2011	3:30 AM

Host Cheri Duckworth introduces Tara Fuller from Every Head Counts. Ms. Fuller informs the audience that the TAKS test is a huge challenge for some students in school. Some students might drop out of high school because they don't think they will pass it and graduate. Other common causes of high school dropouts are pregnancy, peer influences, and attendance records. Fuller shares her story about being a teen parent and finishing school, attending night school and summer school in order to get caught up and graduate. She informs the audience that there are a lot of resources to help teen parents to succeed in school and she encourages them to take advantage of those resources and not give up. Ms. Fuller says that if teens do not believe in themselves, they will not be motivated. It is important that adults identify this lack of self-esteem and help them overcome it. Ms. Fuller lists resources for families that are in need. She suggests researching to see if a person is eligible for these resources the government offers. For anyone interested in helping, Agape Food Pantry is one organization that assists needy families. Many local churches also offer assistance for families and students. Call 211 for more information.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Youth	Joy In Our Town #548	29:30	14:00	REC	PA/0	06/20/2011	10:30 AM
						06/21/2011	3:30 AM
						06/24/2011	12:00 PM
						06/25/2011	3:30 AM

Hosts Cheri Duckworth introduces Paige Flink from the Family Place. Ms. FLink explains that when thinking about domestic abuse, a battered woman is the first thing that comes to mind. Many people forget about young people. If you see two teens in a relationship that looks abusive, it is important to lovingly address it with the teen. Share with them that you see that they are not the same. It is important to explain how it can be done in a respectful way and not in a dramatic break up in the school cafeteria. Teens often stay in those relationships because it is more popular to have a boyfriend or a girlfriend than to be alone. If kids have seen abusive relationships at home, then that is how they will base their own relationships. Ms. Flink mentions that girls begin to engage in sexual activity much too early because society is promoting that. She encourages the viewers to monitor what their child watches, does on the internet, or what they wear. Boys are thought of as the bullies or abusers, but girls are just as likely to bully or abuse. Teach your child not to fight back unless it is for defense and inform your school and other parents if your child is bullied. Hold the bully accountable through the school and teach your child to not put themselves in those situations. Reinforce the idea that just because someone calls you something negative does not mean that you are. Believing the bully gives the bully the power and control.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #545	29:30	14:00	REC	PA/0	06/03/2011 06/04/2011	12:00 PM 3:30 AM

Cheri introduces Councilman Tim Stinneford from the city of Euless. Councilman Stinneford informs the viewers that during this recession, Euless is trying to make sure that it doesn't raise taxes or cut any city services. Areas where the city was able to cut expenses include travel for city employees, a hiring freeze, and no raises for employees. Euless was able to reduce the operating budget by over a million dollars. Councilman Stinneford mentions volunteering as a way to pick up the slack is a worthy goal in Euless during this recession. Mowing a neighbor's lawn and getting to know others in the neighborhood is commendable and encouraged. The more one knows their neighbors, the easier it is to know when something is wrong. Crime decreases when neighborhoods are well connected. Councilman Stinneford tells us that there Euless averages having eighteen events a year with thousands of volunteers involved. Residents can go to a fire and police class and learn how to help as a citizen; or attend a CPR program. Volunteer opportunities are listed on the city website. The Citizen Police Academy is one of the most established programs in the city. If a resident notices a need they should talk with their neighbors and contact the city to coordinate volunteers. Councilman Stinneford also notes that for the past 12 months, retail sales have been up in Euless. Start-up costs are low for new businesses, so now is the time to get going. It will only grow from here.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #546	29:30	14:00	REC	PA/0	06/06/2011 06/07/2011 06/10/2011 06/11/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Arlington city council member Sheri Capehart. Councilmember Capehart informs the viewers that the Arlington Tomorrow Foundation was founded in 2007 using funds received from the natural gas drilling of the Barnett Shale. Five million dollars has already been put back into the City of Arlington by the foundation, some by way of a matching grant program. Sometimes the money is returned dollar for dollar and other times it is matched by sweat equity. A new dog park, a playground for children with disabilities and other city projects have been completed with the revenues from this entity. Ms. Capehart explains that current concerns of the city include strengthening young people and families, making neighborhoods safer, and arts and culture initiatives. Some grants are used for "large dollar" items such as Boys and Girls Clubs. Other grants provide tutoring and ESL programs for Hispanic communities. Kids need a place to go after school where they can have a meal, do homework and/or find a mentor. To meet this need, the Boys and Girls Club Center was renovated this past year. To alleviate parental concerns, the foundation promotes children's safety through proper street lighting, fencing, sidewalks, etc. which discourages crime. Ms. Capehart concludes by listing other improvements completed by the foundation which included updating the historical Fielder House Museum, preserving historic cabins, and offering free performances at the Levitt Pavilion across from City Hall.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #549	29:30	14:00	REC	PA/0	06/27/2011 06/28/2011	10:30 AM 3:30 AM

Hosts Cheri Duckworth introduces Councilman Michael Gallaway, City of Irving. Councilman Gallaway gives information about a new state of the art library that opened in West Irving a month ago to meet demands caused by the city's population growth and diversity, as well as sharing about two water/splash parks which will open in the next sixty days. He further comments that the new library is Certified Net Zero and powered by solar panels. The heating and cooling system is geothermal. Fifty computers are available as well as Microsoft learning tables and meeting rooms. Councilman Gallaway tells us that violent crime rates have reduced by 35% and the Fire Department has a cardiac survival rate double that of the national average. The City is involved with outreaches to a growing Hispanic population in Irving and meets with that group of citizens on a quarterly basis. Citizens on Patrol have clocked over 9400 volunteer hours. Councilman Gallaway discusses various development projects currently underway and says the City Council always wants to make sure the word gets out about new projects. They have quarterly mail-out containing information for residents and they encourage citizens to visit the city's website to stay informed. Councilman Gallaway concludes by informing us of the "Neighborhood Round Table" which brings in leaders from neighborhood associations together quarterly and informs them about events happening in the city.

TRINITY BROADCASTING NETWORK

QUARTERLY REPORT

KDTX-TV DALLAS, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

FOR

July, August, September 2011

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

CRIME

ECONOMY

ENVIRONMENT

HEALTH

HOMELESSNESS

PUBLIC SAFETY

CIVIC AFFAIRS

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

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #550	29:30	14:00	REC	PA/0	07/04/2011	10:30 AM
						07/05/2011	3:30 AM
						07/08/2011	12:00 PM
						07/09/2011	3:30 AM

Host Cheri Duckworth introduces Officer Doug Glotfelty from the Arlington Police Department. Officer Glotfelty informs us that car theft is an on-going battle in the DFW area and one of the largest crimes out there is vehicle burglary. If people would just hide their stuff or take it with them then these crimes could be prevented. Any time someone enters a vehicle with intent to commit a theft, it becomes vehicle burglary and this includes reaching into the bed of trucks. The police need to know every time this happens, even if it wasn't important or you don't think you can get it back. The police need to know if there have been patterns in this neighborhood so call and report it. If there is a crime hot spot, they will send people there to watch out maybe even undercover. Officer Glotfelty mentions that Neighborhood Crime Watches work well. Go outside and see if something is happening when car alarms go off and call the police if something suspicious occurs. Don't get complacent. Don't let kids leave video games and other toys in the back seat. Do not park on the street but get your car into a garage if possible. If not, get light around it as more light, the less likely a burglar will attempt to take anything. He reminds us to lock our car and take the keys. High percentage of stolen vehicles are ones that people left for just a few seconds to warm up or to go get coffee. GPS systems help recover a vehicle. Officer Glotfelty concludes by reminding the viewer to keep your car locked and don't leave spare keys on car. Roll your windows up and use the alarm. Steering wheel locks are useful as well to keep your vehicle safe from burglars.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #551	29:30	14:00	REC	PA/0	07/11/2011	10:30 AM
						07/15/2011	12:00 PM
						07/16/2011	3:30 AM

Host Cheri Duckworth introduces Joanna Clarke, VP of Development, Community Partners of Dallas. This organization specializes in helping Child Protective Services. Ms. Clarke informs us that the younger the child, the more endangered they are because they cannot defend themselves and often don't know how to get help. If you suspect abuse you are legally bound to report it. Call the 1-800 number. What is abuse? Physical abuse is often the easiest to recognize. Neglect is the most common CPD sees. Most families they work with live on less than \$14,000 a year. They may have to choose between food and rent. Sexual and emotional are other forms of abuse. CPD wants to ensure that kids have a safe and successful future. The community of Dallas offers a lot of services to kids. CASA offers court appointed advocates. Last year there was a little boy that they helped in their back to school campaign. They gave him a Superman backpack and he was so excited. They discovered that as a punishment, his mom had made him carry his sister's worn out pink Barbie backpack the year before and he was teased. CPD tries to make sure each child has school supplies to succeed in their education. CPS is a great community resource. There is a stigma about what they do, but ultimately they want to help each child and restore families as often as they can.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #552	29:30	14:00	REC	PA/0	07/18/2011 07/22/2011	10:30 AM 12:00 PM

Host Cheri Duckworth introduces Chris Berry from Forth Worth Animal Control. Ms. Berry is an animal cruelty investigator and has a rescued dog, Conan, who is with her today. Her office receives tips every day and investigates cases of animal cruelty and abuse. There are cases of domestic animals and livestock cruelty as well. Dogs are the most common cases. Cat cases are normally issues of hoarding. The Humane Society helps with livestock care when those animals are removed from a home. In Fort Worth, it is a violation to tether your dog with a chain. Many people don't see harm in it, but it can make dogs more aggressive or they can choke themselves or develop imbedded collars. With the extreme heat, there are also other dangers. Ms. Berry warns parents that although it is great thing to give a child responsibility with a pet, but you need to also check and make sure the animals are well cared for. In cases of domestic abuse, hurting the animal might be a way to torture the spouse or child. Many times, serial killers started hurting animals as a child. If there is animal cruelty in the home, CPS will often be addressed because cruelty and neglect to children may be an issue as well. Ms. Berry concludes by informing us that when rescued, Conan had intestinal parasites and was very malnourished and dehydrated. Many times a dog is out not because his owners don't care but because a fence broke or it was somehow lost. If you find a stray dog, take it to a shelter first before taking it home yourself.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #553	29:30	14:00	REC	PA/0	07/25/2011 07/29/2011 07/30/2011	10:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Sergeant Dace Clifton from Arlington Police Department. He explains the "National Night Out" which is an effort to prevent crime and make citizens aware. This event encourages people to get to know their neighbors. If people know each other, it can help them spot crime more easily. Citizens learn what to look for, how to contact police, and encourage people to take ownership in the crime prevention of their neighborhoods. These events may be the first step to inform them. Citizens on Patrol and Neighborhood Watch are ongoing programs to keep people involved in crime prevention. Officer Clifton reminds us that basic things like removing your property from your car and closing your garage door are simple ways to cut down on crime near your home. He explains how to get a police officer to attend your community meeting by just calling or visiting the website. Some groups provide live bands, bounce houses and other forms of entertainment at the "National Night Out". In Texas, "National Night Out" is October 4th each year. Officer Clifton tells the viewers that if you want to get involved in the program go to the website and find opportunities to volunteer.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Crime	Joy In Our Town #555	29:30	14:00	REC	PA/0	08/08/2011	10:30 AM
						08/09/2011	3:30 AM
						08/12/2011	12:00 PM
						08/13/2011	3:30 AM

Host Cheri Duckworth introduces Donna Bloom from Denton County Friends of the Family. Ms. Bloom informs us that although domestic violence is often thought of as physical injury, it is actually much broader. Domestic violence is patterns of behavior to dominate another person. It can be physical, emotional, verbal, financial control, spiritual violence, etc. There are men that are abused, but women are most likely the victims of deadly domestic violence crimes. There are shelters in Dallas, Garland, Arlington, Plano, Fort Worth, Denton, etc., and almost all of them are full. Ms. Bloom explains that education and accountability are the answer to preventing abuse. Institutions like schools, churches, can employers step in and provide accountability by having consequences when they see abusive behavior. Abusers often come from abusive homes. What should children be taught to change this behavior in the future? She tells us that bullying is an example of a person trying to dominate someone else. This behavior can escalate into abuse. A mother that is being harmed may need to make the decision to leave the home so her child is not exposed and the cycle is broken. She may be financially controlled or spiritually manipulated so she does not feel like she can leave. Ms. Bloom concludes by mentioning that it is easy to tell a victim to leave but it is not that simple for the victim. Help her stay safe and hold the abuser accountable instead.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #553	29:30	14:00	REC	PA/0	07/25/2011	10:30 AM
						07/29/2011	12:00 PM
						07/30/2011	3:30 AM

Host Cheri Duckworth introduces Danielle Champagne from UNT Student Money Management. Ms. Champagne informs us that the clear plan for students is to understand their financial situation. If you aren't honest with yourself, the school can't help you as efficiently. With the current economy, there has been an increase in students and parents coming for financial advice. Deal with whatever issue is at hand and then plan for the future. Parents may not have the resources to help the student. Plan the work and then work the plan. Ms. Champagne encourages parents to talk about finances with your student. Have students take some classes at a place that is lower cost and then finish at a four year school. Students may be able to live at home while in school. There are a few solutions to cut costs. Use the school's resources such as used books and other ways to make school more affordable. For someone who is an adult going back to school, make sure you are saving some for emergencies and working out a plan. Ms. Champagne encourages students who cannot continue school because their parents are no longer able to provide for their tuition, to visit the financial aid office. Paperwork will be needed to show proof of income. It will need to be processed, but there is almost always financial help. Live below your means.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #556	29:30	14:00	REC	PA/0	08/15/2011	10:30 AM
						08/19/2011	12:00 PM
						08/20/2011	3:30 AM

Host Cheri Duckworth introduces Mark Langford from the North Texas Small Business Development Center. Mr. Langford informs us that the economy continues to be a challenge with a lot of layoffs. There are so many variables when starting a new business and the new owners may not know all the logistics to what they need. The NTSBDC (North Texas Small Business Development Center) helps people know what they need to do from a legal aspect but also how to stand out amongst the other businesses. Mr. Langford further explains what small businesses need to focus on and how to stay competitive. Put your passion for your business down on paper to sell it. It's very easy to start a business in Texas and can be done within a day by just registering your name with the state, opening a business checking account and start making money. Mr. Langford encourages small business owners to take advantage of the tax deductions you can get by owning a small business. Currently, there's a big interest in government contracting and exporting because there are many markets that are expanding and need help. Mr. Langford concludes by explaining there are many laws regarding exporting, but it can be very successful; just be aware of what you're getting yourself into.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #557	29:30	14:00	REC	PA/0	08/22/2011	10:30 AM
						08/23/2011	3:30 AM
						08/26/2011	12:00 PM
						08/27/2011	3:30 AM

Host Cheri Duckworth introduces RaDonna Hessel from the City of Grapevine, Texas. Ms. Hessel describes Grapevine as a great shopping city and it has the DFW airport. It's a modern, historic city. Grapevine is a city that pays as it goes which doesn't have a lot of debt and maintains a very conservative budget. Although there is a lot of road construction, which is a hassle, it has brought in a 1.2 billion dollar job market for workers. Ms. Hessel informs us about new development that has occurred recently in Grapevine including Lego land, a sea life aquarium and various restaurants. The DFW connector is a 5 year project, but it's actually a little ahead of schedule. If there is an accident or traffic the in the area the DFWconnector.com will notify you. A lot of other cities are using grapevine as a model for construction. She explains Grapevine is using a lot of social media, including a community calendar. They have a business retention task force for businesses that need help getting their names out to the public. Ms. Hessel encourages owners to get involved in the community to help your business to flourish and network. She concludes by mentioning the many historic buildings in Grapevine, which can be a challenge to business due to restrictions; however, they do well.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #558	29:30	14:00	REC	PA/0	08/29/2011 08/30/2011 09/02/2011	10:30 AM 3:30 AM 12:00 PM

Host Cheri Duckworth introduces Dean O. Homer Erikson from TCU, Neeley School of Business. Dean Erikson tells us that things are very volatile in the market right now. Businesses would like to see stability and predictability. There are always going to be shocks but you need to be prepared. There have been stresses like drought and floods this year. He asserts that the economic situation is not going to be fixed in 6 months; patience and confidence are important. It is hard to think about risks and take them for the long term, but you need to even invest in a downturn. Economy is more than just finances; it is affected by the education system as well. Children need to be taught how to save, invest and handle money. Dean Erikson asks about the difference between growing the economy with small businesses or large businesses. He explains that most of the jobs are in small businesses. TCU feels strongly about entrepreneurship because if an entrepreneur graduates he will create over 500 jobs in his lifetime. TCU has helped create entrepreneur programs for them to encourage high school age kids who have created small businesses. Students need to be grounded in economics and accounting, however, applied learning goes beyond that. Internship programs, consulting programs and other practical applications of business teach them the field in a real way. Dean Erikson concludes in saying business owners are often surprised because students come in and see something in a new way.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Economy	Joy In Our Town #561	29:30	14:00	REC	PA/0	09/19/2011 09/20/2011 09/23/2011 09/24/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Cheri Duckworth introduced **Todd Mark, VP of Education** from Consumer Credit Counseling of Greater Dallas. Mr. Mark gave some tips on avoiding college debt. He mentioned that for starters, the best thing to do is to plan out the expenses expected over 4 or 5 years of the college you want to attend. These costs include tuition, room and board, books and workbooks, trips and other fees related to classes. It is essential for all students to own a computer now. Mr. Mark informed the viewers that many students exit college with a six figure student loan debt and that can be made even worse when \$20-30,000 of credit card debt is added on top of that. He encouraged the audience to think about what is affordable when looking at attending college. A great education can be found at all types of institutions (two-year, public, or community college). Apply for scholarships and consider to staying at home reducing cost. Mr. Mark described several college savings plans and explained how to investigate them for an individual's needs. He concluded by advising students to seek the aid of their school's guidance counselor for direction towards different scholarships and for help determining how much financial aid they might qualify for, helping the student to make smart decisions from the start to avoid huge college debts.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #554	29:30	14:00	REC	PA/0	08/01/2011 08/05/2011 08/06/2011	10:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Hilda Zuniga, Public Education Specialist from Fort Worth Water Department. Ms. Zuniga informs us that yesterday a record was broken with 313,000,000 gallons of water used. The majority of water used is being used on the lawn in the summer by people watering every day and consuming a lot of water. She encourages little efforts such as showers should be 8 minutes or less. Many kids use a kid pool and change water out many times a day which is unnecessary. She stresses little things do make a difference. If the lakes that provide our water get down to 75% capacity, restrictions will be put in place. Right now it's 83%. Most likely by early September, we will have those rules in effect. In that event, authorities will ask that you only water two days a week. Ms. Zuniga informs suggests that in the spring and summer when people are planting, go with native plants that require less water to survive. Between 10 and 6, any water that you use on your lawn is evaporated because of the sun and is a waste. Harvesting water is encouraged by Fort Worth. The city does not offer anything to residents for this, but they do support the idea. Ms. Zuniga informs us that the city will come to your house and tell you where your sprinklers should be, what kind of soil you have, when to water, etc. It can help you save money and water. She concludes by saying toilets use 3.5 gallons of water. Free toilets use 0.8 gallons. If you qualify, you can get them for free from the city.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #559	29:30	14:00	REC	PA/0	09/09/2011 09/10/2011	12:00 PM 3:30 AM

Host Cheri Duckworth introduces Tony Walker, Regional Director from Texas Commission on Environment Quality. Mr. Walker informs us that there are 16 regional offices with educational resources and enforcement when needed to keep things regulated. There are human health concerns now with the urban oil drilling. There are drilling rigs next to the places we live, play and work. When this project started, they looked at historical data to determine what the impact would be. The air is generally safe. and facilities operate within determined rules and regulations. Mr. Walker explains the basics of drilling and exploring. First they will do some land clearing followed by drilling a major bore hole. Concerns include air emissions and water contamination. In all of the monitoring research that has been done, it has been found that those chemicals of concern are in very small amounts. The ambient air must be safe. Complaints are responded to in a maximum of 12 hours, but usually it only takes 4 or 5. Emission inventories are done frequently as well. If a problem is found, they research and trace it back to see if contamination is a result of oil and gas. Mr. Walker concludes by describing that the website shows the history and long term effects of the Barnett Shale. Data is updated 24/7 so citizens can stay informed.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #561	29:30	14:00	REC	PA/0	09/19/2011	10:30 AM
						09/20/2011	3:30 AM
						09/23/2011	12:00 PM
						09/24/2011	3:30 AM

Host Cheri Duckworth introduces Kris Sweckard, Managing Director from the Dallas Office of Environmental Quality. Mr. Sweckard addresses air quality concerns with current gas drilling in the DFW area. He explains the Barnett Shale is the most developed shale in the country. They drill a hole in the ground and pump water into the ground so the gas is released. Dallas is new to the game as Fort Worth and the west side of DFW started this process first. The Dallas Gas Drilling Task Force has some regulations for where drilling can be done. There are also concerns about how to control emissions and keeping water quality and quantity stable. More information is available for citizens on the website. Meetings are scheduled every Tuesday and people can state their concerns there. Mr. Sweckard tells us that there are different colors of air quality watches. Purple is the most extreme and fortunately, there haven't been any of those this year. Some ways to take care of the air quality are take care of your car and use public transit. 70% of air problems are from on road traffic. There has been a 15% improvement in the last 3 years for air quality but the national standards have still not been met. Children and adults with respiratory problems are most affected from poor air quality. Mr. Sweckard suggests getting away from driving everywhere and to combine trips instead of driving multiple trips. It's the little things you do every day that contribute to a better environment.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Environment	Joy In Our Town #562	29:30	14:00	REC	PA/0	09/26/2011	10:30 AM
						09/27/2011	3:30 AM
						09/30/2011	12:00 PM

Host Cheri Duckworth introduces Kris Klaus, Senior Program Manager from North Central Texas Council of Governments (NCTCOG). Mr. Klaus informs us that since implementing the Clean Air Act in 1991, the council looks to protect the air quality as road construction is being done. There is a national committee that determines what the standard of air quality should be. The DFW area does not meet this standard right now. He explains the council tries to decide what percentage of emissions come from businesses, traffic, etc. With road construction, the diesel fuel can produce a lot of emissions, especially on outdated equipment. The new technology and equipment is being inspected and researched to see what is reliable and best for the job and the environment. The private construction companies work closely with the Texas Council of Governments to make sure that the equipment is adequate. Mr. Klaus informs us funds are now available to assist the companies in replacing or retro fitting their equipment. If citizens have a concern about construction safety or air quality for a local project, the best thing to do is first contact the city. There are also control strategies on the NCTCOG website. Mr. Klaus concludes by mentioning if you are unable to pass an inspection, there is a program to either replace or fix the car so it will pass. There are a lot of people recently who have gotten fraudulent inspections. There is now an effort to do roadside inspections by police officers.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #307	28:30	28:30	REC	PA/0/E	07/05/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #308	28:30	28:30	REC	PA/0/E	07/12/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #309	28:30	28:30	REC	PA/0/E	07/19/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #310	28:30	28:30	REC	PA/0/E	07/26/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #311	28:30	28:30	REC	PA/0/E	08/02/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #314	28:30	28:30	REC	PA/0/E	08/23/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #315	28:30	28:30	REC	PA/0/E	08/30/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #316	28:30	28:30	REC	PA/0/E	09/06/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #317	28:30	28:30	REC	PA/0/E	09/13/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #318	28:30	28:30	REC	PA/0/E	09/20/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homelessness	Joy In Our Town #552	29:30	14:00	REC	PA/0	07/18/2011 07/22/2011	10:30 AM 12:00 PM

Host Cheri Duckworth introduces David Timothy and Lon Ricker from the Soup Mobile. They inform us that they help feed the homeless in Dallas. Although they help feed kids in homeless shelters, there are hundreds of children in the area that are homeless and are not in shelters. The city of Dallas focuses on sheltering the homeless children but they cannot reach everyone. Some may be living in abandoned buildings and running from an abusive home. Others hide out during the day and come out at night. They have often come from abusive homes and are hesitant to receive help from organizations. How do you earn their trust? The Soup Mobile doesn't require anything from the kids. They are fed with love and in the process they begin to trust. In Dallas there are more than 10,000 homeless people. There are only 2,000 beds in shelters in the area. Soup Mobile offers housing for homeless. It is not a "hand out" but a "hand up" to help them on their feet. If the parents become homeless, their kids are homeless with them. There are entire families living in cars or on the streets. Organizations in Dallas are trying to house not just single homeless people, but also homeless families. In conclusion, Mr. Timothy and Mr. Ricker say that it is about offering hope to the homeless.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homelessness	Joy In Our Town #556	29:30	14:00	REC	PA/0	08/15/2011	10:30 AM
						08/19/2011	12:00 PM
						08/20/2011	3:30 AM

Host Cheri Duckworth introduces Lea Velez, Program Director from *Back on My Feet*. Ms. Velez informs us that *Back on My Feet* is a program that helps homeless people get back on their feet. It started by the owner who was inspired by a homeless shelter. They don't give a handout, but a hand up. They want to give them assistance. On a daily basis there are over 3000 people who are homeless. This organization is an on-going program and continues to help the people even when they're well established. The goal is attainment and accountability, which is the building block for their success. Ms. Velez shares a success story about a man who is doing really well and just ran a 5k marathon. *Back on My feet* looks at the whole person. The commitment is for excellence, hope, and the future. A lot of homeless people have burnt a lot of bridges so they don't feel like they have anyone or anywhere to go. Coming to this place, they can build their self-esteem and hope. Ms. Velez tells us that after 30 days with ninety percent attendance, they are given more responsibility and start working on resumes and job placement. Each individual is different; they need to build and learn how to be in society again. *Back on My Feet* just gives them the tools to do so.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homelessness	Joy In Our Town #559	29:30	14:00	REC	PA/0	09/09/2011	12:00 PM
						09/10/2011	3:30 AM

Host Cheri Duckworth introduces Corrine Johnson, Student Services Coordinator from the Winfree Academy Charter Schools in Irving. Ms. Johnson tells us that the biggest challenge for students at Winfree is that the needs vary greatly. If they are not successful in a traditional school, a charter school offers a different learning environment for them. She explains that homeless students are classified by state laws. If you are not living in a permanent and stable home, you are homeless. If there is more than one family living together because of the economic need, they are called homeless. Homeless students doubled from 2010 to 2011 school years. Homeless liaisons are preparing year round to provide for the homeless students. The extra challenges for homeless students are needs for food, transportation, and clothing. They are fed and able to get snacks and clothing. They are also given bus passes to get to school. Ms Johnson explains that at Winfree Academy, students are all on an even playing field and staff and faculty reach out to the students with needs. If students have to move to another district, they will provide transportation so they don't have to transfer. There are also services to provide dental and medical care. Ms. Johnson concludes by sharing that it is easy for homeless students to get financial aid now. Homeless liaisons are able to help them get into college.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Homelessness	Joy In Our Town #560	29:30	14:00	REC	PA/0	09/12/2011 09/16/2011	10:30 AM 12:00 PM

Host Cheri Duckworth introduces Brenda Jackson and Veronica Jefferson from *I Can Still Shine*. Brenda shares her story that she was battered herself and started the organization to help people like her. Veronica says that Brenda was her life saver when she didn't see a way out of it. She grew up in a home where abuse was normal and saw abuse as love. The very first time she was beaten, she thought it was normal because it was just like her home life. She knew that she was not supposed to be in that situation but felt too ashamed to try to get out. Ms. Jackson tells us that if you don't live in DFW area, there are other Texas organizations to help. Call 211 and get help. It's not easy to leave your abuser; it is very difficult but it is possible. You have to link in to a group that can help you. There were 140 women killed in Texas last year from domestic abuse. Ms. Jackson encourages victims to have a social and spiritual circle to keep you positive and encouraged and if you are being abused, call someone. Don't say you are going to wait until the kids are 18 as damage has been done to your kids by then. It is likely they may enter abusive relationships or become abusers themselves.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #550	29:30	14:00	REC	PA/0	07/04/2011 07/05/2011 07/08/2011 07/09/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Bruce Shults, Senior Program Manager from National Highway Traffic Safety Administration. Mr. Schults informs us that some of the holidays with the most alcohol related fatalities and accidents are Halloween, Memorial Day and Fourth of July. Another weekend with a rising number of alcohol related accidents is Super Bowl weekend. He encourages someone to volunteer to be the designated driver. Texans are pretty good at using their seatbelts in the car. Nearly 90% of Texans are buckling up and 44% of those that die in an accident are not buckled up. Teens 16-20 and 20-24 as well as truck drivers are groups that often don't wear seat belts. Mr. Schults explains that if you are going 60 miles an hour and run into a car head on, it is like jumping off of a three story building. Your seatbelt can brace you and save your life. Head and spinal injuries are the most serious and your airbag and seatbelt can prevent them. The No Phone Zone campaign sponsored by Oprah has brought attention to the problem with talking and texting while driving. Texting is the riskiest distraction that you can have. Mr. Schults reminds us that our eyes need to be on the road, particularly in intense traffic. At high speeds it is better to pull off the road and take care of those things while you are not driving. He concludes by saying take care of yourself and others by not drinking and driving, not getting in the car with others who are, offering to be a designated driver, and eliminating distractions while you drive.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #551	29:30	14:00	REC	PA/0	07/11/2011	10:30 AM
						07/15/2011	12:00 PM
						07/16/2011	3:30 AM

Host Cheri Duckworth introduces Sue Vanek, Burn Program Manager from Parkland Hospital. Ms. Vanek explains the difference between first and second degree burns. Best way to treat burn is to cool it down with cold water to stop burning process then apply triple antibiotic ointment such as Neosporin. After several days of ointment, let it dry out. No butter, tomato paste or other home remedies. Butter can keep heat in. Tomato paste can be acidic and destroy more tissue. Ms. Vanek informs us that when grilling, do not add lighter fluid; it could cause an explosion in the grill or backtrack to the can and explode in your hand. When using propane tanks do not keep them in the garage; safely hook them up and test them for leaks. Keeping them with your grill outside is fine. Inside the home, do not leave candles unattended or let children near them as their clothes can catch on fire. Ms. Vanek reports that scalding can occur from hot grease or hot water. Put out a grease fire with a lid, towel, baking soda or fire extinguisher. Do not add water to grease fire or it will splatter. Children under 3 and elderly can have their skin burnt much easier than others due to their thinner skin. Some elderly can die if their bath water is too hot and they can't get back out. Diabetics sometimes can't feel the water that is too hot and they soak their swollen feet in it. Ms. Vanek concludes by cautioning parents that children at home by themselves in the upcoming summer months might drop hot things on themselves and have no one to help them.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #554	29:30	14:00	REC	PA/0	08/01/2011	10:30 AM
						08/05/2011	12:00 PM
						08/06/2011	3:30 AM

Host Cheri Duckworth introduces Gary Griffith and Deputy Chief Brian Harvey from *Safer Dallas*, Better Dallas. They inform us that *Safer Dallas* is a partner with the police department in an effort to make the community safer. Their goal is to make Dallas the safest large city in America. Over a million dollars has been raised for security cameras downtown with a donation from the Meadows Foundation. Officers have seen lower crime in that area since the cameras have been in place. The equipment downtown has been very effective and it is equipment that the force wouldn't be able to afford without Safer Dallas. Chief Harvey explains that Smart phone applications for iWatchDallas.net are the first of its kind. It is an extension of the telephone tip lines. If you have information that is not urgent, call 911 kind of tips or you can type it in and send it through iWatchDallas.net. This information has helped to make some arrests. Chief Harvey tells us that forty percent of tips are drug related. Using the fusion system, police can follow up with the tip and see if any other crimes or suspicions match those locations. He concludes by listing the type of information they need if calling in information: name, date of birth, any other information, location, time of day, license number, etc. This application is not a substitute for 911. If it is suspicious but not pressing, the tip line is a good way to share it.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #560	29:30	14:00	REC	PA/0	09/12/2011 09/16/2011	10:30 AM 12:00 PM

Host Cheri Duckworth introduces Cheri introduces Officer Joe Harn from the Garland Police Department. Officer Harn informs us that with all of the construction in the area, traffic and driving is a problem. Drive ahead of where you are. He cautions to be looking ahead and watching for signs or lights up ahead or slower speed limits. When people are impatient, they may try to pass and it may even cause a wreck, especially in those construction zones. Eliminate as many distractions as you can. Texting may be outlawed soon. Crack your window and maybe even listen to hear the sounds around you. Officer Harn explains when workers are on site working, it feels like cars are going faster than they seem when you are in the vehicle. As a driver it may seem that you are poking along, but you can still hurt someone pretty badly. Be patient and follow signage. There is an education process for workers on the roads to help them keep safe. If there are a couple of lanes open, and you can see a big machine swinging back and forth, do what you can to stay out of the way. He reminds us it is illegal to make your own path and try to cut out of construction. Find other roads to use instead. If you get stopped in construction and have an emergency, call someone. It is better to arrive somewhere safe than to not get there at all. Officer Harn concludes by encouraging us to plan for our route and watch the morning shows to hear about traffic reports. If not, listen to a radio show that will keep you informed.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Public Safety	Joy In Our Town #562	29:30	14:00	REC	PA/0	09/26/2011 09/27/2011 09/30/2011	10:30 AM 3:30 AM 12:00 PM

Host Cheri Duckworth introduces Corporal Jimmy Meeks from Hurst Police Department. He informs us that since March of 1999, there are about 2 people killed every month at church in the United States. There have also been 176 dead bodies found at churches. Sexual crimes against children are also a huge problem at churches as well. Corporal Meeks reviews what people can do to make sure that they are ready for these kinds of issues. You have to get church people away from the mentality that you are safe inside a church house. Churches need to wake up to the reality that a church is not sacred in the mind of a criminal. He says that churches should develop an eyes and ears team to watch and listen for things. He tells the story of a man who came in ten minutes late to service with a trench coat on backwards and shot the pastor to death. He came in late and had a coat on backwards so there were suspicious signs that could have been seen. There are little things that churches can do to foresee danger. Check the rooms in the student areas to see if anyone is in the rooms. Many times homeless people sleep inside all night. Corporal Meeks concludes with mentioning when pedophiles are caught they have had on average 151 victims already. Just because a background check comes clear does not mean they aren't capable of crime.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #555	29:30	14:00	REC	PA/0	08/08/2011	10:30 AM
						08/09/2011	3:30 AM
						08/12/2011	12:00 PM
						08/13/2011	3:30 AM

Host Cheri Duckworth introduces Mayor Bob Townsend from the City of Richardson, Texas. Mayor Townsend informs us that twice a year Richardson has leadership workshops to help make neighborhoods and organizations better. Richardson became a growing suburb in the 1950s because of Texas Instruments and is now an aging city. The city will write a check for ten times the amount that you use to update your property in aging Richardson areas. Mayor Townsend tells us transportation is a growing issue. There are four Dart stations in Richardson. Currently two of them are integrated with housing and retail and others will follow. The Cotton Belt Line will go straight from Richardson to DFW to Fort Worth including a stop at University of Texas at Dallas. Commuting is popular because people can live in Richardson and commute to downtown Dallas. The day time commuter population is actually larger than the evening population because of the technical companies in the city. Mayor Townsend talks about implementing crime watch programs for homes and businesses explaining the bond vote in 2010. Residents voted for it, despite the tax increase. He concludes discussing the city's entertainment which includes a great park and trail system. The 19th annual music festival had 60k people there this year.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #557	29:30	14:00	REC	PA/0	08/22/2011	10:30 AM
						08/23/2011	3:30 AM
						08/26/2011	12:00 PM
						08/27/2011	3:30 AM

Host Cheri Duckworth introduces Councilman Gerald Farris from the City of Irving, Texas. Councilman Farris informs us that the city manager has done a good job of cutting corners without affecting the city services. The education system has experienced a tighter budget this year than the city hall has. There have been layoffs with some promising teachers, so it has been difficult. Councilman Farris emphasizes the importance of the youth in the community and says it is great when the community reaches out to the young people with tutoring and mentoring. Citizens can be the eyes and ears for the city staff so if you see something that isn't right or is suspicious, you are encouraged to call your city councilmen so they can fix it. The city has a town hall meeting every quarter, where the councilmen and mayor meet to go over improvements for the city. These meetings are held all over the city and people may speak to the council and representatives of the school board so they can voice their needs. Councilman Farris mentions that Irving citizens are calling out for economic development. The citizens want more retail and restaurants in the city therefore Irving has developments happening in the downtown city which has a lot of promise. He discusses the Texas Stadium development which will be a major development due to the Irving diamond interchange of highways. Councilman Farris concludes by stating you don't have to be a councilman to make a difference in your city.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #558	29:30	14:00	REC	PA/0	08/29/2011 08/30/2011 09/02/2011	10:30 AM 3:30 AM 12:00 PM

Host Cheri Duckworth introduces Mayor David Kelly & Marty Wieder, Director of Economic Development from the City of Colleyville, Texas. Mayor Kelly explains a few initiatives that the city has implemented. Incentives have been added for remodeling and updates as well as for new businesses. Marty Wieder discusses grants for improvements in the city. One improvement was The Gibson Family Trust located across from the Village at Colleyville. It has now been updated to look like the Village with the Mediterranean style. He asks, "How can Colleyville reassure businesses that it's a good location for them economically?" There are several things that Colleyville has to offer that can't be found in surrounding cities. There is a Market Street Center as well as an IMAX theater. There are two hospitals close by and a lap band procedure facility that have drawn people to Colleyville. Colleyville would love to see a laboratory, a CAT scan facility and other medical buildings coming to the city. Mayor Kelly and Mr. Wieder conclude by mentioning the city council meeting every two weeks and public opinion is encouraged. In the fall, there will be several opportunities to participate and become a member of ColleyvilleCloseBuy.com.

TRINITY BROADCASTING NETWORK

QUARTERLY REPORT

KDTX-TV DALLAS, TEXAS

ASCERTAINMENT LIST

LEADING COMMUNITY PROBLEMS

FOR

October, November, December 2011

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

EDUCATION

FAMILY

HEALTH

HOUSING

TRANSPORTATION

CIVIC AFFAIRS

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

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #563	29:30	14:00	REC	PA/0	10/03/2011	10:30 AM
						10/04/2011	3:30 AM
						10/07/2011	12:00 PM
						10/08/2011	3:30 AM

Host Cheri Duckworth introduces Margo Thibodeau, Board Member from Saint Simon's After-School Program. She informs us that many people may think that latch-key kids are alone after school because the parents don't care. For most, the parents don't have the ability to be at home. The children are mostly at or below the poverty level, which is \$22,000 per year for a family of four. Many are single parent homes with some kids as young as kindergarten going home without a parent. When families are working and they get home later in the evening, they don't have the energy to help the kids with homework. A large percentage of kids in the Saint Simon's program are from non-English speaking homes. The program gives healthy snacks, homework help, and parties. The program is also run by teachers and not just daycare workers. Ms. Thibodaux mentions that kids get bored at home alone so they stare at the TV or video games. They may also go out with other kids and participate in things they shouldn't be. Latch-key kids are at a much higher risk to get in trouble and have behavioral issues. Ms. Thibodaux encourages parents of latch-key kids to talk to the school counselor because there are after school programs available in most schools. Ms. Thibodaux concludes by sharing a success story of one particular student and the positive impact the program made on the life of the student and community.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #568	29:30	14:00	REC	PA/0	11/07/2011	10:30 AM

Host Cheri Duckworth introduces Joseph Walker, Executive Director for the Youth Achievement Foundation. Mr. Walker informs the viewers that children are our future and today they require a lot of help that they did not need years ago. The main goal of the organization is to utilize adults to mentor a youth in their community by volunteering through a program or school. The goal is to give attention to that young person, providing an example of good moral character, tutoring them, and simply being interested in what is going on in that child's life. Mr. Walker suggests that tutoring builds confidence in young people as they improve academically and as they feel an adult is taking an interest in them. In regards to education, he feels that is very important to separate girls from boys, especially in elementary school. Teaching character is easier when you acknowledge that boys and girls are different. A strong male figure is needed in a boy's life just as a strong woman is needed in a girl's. In middle school, presenting questions like, "What kind of dad do you want to be?" is a great way to get kids thinking about the character they want to have. The foundation teaches three important goals: learning to do good; learning to be good; and, learning to understand humanity. Reading classic literature about adventure and virtue can help their development. Boys and girls should be allowed to read different material because of their interests.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #571	29:30	14:00	REC	PA/0	11/28/2011	10:30 AM
						11/29/2011	3:30 AM
						12/02/2011	12:00 PM
						12/03/2011	3:30 AM

Cheri introduces Joseph Walker and Karen Hydock from Youth Achievement Foundation. This organization has four schools in Garland and one in Irving involved in their programs. Speaking concerning academics and gender differences they mention that girls like to work together and are a little shy, while the boys are more outgoing. They make sure the children know they are in a safe environment so they can become comfortable with words and speaking in public. To encourage children to grow up and become readers, parents should start reading to kids at a very young age. Give them topics and books they can be interested in. The Foundation promotes "Reader's Theatre" which exposes kids to Shakespeare in languages they can understand to help them become a part of the story and engage their imagination. There are great books on science written in a graphic, conversational way to make it fun for kids to explore. At an elementary age level, the mentor and student will take turns reading. This makes it cool because the child is doing what his mentor is doing. Topics are selected that the kids are interested in such as planes and history for boys. Reading helps the child learn extra vocabulary enabling them to communicate better; and, reading mysteries helps to develop logic solving skills. Ms. Hydock concludes by saying that kids need to move out of fantasy books into reality reading. By seeing obstacles that real people have overcome, you learn that you can overcome them too.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #574	29:30	14:00	REC	PA/0	12/23/2011	12:00 PM

Host Cheri Duckworth introduces Dr. Jeffrey Black with Texas Scottish Rite Hospital for Children. Research has revealed a lot about dyslexia since 1965. Dr. Jeffrey Black explains that it is a word reading problem; a problem with phonics; and a sound-symbol connection problem. Something is wrong with the domain of language in the brain. Dyslexic victims, ages 2-4, will have problems with communication. As children get closer to the reading age, there are problems learning the alphabet. Their reading is slow and hesitant; and, they mistakenly recall words and thus don't understand what they just read, even though they are a smart child. Dyslexia is an educational issue and should be addressed by educators. The earlier the disorder is identified the better. Once dyslexia is identified and the child is still struggling after receiving more instruction, it is time for intervention. The brain is not flawed, rather the genes told the brain to develop differently while in the womb. There is no genetic test for it. Scottish Rite helps identify kids ages 5-15 with learning disorders. The hospital gives the report to the family so they can better know what help to receive. The language therapists are Texas school teachers who partner with schools and build programs to help these kids. GetReadyToRead.org has a screening tool and tips for parents. TEA website also provides information on how to partner with your school. Maintain a child's confidence; don't focus too much on their weakness. Those with dyslexia don't have to be held back in life. "The sky is the limit."

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Education	Joy In Our Town #575	29:30	14:00	REC	PA/0	12/26/2011	10:30 AM

Host Cheri Duckworth introduces Stacy Kocur, Director of Comm. and Development, from Fortress Youth Development Center. Ms. Kocur works with kids born into generational poverty who are used to being dependent on welfare and such. She informs us that low literacy keeps them in that cycle. Half of kids in this demographic graduate high school on a third grade reading level. Many of those in prison are on a 4th grade reading level. 90% of those on welfare are low literacy. Parents who don't read to their kids aren't passing down literacy or a desire to read to their children. Ms. Kocur also discusses an education gap; when kids start behind they stay behind. Many kids start kindergarten already behind in their reading. The middle-class kids can read in summer camps and activities and they can gain a full month of reading abilities. Inner-city kids can lose up to two months of reading in the summer because they don't have those opportunities. Ms. Kocur tells us that everything is free of charge at Fortress. They provide early childhood education, and a big computer lab that is literacy focused. When kids feel smart and know they can read it becomes more fun. She shares a success story of an 8th grader, reading at 3rd grade reading level, who gained 6 reading levels in one year; his whole personality changed. Ms. Kocur concludes with saying although Fortress can only take 70 kids at a time, there are many other organizations like theirs. Start with your local library to find local reading programs and to ask about more after school programs.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #565	29:30	14:00	REC	PA/0	10/17/2011	10:30 AM
						10/18/2011	3:30 AM
						10/21/2011	12:00 PM
						10/22/2011	3:30 AM

Host Cheri Duckworth introduces Janet Madrazo from Family Outreach of North Texas. Ms. Madrazo informs us that the problem of child abuse is growing every year. Almost all of the families that come to Family Outreach come through Child Protective Services (CPS). A case starts with a report from a family member or teacher, etc. Unusual marks, bruises or cuts are the obvious signs of abuse. There are more cases of neglect. There is a program that goes into schools to explain good touch and bad touch as dialogue is a huge part of prevention. Family outreach has an 88% success rate. Often parents have been abused themselves and don't know how to handle their anger or frustration. A mentor can teach the parent other ways to deal with their anger. They may be defensive at first, but over the 7 weeks of the parenting program, they start to feel like someone does care about them and wants them to succeed as a parent. For educators who see the red flags, what can they do to help? Ask simple and caring questions. (Did you have breakfast? How is it going at home? How is your little brother?) Students need a safe place and person to talk to. The parents are facing a lot of fear as well and have a lot of stresses. When a mentor comes in with a loving heart, it can change everything. It can stop abuse that has started and prevent it from happening at all.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #567	29:30	14:00	REC	PA/0	10/28/2011 10/29/2011	10:30 AM 3:30 AM

Host Cheri Duckworth introduces Tracey Willingham, social worker, from Cancer Care Services. Ms. Willingham begins by sharing things that family members of cancer victims are dealing with. Families may be wondering how appropriate it is to discuss death. There are ways to talk about death and social workers can help mediate those conversations. It's best to have that conversation before the reality of death when families just want to spend time with their loved ones. Cancer does not discriminate; it can affect your home and finances. Family members may feel guilty about having a normal life and doing things that they used to do. It is okay to desire those things that make you happy even if that means leaving your cancer patient family member for a little while. Ms. Willingham suggests the best way to help a cancer victim is by offering to buy gas gift cards or grocery gift cards for the family. You can also offer to take them to radiation on your day off or sit with the patient while the family runs errands. When dealing with the loss of a loved one due to cancer, Ms. Willingham suggests finding someone else who has been there. Support groups and chat rooms are good resources and can help encourage family members. It may be easier for those that are sick with cancer to express their feelings and concerns with someone who is not a family member or care giver. Social workers and friends may be helpful as discussions about burial and funeral arrangements may be too difficult to discuss with family. Ms. Willingham concludes by mentioning resources on the internet to help deal with this difficult time.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #571	29:30	14:00	REC	PA/0	11/28/2011 11/29/2011 12/02/2011 12/03/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Bradley Craig and Brenda Lee Roberts from "Children in the Middle", an organization which helps adults, living apart due to events such as divorce, raise children between two homes. Ms. Roberts explains that co-parenting is two households working together in the best interest of the child for their developmental needs. Both agree that continuity is needed when raising a child. If neglected, kids can have problems with teen pregnancy, drug abuse, etc. Even when families get along well after divorce, the kids can still struggle. If they lived in a high conflict scenario (screaming, domestic violence) the children actually thrive better after their parents separate because the stress has been reduced and they get more time with mom or dad. The quality of the relationship between mom and dad needs to stay positive for the child post divorce or separation. Kids will often model what they have seen at home and develop bad relationships, too. Mr. Craig mentions that parental options include court legislations, mediation, arbitration, co-parenting, collaborative law, and sitting down with mental health and financial professionals and lawyers. Children can get lost in the middle when both sides of family members are fighting, so it is vital to work to not sabotage the child's development. The organization helps parents recognize some of the mistakes they make and the situations they can put the children in that are detrimental for all involved.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #572	29:30	14:00	REC	PA/0	12/05/2011	10:30 AM
						12/06/2011	3:30 AM
						12/09/2011	12:00 PM
						12/10/2011	3:30 AM

Host Cheri Duckworth introduces Ricardo Aguilar, Program Director from the Mental Health America of Greater Dallas. Mr. Aguilar shares about how to help family members with bipolar disease and depression. He says that in order to be diagnosed with a bipolar disorder a person needs to have a cluster of symptoms that are severe or chronic. Men and women suffer from this condition equally and there can be a genetic disposition to depression. Mr. Aguilar discusses the differences between bipolar type 1 and 2 as well as "mix-state" bipolar. The root causes of bipolar disorder are not known, making it difficult to cure. But medical staff can manage the symptoms to make the victim stable or less miserable. Sufferers can recognize triggers and manage their symptoms to prepare for episodes ahead of time. The "depression phase" is best time to approach loved ones and offer help. Bipolar clients who are manic go to extremes and may have very grandiose thinking. Spending sprees are an example of manic behavior. People with this disorder can be unreasonable. Mr. Aguilar gives examples of his sister being manic. They didn't argue with her reasoning, but established boundaries and made sure she was safe. This way the victims are not defensive and know you are on their side. Mr. Aguilar concludes by encouraging viewers to go online for support groups in your area.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Family	Joy In Our Town #573	29:30	14:00	REC	PA/0	12/16/2011	12:00 PM

Host Cheri Duckworth introduces Brenda Lee Roberts, Licensed Counselor, who works with families in transition (loss, divorce, adoptions). Ms. Roberts identifies some reasons for adoption: parents pass away or are incarcerated; step-parents adopt; grandparents adopt or find someone else to adopt the children if the grandparents get too old to take care of them; and infertility. Child Protective Services (CPS) removes children from homes due to abuse or neglect and they are available for adoption as well. Your options for adoptions include the TARE (TX Adoption Resource Exchange) system, private, or agency adoptions. Agencies require parents to take adoption classes and go through a home study that is very thorough, reviewing your home and financial stability, criminal history, etc. Ms. Roberts informs the audience that there are 6,000 children waiting to be adopted in Texas. Birth mothers get to pick what kind of family they want their children to go into and can choose open or closed adoption. Parents apply to adopt and birth mothers apply also and all parties involved can compare bios. She recommends obtaining a family attorney who is familiar with adoption laws to prevent the heartache that occurs when a birth mother changes their mind. It's a good idea to go through a few sessions of therapy while making a decision. The court prefers for siblings to stay together. International adoptions take at least a year. Go stay in the country while the adoption is being finalized. Ms. Roberts warns that every country has their own laws and regulations, and there may be many political issues involved as well. Agencies require a fee of up to 30,000 dollars to cover legal and medical paperwork.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #563	29:30	14:00	REC	PA/0	10/03/2011	10:30 AM
						10/04/2011	3:30 AM
						10/07/2011	12:00 PM
						10/08/2011	3:30 AM

Host Cheri Duckworth introduces Carol Wise, Director of molecular Genetics at Texas Scottish Rite Hospital. Ms. Wise informs us that scoliosis is a twisting of the spine and is the most common spinal problem in children occurring in 3 out of every one hundred children. Although it has been recognized for centuries, the cause has not been identified. The most common form occurs in children that are perfectly healthy otherwise. The current research is studying 419 families. They began to study 350,000 markers across the genome of each child. The markers identified genes that were different in kids with scoliosis. The most important genes they found were those that tell nerves how to grow. Genes are just a stepping stone to find the source of the disease. There has been no proof that lifestyles cause scoliosis. It is not caused by exercises or backpack weight or anything like that. Parents may notice things like an uneven hem, uneven shoulders or a hump in the back, etc. The school tests are good but the x-rays are most important. Some treatments may be the bracing which can halt many cases from progressing. The extreme cases require a surgery with a metal bar placed in spine. Ms. Wise concludes by relaying that the experience for kids with scoliosis is much more pleasant than it was years ago. With surgery and a short hospital stay, kids can be back quickly to normal activities.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #564	29:30	14:00	REC	PA/0	10/10/2011	10:30 AM
						10/11/2011	3:30 AM
						10/14/2011	12:00 PM
						10/15/2011	3:30 AM

Host Cheri Duckworth introduces Dr. Waghela and Jo Darling, oncology nurse, from Baylor Medical Center in Irving. They talk about breast cancer is a scary thing. With a cancer diagnosis, many people think they will need radiation and chemotherapy, but that is not always the case. Specific kinds of breast cancer which includes inflammatory breast cancer do not cause a lump. There are often other breast lumps or lesions that are not malignant. Dr. Waghela informs us that only 5% of breast cancers are hereditary. Genetic testing is done to see if there are certain mutations. There are some connections between ovarian and breast cancer, as well as pancreatic and prostate cancers for men. Men with a strong history of cancer on the father's side need to get mammograms as well. Mammograms are the best tools to detect cancer early. By the time you are 50 you should be getting mammograms yearly. Breast cancer can occur in women as young as the mid-twenties. With genetic disposition, women are more likely to develop cancer at a young age. There is a young cancer survivor group for ages 21-40. Survivors are encouraged to keep living their lives and stay in school. Brides planning weddings continue planning despite treatment. Dr. Waghela and Ms. Darling conclude by mentioning the various calendars on the Baylor website with events and programs for cancer victims and survivors.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #565	29:30	14:00	REC	PA/0	10/17/2011	10:30 AM
						10/18/2011	3:30 AM
						10/21/2011	12:00 PM
						10/22/2011	3:30 AM

Host Cheri Duckworth introduces Arcadio Viveros from North Texas Area Community Health Center. Mr. Viveros informs us that there is a movement of clinics that began about forty years ago for individuals who did not have a health provider facility. There are community clinics for those that do not have insurance. There is a tremendous need for these services as there are forty-seven million Americans that do not have health insurance. This number grows about a million every year. There many reasons, people do not have health care. Seventy percent of patients at the clinics are in the “no insurance” category with the working poor making up most of these patients. The primary care clinics include pediatrics, internal medicine, ob-gyn, family medicine, etc. with specialists addressing the entire needs of the family. The organization takes a burden off the system of healthcare as the costs are consumed by the clinics. With majority of healthcare costs resulting from emergency room visits, if the clinics are available then health issues can be discovered sooner preventing more serious emergency cases. Mr. Viveros concludes by announcing there are clinics in Tarrant county and sister programs in other counties. Medical help is available for people that need it.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #567	29:30	14:00	REC	PA/0	10/28/2011	10:30 AM
						10/29/2011	3:30 AM

Host Cheri Duckworth introduces Alex Reid, executive Director from the Amyotrophic Lateral Sclerosis (ALS) Association. Ms. Reid informs us that ALS is also known as Lou Gehrig's disease. The average lifespan of someone diagnosed with ALS is 2-5 years and it can take up to a year to diagnose. Symptoms include numbness, smaller range of motion, clumsiness, slurred speech and other symptoms. Eventually, by process of elimination, the tests will lead to a neurologist's office. Typically ALS is common in people from 40-60, even surfacing in younger cases, as young as age 15. If you a history of sports injuries or have served in the military you are more likely to have ALS. The North Texas chapter serves 132 counties. Locally, they serve patients by helping them get wheelchairs and other assistance. ALS typically starts in one leg with limited range of motion and then it will move to other leg and hands. It can also present itself initially in the throat and respiratory system. For those patients there are technologies to help speak through writing or even eye contact. Nationally the organization is educating people and the government about the disease. ALS is a very expensive disease so the ALS association can help relieve some of those burdens and find the right home care and support. Ms. Reid informs concludes by mentioning groups to help ALS patients meet others with the disease and groups for caregivers. The percentage of ALS patients in DFW is about six to eight per 100,000. Every 90 minutes someone is diagnosed with ALS and every 90 minutes someone dies from ALS.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health	Joy In Our Town #569	29:30	14:00	REC	PA/0	11/14/2011 11/15/2011 11/18/2011 11/19/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Dr. Sreenivas Guimetla, Board President, from the Tarrant County American Heart Association who shared that the AHA is working to educate people on cardiovascular health. Obesity rates have grown significantly and diabetes is developing at a much younger age because of the obesity rate. Diabetes is treated as a heart disease equivalent. Dr. Guimetla says everyone should know their numbers. Blood pressure should be 120/80 ideally. Cholesterol should be less than 200. BMI (or Body Mass Index) should be less than 25. He explains that exercise and healthy food choices are the first ways to decrease your heart disease chances. There are more and more active and healthy people with normal cholesterols that are having heart attacks these days. Factors like genetics are still being studied. Dr. Guimetla cautions women don't present the typical symptoms that men with heart disease do. For a female, a heart attack may seem like something gastrointestinal, fatigue or shortness of breath. Women have a higher mortality rate with heart disease because it is more difficult to diagnose. Dr. Guimetla concludes by encouraging us to get a cardiovascular risk assessment from your doctor. He explains diet and exercise can sometimes resolve health issues like diabetes. Obesity is a factor in hypertension as well, and a healthy lifestyle can help with this problem as well. Once a person has had a heart attack they should be on certain medications for life.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #320	28:30	28:30	REC	PA/0/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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #321	28:30	28:30	REC	PA/0/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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #322	28:30	28:30	REC	PA/0/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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #323	28:30	28:30	REC	PA/0/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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #324	28:30	28:30	REC	PA/0/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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #326	28:30	28:30	REC	PA/0/E	10/18/2011	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.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Health / Mental Health	Doctor to Doctor #327	28:30	28:30	REC	PA/0/E	11/29/2011	11:30 AM

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Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Housing	Joy In Our Town #564	29:30	14:00	REC	PA/0	10/10/2011	10:30 AM
						10/11/2011	3:30 AM
						10/14/2011	12:00 PM
						10/15/2011	3:30 AM

Host Cheri Duckworth introduces Albert Martin and Ana Cerna from the North Texas Housing Coalition (NTHC). They inform us that there are many things that people may not know about home ownership. To educate the public, the coalition offers an eight hour course on home ownership which helps people make the most responsible financial decision. The coalition just launched a new nine month program which focuses on savings, credit issues, and other financial difficulties that families encounter. Mr. Martin suggests in order to be prepared for hard times, it is wise to have an emergency fund in case you lose a job or have a medical issue. Most people aren't educated about finances so learning how to budget is helpful. Learn to manage money the way your grandparents did by saving for big ticket items instead of buying them on credit. In July there were 5600 foreclosures in the state of Texas. Foreclosures can be prevented if you get assistance. There is an open door policy at NTHC and anyone who wants help will get help for free. Go to freecreditreport.com to see your credit report. The NTHC can also pull a credit report from each organization and give the credit score. No one can fix your credit. Only you can fix it, by paying your bills on time. Mr. Martin concludes by adding, it is a buyer's market.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Housing	Joy In Our Town #566	29:30	14:00	REC	PA/0	10/24/2011	10:30 AM
						10/25/2011	3:30 AM

Host Cheri Duckworth introduces Frances Espinoza from the North Texas Fair Housing Center. She informs us that the center supports all of North Texas. Discrimination happens in housing so the organization tries to stop that. There are some terms that vary based on race, family size, etc. Cases of discrimination based on race are the most sensitive. Often there is unfair housing for those with disabilities as well. Looking for housing is a stressful time. Typically people don't report discrimination; they just move on to a place that will treat them better. Ms. Espinoza informs us that we can report it over the phone or on the Fair Housing website. First the organization will hear the story and begin an investigation. The client has a say in what actions are taken. You can also make an anonymous complaint and the center will pursue it without your involvement. For many people that are first time home-buyers, there are programs that can help you become more savvy about purchasing. For renters, there are steps you should take before renting a home. One common mistake is that renters believe the landlord when they say that repairs will be made. They move in without seeing the repairs completed and they often never happen. If you want to rent a home, you can contact the organization to make sure that you don't get in trouble for doing anything unfair or discriminatory.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Housing	Joy In Our Town #568	29:30	14:00	REC	PA/0	11/07/2011	10:30 AM

Host Cheri Duckworth introduces Vanessa Lay, Housing Counselor, from the Urban League of Greater Dallas. Ms. Lay informs the viewers that for those in danger of losing their home, there are a few options: foreclosure, short sale, and loan modification. She recommends loan modification as the best choice when in this situation. The only time it's too late for loan modification is when a foreclosure actually happens. Ms. Lay explains there is no fee for a loan modification. In order to qualify monthly expenses should be no more than 55% of gross monthly income and housing expense should not exceed 33% of gross monthly income. A few things are needed to start the modification process including records of the last 30 days of income, the last two months' bank statements, and last year's tax return. If the home owners have lost their house, the Urban League of Greater Dallas can also help them find a place to live and also assist with relocation fees, deposit fees and other expenses. There are also programs and grants with TXU Energy and other local companies so that people don't have to live without utilities. Ms. Lay encourages the audience to get the facts before purchasing a home. Be credit worthy and make sure to pay bills on time. The Home Buyer Club can help develop your credit in order to qualify for a better loan to purchase a home. If a person is in danger of becoming delinquent making their house payments they should call their mortgage lender. The company can then quickly begin to work to help avoid foreclosure.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Housing	Joy In Our Town #569	29:30	14:00	REC	PA/0	11/14/2011	10:30 AM
						11/15/2011	3:30 AM
						11/18/2011	12:00 PM
						11/19/2011	3:30 AM

Host Cheri Duckworth introduces Susan Stark and Mingo Servantez, Lead Coordinators with USEPA Region 6. They began by informing the audience that there are many children in the US fall victim to lead poisoning. Results of lead exposure include lowered IQ; behavioral issues (such as being violent or aggressive); brain, kidney or liver problems; etc. Ms. Stark warns that young children who are still developing at a rapid rate often play on the floor where there is dust and paint chips, and tend to put everything in their mouths. She suggests covering and sealing up furniture and the house when planning to scrape paint off or renovate. If not contained properly, a house will become loaded with lead-based paint dust, including inside the HVAC system. Mr. Servantez reports that lead paint was banned in 1978. As of 2010, a new regulation, the Renovation Repair and Paint Rule (RRP) went into place making it mandatory for people who work on older houses or child-occupied facilities be certified or face a steep fine. Certified people will cordon off the work area and no one is allowed inside until the project is complete. They clean up after themselves as they are working in order to not spread the toxic residue. It is recommended to take your family out of the home while renovations are occurring. Mr. Servantez concludes by sharing that adult lead poisoning may include symptoms such as sexual dysfunction, hypertension and can be transferred to the fetus in pregnant women.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Transportation	Joy In Our Town #566	29:30	14:00	REC	PA/0	10/24/2011 10/25/2011	10:30 AM 3:30 AM

Host Cheri Duckworth introduces Morgan Lyons, Director of Media Relations, from Dart. Mr. Lyons informs us that the “Green Line” has been finished for a year now. The train to the fair has been a big hit and the ridership has grown to 80,000. The train system in Dallas is very young compared to places like New York. People are just now learning that they can commute with the train. The transit system is also a great solution to getting to and from the medical district in Dallas. Mr. Lyons tells the story of several little kids going to the zoo on the train; they have grown up with this transportation option. There is work being done on the Orange line and a direct line to Terminal A of DFW airport to be completed by 2014. There will be a streetcar project working with the McKinney Avenue trolley to be completed in about a year. DART does not work for the city but they are consulting the city to help them connect the cities better in the coming years. The fleet of yellow buses will be turned over in the next 4 or 5 years with the first one will be tested in 2012. There will also be large vans coming out in the next few months that will be able to access the smaller neighborhoods. Mr. Morgan concludes by telling us that the community is being informed about the system through community meetings and education events. Twitter, Facebook and the website are all helpful resources.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Transportation	Joy In Our Town #570	29:30	14:00	REC	PA/0	11/14/2011 11/15/2011 11/18/2011 11/19/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Joan Hunter, Communications Manager with The T (Fort Worth Transportation Authority). Ms. Hunter informs the viewers that the bus service, mobility impaired service, and the Trinity Railway Express (TRE) community rail service works with DART (Dallas Area Rapid Transport) to provide a regional connection between Fort Worth and downtown Dallas. She explains there are eight to nine thousand riders per day on the TRE. People come from Dallas on TRE for Main Street Days, the Stockyards, or Sundance Square. Free trolley service is offered by Fort Worth, running every 15 minutes to the downtown TRE station. The T is also working on a bike share program for downtown. Ms. Hunter reports that the city recently launched a new strategic plan providing service to more areas of Tarrant County. The new bus service, The Spur, will have priority through traffic lights; bends in the middle; and will have stops more like train stations providing real-time passenger information. The city recently received federal grant to get the buses. Ms. Hunter also reports on a new rail line, TexRail, which will start in southwest area near Sycamore School Road going to Grapevine and connecting to DFW airport. Once approved construction will begin in 2013. The T provides a Cowboys Coach service going to Cowboys Stadium saving people worry about parking or traffic. TRE Sunday service is provided during Main Street Days and Texas State Fair. Ms. Hunter concludes by mentioning that a great deal of information can be found on their website.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Transportation	Joy In Our Town #572	29:30	14:00	REC	PA/0	12/05/2011 12/06/2011 12/09/2011 12/10/2011	10:30 AM 3:30 AM 12:00 PM 3:30 AM

Host Cheri Duckworth introduces Vic Suhm, Executive Director of the Tarrant Regional Transportation Coalition. Mr. Suhm begins by asking how we pay for transportation. Revenues fund maintaining existing roads, but not the expansion to keep up with population growth. To cover the expense of new construction, people would have to pay increased taxes or more fees. Mr. Suhm informs the viewers that the largest source of revenue to fund roads is gas and diesel fuel taxes and those rates haven't changed in 20 years. Also, the fuel efficiency of vehicles has also increased. 702-719 gallons of gas used per year per person has declined to 585 gallons on average. We spend more living with this problem than what it would cost to solve it (i.e. replacing blown tires due to potholes or sitting in traffic, breathing all the fumes). The Coalition's main mission is to provide information and educate people. Mr. Suhm wants everyone to know that we have a voice in government and that there are many resources available. There is much roadway construction going on (such as the LBJ Freeway, Hwy. 121, North Tarrant Expressway, I-35W, Hwy 183, etc.) which is costing billions to complete. The big projects are done through comprehensive development agreement. Rewards are paid for completing projects early and large penalties imposed for finishing late. Mr. Suhm concludes with stating that every region around the country has a regional transportation coalition to discuss and make decisions. He encourages people to attend these meetings.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Transportation	Joy In Our Town #573	29:30	14:00	REC	PA/0	12/16/2011	12:00 PM

Host Cheri Duckworth introduces Sonya Jackson, Principal Transportation Planner with North Central Texas Council of Governments (NCTCOG). Ms. Jackson enlightens the viewers concerning driving alternatives such as car or vanpooling, light rail, bus, telecommuting, and flexible work schedules changing the time you go to work in order to avoid traffic. She comments that everyone in DFW loves their cars and being in control. Sharing a ride in the morning reduces much stress and saves money. By taking vehicles off the road, air quality is improved. Ms. Jackson suggested creating an account on TryParkingIt.com and finding out how much money can be saved by walking, biking or carpooling to work. Different transit options and information on car/vanpools can be found on this website. Track your commute or find rides by typing in a zip code. Preferences can be set to choose ridesharing with co-workers or non-smokers, etc. Ms. Jackson feels enough roads cannot be built to carry the 6.5 million people in the Metroplex so changes have to be made. NCTCOG works with employers and focuses on trips to and from work, giving them information on what their employees' options are. DART, DCTA, and The T operate about 400 vanpools on the roads. Tax credits are available, and employers will find that their employees are not as stressed, thus more productive. Federal funding is applied to operation of vanpools. Some employers subsidize the entire vanpool making it free for the employees. Vanpools start across the entire 16 county region.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #570	29:30	14:00	REC	PA/0	11/14/2011	10:30 AM
						11/15/2011	3:30 AM
						11/18/2011	12:00 PM
						11/19/2011	3:30 AM

Host Cheri Duckworth introduces Bill Glancy, Mayor of Farmers Branch, Texas. Meeting with area organizations and many different of groups of people is a full time job he says. Farmers Branch is a small suburb geographically located in the center of the metro area very close to Dallas. The city boasts an excellent transportation system which includes freeways and toll roads; and, in December the DART Green Line opened up. Mayor Glancy mentions that most of its citizens moved into Farmers Branch in the 1950s-70s. City Hall is working on developing accommodations such as assisted living, nursing care, etc., thereby making other houses available to buy and remodel or to tear down and build something new. Mayor Glancy explains code enforcement is very important. If houses aren't maintained, often foundation problems develop and the whole house may need to be demolished and replaced. Even in this struggling economy, the city is seeing the arrival of many businesses including several high-tech companies. Internet sales have greatly increased, causing business models to change. At the moment, the reconstruction of the LBJ Expressway is exciting and is going to be one of most sophisticated highways in the world. It was built to accomodate 180,000 cars, but today about 250,000 cars utilize this freeway. When the project is finished in 2015, this highway will be wonderful; but until then, it's a tough traffic situation. Mayor Glancy concludes by stating that the city will try to minimize the impact of the traffic congestion as much as possible.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #574	29:30	14:00	REC	PA/0	12/23/2011	12:00 PM

Host Cheri Duckworth introduces Mayor Phil Dyer of Plano, Texas. Mayor Dyer comments that the cost of commuting is increasing in the area. Plano has various groups of very large companies' headquarters. The city was not hit too hard with the recession. It is a plus all around to have big corporations in the community who are actively involved in community groups working to keep the city nice. Not only is Plano doing well, but so are the cities right around it. Historic downtown Plano has a lot of new residential construction and it's full of restaurants and shops. The DART rail line coming through downtown Plano is a huge benefit, reducing commute times. Plano has always had very involved citizens and volunteers with 4,000 volunteers working for the city in animal services, police, parks, libraries, etc. They have donated about 90,000 hours equating to about 1.6 million dollars worth of salaries (that is the earnings of about 40 full-time employees). A lot of outreaches, by meetings and online, are conducted to communicate with the citizens. Even the mayor isn't a full-timer; he is also a banker in Plano. Mayor Dyer informs us that there are three school districts reaching into Plano (Plano, Frisco and Lewisville). Budget issues have hit all economies; Plano has eliminated about 130 jobs without firing anyone. The volunteers have filled in the gaps. Mayor Dyer says they are open to business, and things are good. Plano is overcoming the challenges it faces.

Issues	Program Title	Program Durations	Segment Durations	Source	Type	Airdate	Time
Civic Affairs	Joy In Our Town #575	29:30	14:00	REC	PA/0	12/26/2011	10:30 AM

Host Cheri Duckworth introduces Mayor Brian Loughmiller of McKinney, Texas, located 37 miles north of Dallas. Mayor Loughmiller tells us that McKinney has 133,000 people and still has that small-town feel hosting festivals almost every month. Recent events include the completion of the 121 tollway; projects large and small are in process. Property values and budget cuts are issues for the city, but they actually had an increase in property values last year. Although McKinney doesn't quite have the money to hire addition police and fire as our city grows so quickly, it was still rated in the "Top 25 Safest Cities" in the country last year. Mayor Loughmiller mentions the largest challenge is how do you grow your city? Many people have great ideas for development, but not all of them fit McKinney. The schools have had challenges due to lower funding. Need more schools, but can only expand current schools with portables and such which can be difficult. Mayor Loughmiller reports that Baylor hospital will be opening a new hospital next year and a hotel conference center is in development. Issues with expansion of airport will need to be addressed. McKinney periodically has focus group meetings in which the Mayor himself attends to give information out to public groups. Mayor Loughmiller concludes by saying McKinney has been around for 150+ years. Some people are multi-generational residents and want to be assured the city won't change for the worse. You have to make everyone feel you are doing the right thing.