

**KNMT-TV PORTLAND, OREGON**  
**LEADING COMMUNITY PROBLEMS**  
**FOR**  
**1st Quarter of 2011**

**JANUARY-FEBRUARY-MARCH**

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

**HEALTH- 20**  
**HOMELESS- 5**  
**CRIME- 6**  
**EDUCATION- 4**  
**SUBSTANCE ABUSE- 5**  
**YOUTH- 1**  
**CIVIC AFFAIRS- 1**

Description of Issue	Program Name	Date	Time	Min.	Narration of Type and Description of Program
HEALTH/ MENTAL HEALTH	NW Focus #F43-10B	01/04/10	00:30AM	14:10	Host Bonnie Goulding talked about health with Lisabeth Marziello, CEO of (Portland) Boys & Girls Club and Joshua DeLorenzo, State Youth of the Year. The Boys & Girls Club services low income kids whom don't have a place to go after school. Josh believes he has good knowledge about the impact of nutrition on health. While in foster care, he ate scraps out of a garbage and had very poor nutrntion.He weighed 115 pounds at 13 years old and had challenges in school and in learning because of poor nutrition. Josh had many friends that had problems getting good nutrition. The Boys & Girls Club provides good nutritious meals. Mental and emotional health is important in maintaining overall health. When a young person has none to care about them they can have mental health issues. Many young people are not wanted at home which affects their mental health. Josh believes it's important to be there for other kids and helps teach other kids about good nutrition and how to make healthy choices. When Josh came to the Boys & Girls Club and was fed nutritious meals, his overall health improved and he advocates for young people and good nutrition.
HEALTH/ MENTAL HEALTH	NW Focus #F44-10A	01/04/11 01/06/11	01:00AM 01:00AM	14:10	Host Bonnie Goulding talked with Trisha Tillman, Administrator with the State of Oregon, Office of Multicultural Health and Services about health. Some of the leading causes of death among Oregonians (and nationwide) are heart disease, cancer and respiratory disease which can be results of different community issues. Chronic disease is responsible for 7 out of 10 deaths per year. Many diseases can be prevented through public policy and individual action. One in two adults will experience chronic illness. Obesity has become a major health issue and it is affecting children as well as adults. The rise in childhood obesity could be related to lack of exercise, physical education classes in school, less physical labor and the kinds of foods eaten. Fast food is easily available and is a convenient choice in a fast paced society. Obesity can lead to chronic disease and there has been a rise in type 2 diabetes in young people. One of the solutions to this problem is for families to make decisions and choices such as buying brown rice, whole grains and fruits and vegetables. There are local organizations who will help people plant their own gardens and farmers markets to shop at. Churches could have fruit and coffee instead of donuts.
HEALTH/ MENTAL HEALTH	NW Focus #F42-10B	01/10/11 01/10/11 01/13/11 01/14/11 01/15/11 01/18/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Bonnie Goulding talked about (mental) health with Dr. Laura Schwerin, Manager of mental Health from Hazelden. There is a connection between substance abuse and mental health. Chemical dependence is a mental health issue and most people who suffer with chemical dependence have other mental health issues such as depression, anxiety, compulsive disorders, eating disorders or PTSD. Counseling is used in treatment and sometimes medication is prescribed, depending on the mental health issue. Many people who abuse substances have PTSD and most in treatment

					<p>have a history of child physical or sexual abuse. There is a combination of factors involved in why people abuse. Trauma has impact on substance abuse. A person's ability to relate to other people is part of diagnosing a mental health disorder. Some people have a predisposition to certain disorders and can have it passed down genetically. People who are chemically dependent have a higher rate of suicide. Treatment needs to be targeted and we now have more knowledge than in the past in order to help. Treatment for mental health issues is an ongoing process and management has to be learned over time.</p>
HEALTH/ MENTAL HEALTH	NW Focus F03-11B	#01/31/11 01/31/11 01/03/11 01/04/11 01/05/11 01/08/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about mental health with Oregon Partnership's Crisis Line Director, Leslie Storm. The focus was on suicide. Because people are abusing substances at a higher rate are looking to frequently medicate, there is an increase in suicide and/or suicide attempts. The most recent data (three years ago) from the CDC has reported that the rate of suicide has increased some 37,000 per year. Because there is a stigma attached to suicide, the incidents and attempts may not get properly recorded. Hopelessness is a major factor in suicide and suicide attempts. Some other risk factors of suicide are mental health issues such as being bi-polar and a family history of suicide. Young people just "want to be gone" and have the pain they are feeling go away. Bullying by peers plays a big part in suicide (attempts) by young people. The Oregon Partnership crisis line gets calls from people who are concerned about a loved one and people who themselves are suicidal. The rate of suicide among males is higher than females and males tend to use more violent and lethal methods such as shooting or hanging. Because veterans have access to weapons, they tend to use them in suicides/attempts. The myth surrounding suicide is that if a person is talking about it, they won't attempt it. Some signs that someone may be contemplating suicide are: giving away their possessions, an increase in drug/alcohol use, a change in mood, whether up or down, isolation, a change in sleeping and eating habits. Prevention and intervention are key to combating suicide.</p>
HEALTH/ MENTAL HEALTH	NW Focus #F05-11A	02/14/11 02/14/11 02/17/11 02/18/11 02/19/11 02/22/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about health with Brett Sherry, Program Manager with of the Oregon Health Authority, Office of Environmental Public Health. January was national radon action month. Radon is a naturally occurring radio active gas formed by the breakdown of uranium in soil. It can move up through the soil and move into our homes. One of the biggest health hazards is the presence of radon in homes which causes lung cancer. The number one cause of lung cancer is smoking, followed by radon. Radon exposure is a risk issue. There is no guarantee that a person will or will not develop lung cancer. High level exposure and low-level exposure can pose risk of developing lung cancer. The concentration level becomes a hazard when levels are built up in the home. The reason there is a radon issue in the Portland area is due to the Missoula floods which pushed a lot of water through the Columbia Gorge. Every house should be tested for radon. There aren't many symptoms of lung cancer until the cancer is far along. Radon breaks down and is unstable. As it breaks down it produces decay products that get trapped in our lungs and cause damage. On the outside of our body it doesn't cause damage. The cells in our lungs are thin, so they are more vulnerable. Oregon Public Health recommends that everyone test their home for radon to eliminate any concern of radon and its'</p>

					potential to cause lung cancer. Brett displayed different home tests. People are encouraged to test during the winter months when doors and windows are closed. Radon is the leading cause of lung cancer in non-smokers. Radon problems are fixable by professionals putting a ventilation system in the exposed home/building.
HEALTH/ MENTAL HEALTH	NW Focus #F05-11B	02/14/11 02/14/11 02/17/11 02/18/11 02/19/11 02/22/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Bonnie Goulding talked about substance abuse with Brett Sherry, Program Manager with of the Oregon Health Authority, Office of Environmental Public Health. The focus was meth and the drug lab clean-up program. There used to be a lot of manufacturing locally of methamphetamines years ago but the number of meth labs is down although the drug is still being used. There are lots of recipes to create meth but they typically involve a lot of solvents and acids and bases. Basically, meth is toxic soup that is created. Anywhere it is manufactured will be affected. When meth is manufactured, there are a lot of toxic acids that are given off which can affect indoor air quality. The residue left behind during production does not go away unless it is cleaned -up. There is a requirement to have a home cleaned up by the office of Public Health if it is discovered that a home has been used as a drug lab. PPE (Personal Protective Equipment) is used by the clean up crew. Meth is very addictive. Brett discussed process involved in cleaning up a place used as a drug lab. One of the main ingredients used in meth used to be available over the counter, but you now have to have a prescription from your doctor. A lot of labs have been discovered when the fire department has been called due to a fire caused during the manufacture of meth. Oregon Health Authority works closely with several other government agencies including the police department and DEA. Meth residues tend to stay for along time on things it has been exposed to.
HEALTH/ MENTAL HEALTH	700 Club #010611	01/06/11	12:00PM	06:00	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: <ol style="list-style-type: none"> <li>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 function 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.</li> <li>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.</li> <li>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.</li> <li>4. Avoid trans fats. Trans fats are found mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated," stay away.</li> <li>5. Eat good fats. Omega-3s are found in foods like fish, especially salmon,</li> </ol>

					<p>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.</p> <ol style="list-style-type: none"> <li>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!</li> <li>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.</li> <li>8. Practice good dental health. Believe it or not, periodontal infection contributes to heart disease, diabetes, and even premature, underweight births.</li> <li>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.</li> <li>10. Get enough sleep. So at this time of year, when many of us vow to start afresh, take note of these habits to make 2011 your healthiest year yet.</li> </ol>
HEALTH/ MENTAL HEALTH	700 Club #020811	02/08/11	12:00PM	05:00	<p>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,</p>

					making us alert and energetic. Exercise also releases endorphins, neurotransmitter 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!
HEALTH/ MENTAL HEALTH	700 Club #032211	03/22/11	12:00PM	05:00	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 of 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 drink them. Energy drinks burst on the scene 20 years ago. They are now so popular, Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market. What's in these energy drinks that has them flying off the shelves? Mainly caffeine, at least the amount found in a strong cup of coffee, sometimes much more. The U.S. Food and Drug Administration only requires that manufacturers list the presence of caffeine in a product, not how much. Energy drinks can also be loaded with sugar -- a quarter-cup on average. Also, since they're marketed as dietary supplements, they often contain unregulated herbal stimulants like Taurine, Guarana, Creatine and B vitamins. Doctors say this can be a dangerous mix. In fact, the medical journal Pediatrics warns energy drinks can cause kids to suffer heart palpitations, seizures, strokes, and even sudden death. The pediatrician also tells his patients not to even drink one because they can be highly addictive. Energy drinks are often marketed to athletes for that extra boost. But they can pose even more problems for athletes than non-athletes, including increased blood pressure and serious dehydration. Because of that risk, many athletes who shy away from the energy drinks chooses the sports drink 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 of carbohydrate 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, which doesn't mean it's good for you.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #280	01/04/11	9:30AM	28:30	<b>Dr. Don Colbert</b> 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. <b>Dr. James Mittelberger</b> 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. <b>Dr. Martin Finkelstein</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #284	01/11/11	9:30AM	28:30	<b>Dr. Dan Collins</b> 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. <b>Dr. Clark Gerhert</b> 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. <b>Dr. Thomas Distefano</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #285	01/18/11	09:30AM	28:30	<b>Dr. James Krystosik</b> talked about food allergies. 75% of all major health problems are directly linked to food allergies. There can be an immediate reaction, a delayed reaction or food intolerance. It's important to identify the food and eliminate it from the diet. <b>Dr. John Fischer</b> 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. <b>Dr. Martin Finkelstein</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #286	01/25/11	9:30AM	28:30	<b>Dr. Eric Braverman</b> 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. <b>Dr. Ace Anglin</b> talked about stress fractures. Repetitive types of exercise or activities resulting in intense pain in a specific area can cause them. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. <b>Dr. Susan Cole</b> 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.

HEALTH/ MENTAL HEALTH	Doctor to Doctor #287	02/01/11	9:30AM	28:30	<b>Dr. Jessica Setnick</b> 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. <b>Dr. Teresa Carlson</b> 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. <b>Dr. Karen Bierman</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #288	02/08/11	9:30AM	28:30	<b>Dr. Bettye Alston</b> talked about water. It is very important for the systems in the body, joint lubrication, and 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. <b>Dr. James Mittelberger</b> 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. <b>Dr. David Cawley</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #289	02/15/11	9:30AM	28:30	<b>Dr. Mike Ronsisvalle</b> 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. <b>Kay Spears</b> 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. <b>Dr. Dale Peterson</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #290	02/22/11	9:30AM	28:30	<b>Lisa Buldo</b> 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. <b>Dr. Ace Anglin</b> 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. <b>Dr. Glee Steele</b> 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.

HEALTH/ MENTAL HEALTH	Doctor to Doctor #291	03/08/11	9:30AM	28:30	<b>Dr. Brian Nimphius</b> 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. <b>Dr. Bob DeMaria</b> 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. <b>Dr. Bernice Gonzalez</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #292	03/15/11	9:30AM	28:30	<b>Dr. Don Colbert</b> talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damage nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. <b>Dr. Malcolm Hill</b> 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. <b>Dr. Kelafo Collie</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #293	03/22/11	9:30AM	28:30	<b>Dr. Tonya Lyons</b> 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. <b>Dr. Gerard Guillory</b> 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. <b>Dr. Chris Lewis</b> 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.
HOMELESS	NW Focus #F01-11A	01/17/11 01/17/11 01/20/11 01/21/11 01/22/11 01/25/11 02/01/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 1:00AM	14:10	Host Bonnie Goulding talked about homelessness with Fr. Ron Raab and Andy Noethe of the Downtown Chapel. It is important to enter into relationship with people who are homeless to help build community. Society wants to blame people for their homelessness and/or poverty. When you come to know their circumstances, a lot of it has to do with their past and possible abuse. There is no "blanket" cause that causes the problem. The myth of homelessness is the image of a 50 year man, but now homelessness has encompassed families and children. The average age of homeless person is in the teens. In Fr. Raab's experience in serving homeless people, most people who are homeless have been sexually abused. They often use alcohol and drugs help themselves cope. There has been an increase in homelessness, which

					could be related to the economy. Mental illness plays a huge part in homelessness. We cannot blame people for being homeless. Relationship with people is the key to solving this issue. Young veterans returning from war can end up on the street due to post-traumatic stress and other issues. The main mission of the Downtown Chapel is to serve the homeless and people who struggle with poverty and mental health issues.
HOMELESS	NW Focus #F01-11B	01/17/11 01/17/11 01/20/11 01/21/11 01/22/11 01/25/11 02/01/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 1:00AM	14:10	Host Bonnie Goulding talked about homelessness with Fr. Ron Raab and Andy Noethe of the Downtown Chapel. The ministry of the Downtown Chapel began after WWI to help serve those returning who were in the military. It is important to be on equal ground with those you are serving (homeless), so the one serving doesn't feel like they are empowered. Many women who are experiencing homelessness are hard to identify because they are very vulnerable and they may avoid public places. Women are afraid of abuse, yet many still attach themselves to those who victimize them. Many times women are subject to prostitution and/or abuse in order to survive. People will try and help the homeless by personally giving food and clothing, but they really should go through an organization in order to help address the deeper issues. We often give to others because we have urge to make ourselves feel better. Food is readily available in Portland for the homeless, but there is a lack of shelter and resources, which could be due to the increase in the homeless population. Entering into relationship without blame, prejudice, power or authority is essential so as not to put others down to elevate us. The Downtown Chapel has an art program four days a week where people can come in and express themselves through art, poetry, writing and playing the guitar. It is important to provide safety, both physically and emotionally to those who are homeless. People in poverty are voiceless. Fr. Raab said a lot of people are experiencing fear, especially in light of the things that have taken place in the Roman Catholic community.
HOMELESS	NW Focus #F06-11B	02/21/11 02/21/11 02/24/11 02/25/11 02/26/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM	14:10	Host Bonnie Goulding talked about the homeless with Pastor Michael Mitchell. The poor economy has created a problem where more people have become homeless. The largest growing homeless population is teenagers ages 13-17. Shabach Church works with other agencies and organizations such as Portland Rescue Mission and Union Gospel Mission in combating the problem. There is a higher percentage of people in the African American community that are homeless. Many times people who are mentally ill and don't have a stable life style are homeless. Many homeless people have adult hyper activity disorder or struggle with depression. The government requires that you have an address or place of residence in order to receive financial and other help. Just giving money is not always helpful for the homeless. They need more comprehensive help, such as job training or help with their health and mental health issues. The biggest myth of homelessness is that it is just single people, there are a lot of families who are homeless. There are more women's shelters then shelters for men in Portland. There needs to be a coordinated effort between shelters and schools to help homeless youth get their education. Most shelters are only open at specific hours in the evening. Shabach Church delivers food and hot meals along with clothing to the homeless.

HOMELESS	NW Focus #F07-11	03/07/11 03/11/11 03/15/11	8:30AM 10:00AM 00:30AM	14:10	Host Bonnie Goulding talked about homeless youth with Executive Director Dennis Morrow and Janet Merrell, Coordinator of Janus Youth. It is hard to know exactly how many youth in Portland are homeless, but data indicates there are 2-3000 youth annually that are on the street. Girls that are victims of commercial sexual exploitation don't typically live on the street, but often-homeless girls will sell their bodies in order to get food or shelter. There can be various reasons why young people are homeless; they suffer abuse at home, there are drug addictions involved; there parents kick them out or they are runaways. Dennis suggested that there is no such thing as a homeless youth. They should be seen as a family-less child, as a child would not choose to live on the street unless their home life was no good. Homeless youth will create street families as a way to cope. Because they have had to develop survival skills, many times homeless youth have a higher than average IQ. Janus Youth has two shelters; one for homeless youth who have no family and they are 17 years of age or older; the other is for younger children. We need to look at the homeless youth as our own children.
HOMELESS	NW Focus #F10-11B	03/28/11 03/28/11 03/31/10	08:30AM 11:00PM 00:30AM	14:10	Host Cathy Rhodes talked with Dr. Donna Beegle about homelessness. Donna was born into generational poverty and spent about 20 years of her life in a homeless situation. Poverty and the cycle of poverty is a major factor in people being homeless. There are a lot of stereotypes surrounding the issue of homelessness. The tendency in society is to blame parents. The isolation of poverty is because people don't know about the problem. There are different kinds of poverty; generation, situational, immigrant, working class, etc. People want things that give them a sense of belonging, so may make choices based on belonging, rather than meeting their immediate needs. We need to get better educated to better understand poverty and homelessness. The latest epidemic is people living in storage sheds. The issue of homelessness is huge and it has a ripple affect on everyone. The most important issue is to have someone believe in you enough to invest in you. Donna has authored a book on poverty. The most important thing is to educate yourself on poverty and get involved, as each one of us has a responsibility to help others.
CRIME	NW Focus #F35-10B	01/03/11 01/03/11 01/06/11 01/07/11 01/08/11 01/11/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Adolfo Carbajal discussed the issue of crime with Ryan Lufkin, Deputy District Attorney with the Multnomah County Courthouse who is one of four DA's in the drug unit. The law can prosecute anyone with murder who is in the chain of delivery that leads to a death by overdose. Although it costs a lot to take dealers and drug organizations to trial, a lot more is saved by taking them off the street. Property crimes have risen due to addiction and occasionally cash seizures from drug dealers can help defray costs/ the DA's office has to be selective on cases and use their resources to take the biggest amount of crime out at once. 1-2 % Host Cathy Rhodes talked with Dr. Donna Beegle about homelessness. Donna was born into generational poverty and spent about 20 years of her life in a homeless situation. Poverty and the cycle of poverty is a major factor in people being homeless. There are a lot of stereotypes surrounding the issue of homelessness. The tendency in society is to blame parents. The isolation of poverty is because people don't know about the problem. There are different kinds of poverty; generation, situational, immigrant, working class, etc. People want things that give them a sense of belonging, so may

					<p>make choices based on belonging, rather than meeting their immediate needs. We need to get better educated to better understand poverty and homelessness. The latest epidemic is people living in storage sheds. The issue of homelessness is huge and it has a ripple affect on everyone. The most important issue is to have someone believe in you enough to invest in you. Donna has authored a book on poverty. The most important thing is to educate yourself on poverty and get involved, as each one of us has a responsibility to help others. of drug cases actually go to jury trial. Ryan discussed the penalties for drug use and possession based on the Oregon sentencing guidelines. Judges are limited in imposing sentences. About 0.2 grams of heroin is a single use and considered a low level offense. Legislature has changed the forfeiture laws and it is much harder to go after the property of drug dealers. Drug dealers can be very organized with someone placing a call for an order and it being delivered to them; like pizza delivery. Other drugs are diminishing in use and meth labs are almost gone, but heroin use is up. The cost of heroin is lower as more is being grown n Mexico. Pharmaceutical drugs create addictions to heroin. Treatment for drug abuse is under-funded.</p>
CRIME	NW Focus #F44-10B	01/04/11 01/06/11	01:00AM 01:00AM	14:10	<p>Host Bonnie Goulding talked with Marion Swendsen, S.A.L.T. Advisory Board and Sgt. Michael McCabe, Community Outreach of the Clark County Sheriff's Office about crimes against seniors. The primary crime committed towards seniors is financial. Seniors are trusting and more often than not, it is a family member, caretaker or someone they know that is the perpetrator. Stranger on stranger crime is rare. (Senior) people deal with denial that a family member could commit a crime against them. Bank tellers are more aware of financial abuse and it is important for church family and friends to pay attention and start asking questions. Scams are an easy way for seniors to be victimized and sometimes they are repair scams. Make sure that you are the one initiating the call and don't fall victim to someone approaching you. If you are not sure about someone, make a phone call to check about them. There are many programs available to help. Physical and sexual abuse does happen and it is important for family member to do background checks, inspections and visits when placing a loved one in the care of another person or facility. Families must stay involved. Seniors need to protect themselves by staying involved in community and not isolating themselves.</p>
CRIME	NW Focus #F02-11A	01/24/11 01/24/11 01/27/11 01/28/11 01/29/11 02/01/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about crime with Cyndi Romine of Called to Rescue. The program was on human (sex) trafficking. People have not wanted to acknowledge the problem of sex trafficking. It focused on children under the age of 18. Portland is number two in the nation for sex trafficking because of the I-5 corridor, which runs from Vancouver, BC through San Diego. One of the ways to tell if a child is being trafficked is to ask a child what school they attend. Because they are on a circuit, they won't know. Trafficking is not prostitution because the child has been kidnapped and coerced. There are many people working on the problem Portland including the Sheriff's Department, Portland Vice , Commissioners McKeel and the DA's office. There is a myth that all perpetrators are men and victims are girls. Sex trafficking is a big money maker. 30% of the victims are boys. The average age of a child taken is 12. Watching pornography increases an appetite for sex. Junior</p>

					high kids are often “spotters” for a pimp by finding a victim for them. They are driven by the money they get. 90% of kids that are taken have been molested and the myth is that kids in the church haven't been molested. Parents need to take responsibility by keeping their kids cell phones at night and not allowing a computer in the kids bedroom. Get a program for your kid's computer and cell phone that alerts you and blocks their activity. A victim may be sold 20-30 times in one day. Cyndi works with various law enforcement agencies and is a spotter and trainer. Number one rule is don't take anyone on (pimp) by yourself. Always call the hotline and they will deploy help. Awareness of your surrounding is the same and a lot of kidnapping takes place at the mall.
CRIME	NW Focus #F02-11B	01/24/11 01/24/11 01/27/11 01/28/11 01/29/11 02/01/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Bonnie Goulding talked about crime with Cyndi Romine of Called to Rescue, with the focus on sex trafficking. 1.2 million children are trafficked every year in the world and it affects every country in the world. Our laws in Portland are not as good as they should be and Portland's zoning laws allow for a large number of adult book stores which could contribute to the problem. Kids are trafficked out of Portland and a lot of kids are brought in to Portland to be used. Molestation is almost always committed by family members or friends. Many times the pimps can be known by the family of the victim. In order to safeguard your children, watch what your child is posting on Facebook and always make your child give you their password to their computer. We live in a different kind of generation and we need to teach our kids how to cope. Parents need to learn about the technology their kids are exposed to. The victims of sex trafficking are often drugged at first in order to help them cope and they are subject to physical and psychological abuse. Trauma bonding or Stockholm Syndrome is what bonds a victim to their abuser. Victims will become attached to their pimps in order to help them survive. Terror tactics are used on victims. Because the victims are trafficked to so many places they become disoriented and don't know where they are. Some ways to tell if a child is a victim is if a child you encounter does not make eye contact. Be aware of your surroundings and call the hotline if you suspect a problem.
CRIME	NW Focus #F07-11	03/07/11 03/11/11 03/15/11	8:30AM 10:00AM 00:30AM	14:10	Host Bonnie Goulding talked about crime with Executive Director Dennis Morrow and Janet Merrell, Coordinator of Janus Youth. The focus was on human sexual trafficking. Multnomah County refers to human trafficking as “commercial sexual exploitation”. Victims who are exploited are usually 12-17, but the average age is 12-14. Currently, in Multnomah County, there are five boys in a caseload of 169. Some of the victims are runaways or are recruited or groomed by someone who pays a lot of attention to them and develops a trusting relationship. Recently, an 11-year-old girl was sold (trafficked) by her parents to support their drug habit. The girls need to be seen as and called victims, not prostitutes and the crime needs to be seen as child abuse. Terminology does affect prosecution laws. The word “trafficked” is a legal term from the FBI that means that something is being sold, something is a commodity. There is evidence that high school boys are participating in recruiting for pimps. Gang members are trafficking girls because there is a high profit margin as the girls can be used over and over again, unlike a drug sale that brings profit only once. There is less criminal risk involved in trafficking girls than trafficking drugs.

					There needs to be a change in our laws in order to bring proper prosecution. Some indicators that a young girl is at risk for trafficking is (to watch for) unusual behavior; is she being secretive or spending nights away? You need to ask a lot of questions and keep involved. Give your children a safety plan, even if you are dropping them off at the mall. There are cases where girls will even be used to recruit girls.
CRIME	NW Focus #F09-11	03/21/11 03/21/11 03/24/11 03/25/11 03/26/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM	14:10	Host Cathy Rhodes talked with Claudette Wallace about crime. Claudette has had over thirty years of experience in the field of chemical dependency and holds a masters degree in addiction counseling and has works has worked in the criminal justice system for many years. Over 50% of the people in the criminal system are there because of crimes related to drugs or alcohol. There are a lot more men that are incarcerated than women, but the rate of women in the system is rising. It could be because there is more leniency's in the system for women because they often have children they are responsible for. Lots of women in the criminal system have suffered abuse and may have severe mental health issues. There are fewer resources for women when they get out of prison and many times will return to the same environment they came out of. In prison, they may get diagnosed and treated with proper medication, but when they get out, they cannot afford continuing their medication. Male and female offenders are overwhelmed when they get out by the responsibilities they have to face. Men tend to focus on the material things they need to acquire and they get their sense of well being by the ability to provide. Women's focus is on their families. Families are affected financially and emotionally when parents of children are incarcerated. There are a lot of resources to help people within the institutional system. When people return to their community, they may not find as many resources. People need to be aware that crime affects everyone.
EDUCATION	NW Focus #F04-11B	02/07/11 02/07/11 02/10/11 02/11/11 02/12/11 02/15/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Bonnie Goulding talked about education with Dr. Preston Pulliams, District President of Portland Community College and Nathan Peters, a student at Portland Community College. PCC is celebrating 50 years and started as part of the Portland Public School system. PCC has four campuses that serve 5 counties currently serving 97,000 students. Enrollment is up 30% the last 2 years, as many students need more education due to the challenge with the economy/recession. They need to be retrained for the workforce. Nathan Peters, a 35 year old student at PCC was laid off his job and chose to go back to school for training in different field. The average student at PCC is in their mid 30's, returning as an adult to get more or different training and the majority of students are female. The benefits of attending a community college as opposed to a private college is that community colleges are state/public supported and classes are offered at a lower cost. There are broader program choices, and they are larger than private colleges and are governed differently. Some changes in education over the years has been that there are more and different requirements for courses. Education is delivered in different ways than years ago, as it is more accessible, even being offered online. Students entering college should have good study habits, a level of maturity and should be able to manage their time wisely. Community colleges are being recognized for their contribution to the community. They play a key role in preparing people to return to the workforce. There are many

					scholarship programs and financial aid available to students.
EDUCATION	NW Focus #F06-11	02/21/11 02/21/11 02/24/11 02/25/11 02/26/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM	14:10	Host Bonnie Goulding talked about education with Andrew Mason, Executive Director of Open Meadow Alternative School. Open Meadow began 40 years ago in an attempt to get kids off the street and get an education. Now, due to the economy, things have changed, and kids need to learn more skills that will help them get jobs. The public school is failing but it could be due to the community as a whole failing. We require different training and education to succeed in today's society. The drop out rate has actually been declining although the significance of the drop out rate has been rapidly increasing. Years ago it didn't matter as much if a student dropped out of school as he could still find a job. College preparation actually begins in high school. As technology increases, it can do the low-level jobs, but we need people for their creativity. We are failing our black and brown students, especially boys. Open Meadow knows they need to connect students to college, career and community by age 25. The focus of the school is on students who the system isn't serving; low income and ethnic minority populations. Engaging parents is important in the success of the students. Students need to see themselves in the curriculum. The challenge is when students feel the instructors don't know who they are and the struggles they are having. Open Meadow has four programs and continues to track students' 3 years after high school to support them. Staying connected is important to the continued success of the students.
EDUCATION	NW Focus #F08-11A	03/14/11 03/18/11 03/22/11	8:30AM 10:00AM 00:30AM	14:10	Host Cathy Rhodes talked with Kathryn Hickok, Director of the Children's Scholarship Fund with the Cascade Policy Institute. The Children's Scholarship Fund helps low-income families have access to schools of their choice. One size doesn't fit all in the education system. Sometimes private schools can be the best choice for low-income children. The private schools are good at helping the kids in their early years. Statistics reveal that kids in private schools that finish grade 8 are twice as likely to graduate high school and attend college as opposed to kids in the public school system. Low-income children have a lot against them. It is possible that the coming generation may end up less educated than the previous generation. The challenges that society faces always seems to target people who are of lower status/income. Gangs, drugs, crime, inexperienced teachers, etc. can all be factors in low-income children having more difficulty in school. When children are given opportunities in education, it can change everything for them. Kids need access today to the schools that are best for them, whether public or private. Parents should be in a position to choose what is best for their children. Parents are best at identifying the needs of their children. In areas where parents have greater choices and can use a public voucher system, the students seem to fair better.
EDUCATION	NW Focus #F10-11A	03/28/11 03/28/11 03/31/10	08:30AM 11:00PM 00:30AM	14:10	Host Bonnie Goulding talked about education with Jackie Jaffe, Principal of Portland Village School. Portland Village School is a charter school, part of the Portland Public Schools. A charter school is a public school that receives public funds and is sponsored by a school district. There needs to be a mission and the mission is what guides the charter, so every charter has it's own mission. A charter school is open to whoever wants to go and is typically open to everyone in the state. Portland Village

					School is inspired by the Waldorf pedagogy. One of the challenges of a charter school is to help educate the family that applies, as each school has a different way of approaching education. Because a charter school is state funded, there is an annual review. Differentiated instruction and learning styles is important because children learn from a variety of perspectives. You need to learn to tap into the strengths of the student to better facilitate learning. The task of any good teacher is to figure out how to best reach their students. Only 50% of the teachers in a charter school need to be certified, but they do have be licensed. One way the public schools are trying to accommodate change and meet the needs of the students, is that they are willing to bring in charter schools, which best supports individualized learning. We are educating students for jobs that don't even exist yet. Parents need to take time to invest in their child's education. The more involvement of the parents in a school, the greater the success of the students.
SUBSTANCE ABUSE	NW Focus #F35-10A	01/03/11 01/03/11 01/06/11 01/07/11 01/08/11 01/11/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Adolfo Carbajal discussed substance abuse with Ryan Lufkin, Deputy District Attorney with the Multnomah County Courthouse. Heroin use in Portland is a severe, yet unknown problem. Overdose deaths by heroin in Portland, rate the highest in the country. The victims of addiction use alone and usually die alone. Oxycontin abuse is now translated to heroin abuse. Young people develop addictions to Oxycontin through their parent's prescriptions, but end up buying heroin because it is less expensive. With heroin, there is about a tenth of a gram difference between what can kill you and what doesn't, methamphetamines used to be a plague, but Oregon restricted access to some of the ingredients and now heroin addiction is a huge problem. It is more deadly and death can be instantaneous as it affects the central nervous system. Most of the heroin in Portland is manufactured and produced in Mexico rather than Afghanistan. Although Portland hasn't seen a lot of violence from drug cartels bringing it in, it will come. Ryan shared some (anonymous) stories of people who died from heroin overdoses. Many are isolated and have lost connection with their family. About 30% were under the age of 30. There have been multiple overdose deaths in colleges. Some warning signs that someone may be using heroin are to find out if the person is using prescription medication, have they had contact with law enforcement, are they losing weight or lethargic. Parents need to get rid of any unused prescription medication.
SUBSTANCE ABUSE	NW Focus #F41-10B	01/04/11 01/06/11	01:30AM 01:30AM	14:10	Host Bonnie Goulding talked about substance abuse with Chief Bret Smith of Canby Police. Partnering with the DEA, Canby recently had a prescription drug turn in and collected 134 pounds of prescription drugs, not including the weight of the bottles. Prescription drugs are too accessible to kids, which creates a potential for abuse. The misconception is that prescription drugs are safe to take. The most rapid growth of prescription drug use is happening with youth ages 12-17. Oxycotin, a painkiller, is described as being ten times better than marijuana. It creates a similar high to heroin, but the user won't fall asleep. The drug is incredibly addictive and withdrawal is severe. There is both a psychological and physical consequence when it is abused. There is an increase in criminal activity that is driven by (prescription) drug addiction. Alcohol is the number one drug that is abused and the greatest concern is young people abusing it. Youth have "pharm" parties where various prescription

					drugs are collected, put in a bowl and passed around. Heroin is much cheaper to use than oxycotin and can drive people addicted to oxycotin to use heroin instead. Addicts will often “doctor” shop in order to satisfy their addiction to prescription drugs.
SUBSTANCE ABUSE	NW Focus #F42-10A	01/10/11 01/10/11 01/13/11 01/14/11 01/15/11 01/18/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Bonnie Goulding talked about substance abuse with Dr. Laura Schwerin, Manager of Mental Health from Hazelden, a drug treatment facility. Alcohol is the most common substance that is abused, but prescription drug abuse is becoming a problem. People will use substances for various reasons; a search for meaning, a sense of escape or because of stress. Media can influence us greatly and social acceptability is a factor in using substances. Although substance abuse has been seen as a male problem, many women abuse substances with the problem being more hidden. Hazelden treatment program for youth is always full and has a waiting list. More adults are dealing with pain issues and can get addicted to prescription medication. Regardless of the substance, the process of being addicted and the impact it has on the individual is the same, although there can be different side affects. The treatment program at Hazelden is based on the 12-step recovery program. The process of recovery is the same for a substance addict or a person dealing with other addictions such as gambling, shopping, pornography, etc. When an individual is addicted, the whole family suffers. The 12-step recover is based on the idea that people need help outside themselves. Substance abuse is understood as a chronic illness that needs lifelong management. There is always hope and treatment available.
SUBSTANCE ABUSE	NW Focus #F04-11A	02/07/11 02/07/11 02/10/11 02/11/11 02/12/11 02/15/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Bonnie Goulding talked about substance abuse with Larry Claussen, Dean of Allied Health at Portland Community College and David Dedrickson, Military Crisis Line Supervisor of Oregon Partnership. PCC has a program in drug and alcohol counseling to help prepare people whom are entering the substance abuse counseling field. David Dedrickson attended PCC to become a substance abuse counselor and now works as a crisis line supervisor with Oregon Partnership. Substance abuse is a growing problem. Oregon youth abuse substances more than youth in most other states. Oregon ranks 7 <sup>th</sup> highest in the nation for substance use/abuse. Substance abuse is tied to many other problems and is hard to prevent. Oregon puts less into prevention services than other states. It is hard to quantify prevention when you can only see the unhealthy choices people have made. Recovery requires understanding of all the different kinds of drugs available. Substance abuse crosses all boundaries and technology has helped in understanding addictions. There are psychological components associated with substance use, as there is a reward issue connected with addiction. The program at PCC is the largest in the state for addiction counseling. All of us have a role to play when it comes to substance use/abuse. Community resources are important, as is education and prevention.
SUBSTANCE ABUSE	NW Focus #F09-11	03/21/11 03/21/11 03/24/11 03/25/11	8:30AM 11:00PM 00:30AM 10:00AM		Host Cathy Rhodes talked with Claudette Wallace about substance abuse. Claudette has had over thirty years of experience in the field of chemical dependency and holds a masters degree in addiction counseling and presently works with the Dept. of Community Justice and has worked with the Dept. of Corrections. Substance abuse

		03/26/11	00:30AM		can range from alcohol to prescription drugs. Abuse is diagnosed as recurrent use which is different than dependency but the two will soon be recognized as the same thing. People abusing prescription medications is not new. Many people will “doctor shop” and find reasons to go to the doctor or create symptoms in order to get another prescription. These people are not treating their pain, but are treating their addictions. Numerous young people create reasons to get a medical marijuana card. Alcohol is treated differently than other substances/drugs as it is a socially acceptable chemical. People don't see alcohol as bad as other drugs but statistics show that more people die from alcohol abuse than any other drug. We are saturated with advertisements about alcohol because it is legal. Some of the signs of substance abuse is loss of motivation grades start going down and behavioral issues /changes which are usually apparent, but not acknowledged. In a family situation where there is substance abuse, someone has to make a statement about the problem. Families often expect a treatment provider to fix the problem. People need help rather than punishment. The addictive thinking pattern is that people believe they need substances to handle or cope with a situation. There are many good support systems, including the twelve-step program.
YOUTH	NW Focus #F43-10B	01/04/11	00:30AM	14:10	Host Bonnie Goulding talked about youth with Lisabeth Marziello, CEO of (Portland) Boys & Girls Club and Liam Quinn. Liam is 16 years old and shared his challenges with school courses, especially English and reading. 1 in 5 kids nationwide are dyslexic. Kids need the resources and tools to learn, as each person processes information differently. Challenges with reading can make it difficult to even perform daily tasks. The decrease in graduation rates is high. Keeping up with the standard that is being set but not being focused on the child's needs is hard for kids. Obesity, gangs, alcohol/drug abuse, teen pregnancy are all outcomes of an educational disconnect in school and could be the root of some of these problems. Dyslexic and special thinking kids have been put in special Ed classes, where they don't belong. Liam said his goals for his life have changed since his grades have improved. The multi sensory approach to language has been very successful and helps young people thrive, even with self-esteem issues. The extra helps with literacy that the Boys & Girls Club offer is good. It is important to recognize that people learn differently and give them the tools they need to succeed. Liam's advice for young people is to not give up.
CIVIC AFFAIRS	NW Focus #F41-10A	01/04/11 01/06/11 03/14/11 03/18/11 03/22/11	01:30AM 01:30AM 08:30AM 10:00AM 00:30AM	14:10	Host Bonnie Goulding talked about civic affairs with Chief Bret Smith of Canby Police Department. Chief Smith has been on officer with the Portland Police for 29 years and became Chief of Canby in January 2010. After a growth spurt in 2000, the population of Canby has grown to about 16,000 and has just recently slowed down. Some of the problems in Portland have spilled over into Canby, such as gang activity. The Police Dept. is partnering with the schools to implement the G.R.E.A.T. (Gang Resistance Education and Training) program. The business and city government is actively involved in meetings with the Chamber of Commerce, Rotary and Kiwanis to discuss the needs of the city. Canby cut their city budget by 10% a year and a half ago and that cut still remains. Developments are on hold but there has been some business growth. Canby has a lot of opportunity for industry. There is a positive quality of life, with easy accessibility to Portland. The Canby Police

				Department is working to be more transparent and has recently started a fingerprint program.
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**KNMT-TV PORTLAND, OREGON**  
**LEADING COMMUNITY PROBLEMS**

**FOR**  
**2nd Quarter of 2011**

**APRIL- MAY- JUNE**

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

**HEALTH - 16**  
**CRIME - 5**  
**ENVIRONMENT- 5**  
**YOUTH - 5**  
**SUBSTANCE ABUSE -5**  
**EDUCATION - 2**  
**HOMELESS - 1**  
**CIVIC AFFAIRS – 1**

Description of Issue	Program Name	Date	Time	Min.	Narration of Type and Description of Program
HEALTH/ MENTAL HEALTH	NW Focus #F15-11B	05/09/11 05/09/11 05/12/11 05/13/11 05/14/11 05/17/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of mental health with Katherine Gotch, Clinical Coordinator with Multnomah County, Department of Community Justice. The focus was on the mental health of sexual offenders and their victims. Katie provides clinical consultation and resources for parole and probation officers of sexual offenders. Sexual offending itself does not necessarily fall under mental health when looking at the mental health framework, however, some offenders have been diagnosed with having mental health issues. Juvenile sexual offenders do not necessarily go on to commit sexual crimes when they become adults. However, many times they have been victims of sexual abuse themselves or have been exposed to sexual behavior or sexually explicit material in childhood. The treatment for a juvenile sexual offender will always try to include their family members. Adult treatment is focused more on a containment model and tends to be more victims oriented. Mental health issues and substance abuse can play a role in why someone may have committed an offense and these are looked at in accessing treatment. Oregon does not have any sex offense treatment in prison but offenders must take treatment once they are out. Development of a pro social network is very important. It is very important to have good solid support in place as part of the treatment process. Victims of sexual crime have a large variety of resources available to them. Katie stated that sexual abuse is a public health issue because victims and perpetrators have higher rates of mental health and substance abuse issues. Education is the key to helping avert being victimized or having your child victimized.</p>
HEALTH/ MENTAL HEALTH	NW Focus #F16-11A	06/16/11 06/16/11 06/20/11 06/21/11 06/24/11	8:30AM 11:00PM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of obesity with Alan Melnick, MD, MPH who is the Health Officer of Clark County Public Health and Tricia Mortell, RD, CD, MPN, Program Manager of Clark County Public Health. Obesity is based on people's height and weight giving them their body mass index. Over 2/3 of adults in Clark county are either overweight or obese. The complications of obesity can lead to other health issues such as heart disease, diabetics, arthritis, cancer and other complications of poor health. 25% of tenth graders in Clark County are considered overweight or obese. Health care costs for managing the complications of obesity and obesity related diseases are very concerning. Almost 75% of health care costs are connected to the obesity issue. Doctors do have the responsibility to diagnose the problem of obesity. There is a lot of stigma related to obesity and people can deny they have a problem. Sometimes our environment can contribute to the problem such as lack of access to a grocery store to buy produce. Many low-income people are obese because they can only afford high calorie type food. Children do not play outside like they used to and they are exposed to a lot of food. It is difficult for some people to have access to physical activities. Clark County has some obstacles in giving people access to physical activity because the community was designed for cars. Research shows that interpersonal connections contribute to our health. Education is important in helping combat the problem of obesity. The major causes of death in the US are heart disease and cancer and obesity is related to both of these. The life span of the next generation could possibly be shorter than the current one. Type II diabetes is beginning to show up in children. Other complications in young people can be heart disease, high blood pressure, different cancer infertility and osteoarthritis. Youth struggling with obesity may struggle with depression.</p>

HEALTH/ MENTAL HEALTH	NW Focus # F16-11B	06/16/11 06/16/11 06/20/11 06/21/11 06/24/11	8:30AM 11:00PM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the community response that is necessary to help battle obesity. Her guests were Alan Melnick, MD, MPH who is the Health Officer Of Clark County Public Health and Tricia Mortell, RD, CD, MPN, Program Manager of Clark County Public Health. The best way to approach the problem of obesity is on the community level. What around us in the community can be changed to help support good health? Some of the things that Clark County Public Health is looking at are access to good food outlets and access to people to have physical activity. CCPH has been working with neighborhoods by even putting in neighborhood gardens. Government cannot do this all alone ad they are not the solution but are part of the solution. This has to be a community effort. Simple changes can lead to an environment that creates good health. Planning for long term health on the government level is being looked at, such as access to bicycle and pedestrian trails. Clark County has been looking at walk to school programs. It is the parent's responsibility to create good eating habits with their children. "Sometime" choices for kids have become the "everyday" choice when it comes to food. The Food System Council is a policy council that looks at the whole food system. We need to make sure that we keep food local. Increased access to good food and activities does help reduce obesity. Youth gardens not only help kids get physical activity, but also helps the kids eat good food. Mass transit helps people get more physical activity, which can help reduce obesity.</p>
HEALTH/ MENTAL HEALTH	700 Club #061611	06/16/11	12:00PM	06:00	<p>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. Removing the most nutritious parts of the wheat berry, the bran and the germ creates its soft texture and mild taste. 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.</p>

HEALTH/ MENTAL HEALTH	Doctor to Doctor #295	04/05/11	09:30AM	28:30	<b>Dr. Eric Braverman</b> 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. <b>Jessic Setnick</b> 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. <b>Dr. Daniel Leeman</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #296	04/12/11	09:30AM	28:30	<b>Dr. Scott Hannen</b> 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. <b>Dr. John Fisher</b> talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or postmenopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. <b>Dr. Ross Dorsett</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #297	04/26/11	09:30AM	28:30	<b>Dr. Mike Ronsisvalle</b> 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. <b>Dr. James Mittelberger</b> 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. <b>Dr. Glen Steele</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #298	05/03/11	09:30AM	28:30	<b>Lisa Buldo</b> talked about acne. It can be caused by a buildup of bacteria in your intestine. Medications, processed food and chemicals can cause a suppressed immune system. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. <b>Dr. Bronlynn Eberhardt</b> 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. <b>Dr. Brian Nimphius</b> 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.

HEALTH/ MENTAL HEALTH	Doctor to Doctor #299	05/10/11	09:30AM	28:30	<b>Dr. Christopher Chen</b> talked about exercise. It helps to keep inflammation down, increase 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. <b>Dr. Bob DeMaria</b> 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, and increase flaxseed oil and vitamin B6. <b>Dr. Carl Schmidt</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #300	05/17/11	09:30AM	28:30	<b>Dr. Marc Unterman</b> 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. <b>Kay Spears</b> 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. <b>Dr. Mark Sheehan</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #301	05/24/11	09:30AM	28:30	<b>Dr. Doreen Lewis</b> 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. <b>Dr. George Alonso</b> 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. <b>Dr. Abinash Achrekar</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #302	05/31/11	09:30AM	28:30	<b>Eric Braverman</b> 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. <b>Dr. Nicole Gordon-Moton</b> talked about colon cancer. It is the 3 <sup>rd</sup> 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. <b>Dr. David Cawley</b> 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.

HEALTH/ MENTAL HEALTH	Doctor to Doctor #303	06/07/11	09:30AM	28:30	<b>Dr. Tonya Lyons Anderson</b> 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. <b>Dr. Randy Burden</b> 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. <b>Dr. Bernice Gonzalez</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #304	06/14/11	09:30AM	28:30	<b>Dr. Ace Anglin</b> 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. <b>Dr. James Krystosik</b> 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. <b>Jannie Wolff</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #305	06/21/11	09:30AM	28:30	<b>Dr. Valerie Saxon</b> 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. <b>Dr. Bill Williams</b> 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. <b>Dr. Dale Peterson</b> 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
CRIME	NW Focus #F11-11	04/04/11 04/04/11 04/07/11 04/08/11 04/09/11 04/12/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Cathy Rhodes talked about crime with Dr. Donna Beegle. The United States is # 1 in the world for incarcerating people and about 80% of those incarcerated cannot read at an 8 <sup>th</sup> grade level. The budget for corrections in Oregon is 1.6 billion dollars. A lot of poverty issues are labeled as crime issues. Donna is the only one of her family members who has not been incarcerated. When you live within the mental war zone of poverty, there is a higher risk of developing crime issues. We, as a society, need to look at the root causes of crime. Crime occurs in all classes but it is more difficult for people in poverty to access to resources, so they find it harder to find true justice. The fastest growing population in prison is women. One of the biggest issues is for people who have been released from prison to try to rebuild their life outside of prison. We need to look at root causes of crime such as poverty or drug addictions. The number one answer to meth use is jail, rather than rehabilitation programs. Crime happens in all social classes and if we attribute all crime to poverty, we don't see the real issue. The lack of education can be an root issue to crime. One of the most important messages is that crime rates are at the lowest in 2 decades, yet all we see in the media is stories about crime. A contributor to the cause of crime could be that we are not connected as human beings and don't interact with each other. The concept of punishing people out of their situation does not help or change long term behavior. Modeling rehabilitation is our answer to the issue of crime.

CRIME	NW Focus #F09-11	04/12/11 04/14/11 04/21/11 04/22/11 05/03/11	01:00AM 01:00AM 08:30AM 10:00AM 01:30AM	14:10	Host Cathy Rhodes talked with Claudette Wallace about crime. Claudette has had over thirty years of experience in the field of chemical dependency and holds a masters degree in addiction counseling and has works has worked in the criminal justice system for many years. Over 50% of the people in the criminal system are there because of crimes related to drugs or alcohol. There are a lot more men that are incarcerated than women, but the rate of women in the system is rising. It could be because there is more leniencies in the system for women because they often have children they are responsible for. Lots of women in the criminal system have suffered abuse and may have severe mental health issues. There are less resources for women when they get out of prison and many times will return to the same environment they came out of. In prison, they may get diagnosed and treated with proper medication, but when they get out, they cannot afford continuing their medication. Male and female offenders are overwhelmed when they get out by the responsibilities they have to face. Men tend to focus on the material things they need to acquire and they get their sense of well being by the ability to provide. Women's focus is on their families. Families are affected financially and emotionally when parents of children are incarcerated. There are a lot of resources to help people within the institutional system. When people return to their community, they may not find as many resources. People need to be aware that crime affects everyone.
CRIME	NW Focus #F13-11A	04/25/11 04/25/11 04/28/11 04/29/11 04/30/11 05/03/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Cathy Rhodes discussed the issue of crime with Stacey Womack, Executive Director of A.R.M.S. (Abuse Recovery Ministry & Services). The focus was on domestic violence and abuse. Domestic violence is a pattern of behaviors used to gain power and control over another person in a relationship. Most people will recognize physical abuse, but there are other kinds of abuse such as verbal, physiological, sexual, spiritual, financial and animal. Domestic violence is the number one cause of injury to women in the United States. Many people are still reluctant to get involved and report it because they see it as a private issue. Studies show that women killing men has dropped due to domestic abuse because there are more services available to get help. There can be male victims but about 95% of aggressors are male. There are different types of domestic abuse but most abuse is physiological. Stalking behaviors fall in the category of psychological abuse and can often have a greater impact than physical abuse. Isolation tactics are also a part of this type of abuse. Domestic abuse is not about being an anger problem because someone with an anger problem is angry all the time but these abusers can often manage their anger in a public setting. Domestic violence is the number one predictor of child abuse. It is a felony in Oregon for someone to commit physical violence in front of a child. Studies have shown that there is the same affect on a child who is exposed to abuse or experiences abuse. A child who has experienced or seen abuse can have many struggles later on in life.
CRIME	NW Focus #F15-11A	05/09/11 05/09/11 05/12/11 05/13/11 05/14/11 05/17/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Cathy Rhodes discussed the issue of crime with Katherine Gotch, Clinical Coordinator with the Sex Offenders Unit with Multnomah County, Department of Community Justice. The focus was on sexual abuse and offenders. Katie works with parole and probation officers in addressing clinical issues relating to sexual offenders. Sexual offenses cover a wide range of dangers. Someone they know and not a stranger commit approximately 90% of sexual crimes against children. Sexual crimes happen for a variety of reasons. While the majority of offenders are male, there are females who do commit sexual crimes. Societal bias may contribute to the lower reported numbers of women offenders. A pedophile is someone whose primary sexual interest is in prepubescent children who have an undeveloped body shape. There has been a national decrease in the reporting of sexual crimes. Public policy and education may have contributed to the lower number, but there may also be a reluctance to report these types of crime. Resistance to reporting may be because of the trauma or shame involved by the victim as well as the fear and stigma involved in being a victim of sexual crime. It is not the responsibility of children to report when they have been a victim of sexual crime or abuse, it is up to the adults in the child's life to protect the child. (continued)

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CRIME	NW Focus #F19-11A	06/06/11 06/06/11 06/09/11 06/10/11 06/11/11 06/14/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of crime with Martha Brooks, State Director of Fight Crime-Invest in Kids. Fight Crime Invest in Kids is a national organizations made up of over 5000 police chiefs, sheriff's, prosecutors and some victims of violence. The goal is to help prevent crime by educating young people and having programs designed for their success. Statistics show that the US pays more than \$50 billion per year and Oregon about \$800 million per year incarceration in the prison system. Oregon Youth Authority costs about \$65,000 per youth who is incarcerated. Evidence proves that early education and prevention programs do work in preventing crime. Poverty can be a major indicator in crime that is committed as statistics show that many people in prison have dealt with poverty issues. Crime is often a generational and cyclical problem. Programs that teach parenting skills are beneficial in helping stop the cycle of crime. Police chiefs engage in programs that help educate and interact with children. As children get older it becomes more expensive to offer effective programs as a child's brain has become more programmed. Multi-systemic programs are more intensive and involved. Crime cannot be totally eliminated but there are many things that we can do early on to help decrease it. Education and early involvement is the key to preventing and fighting crime.</p>
ENVIRONMENT	NW Focus #F12-11A	04/11/11 04/11/11 04/14/11 04/15/11 04/16/11 05/03/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 01:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of environment with Todd Wynn, Vice President of the Cascade Policy Institute. There are a number of proposals across the nation to ban plastic bags from stores. In the last few years, environmental activists have become concerned about the affects of plastic on the environment. About 1.3 million plastic bags are used in the state of Oregon each year. Both plastic and paper bags have recycling opportunities with many locations offering places to recycle plastic bags. Numerous studies show that over 90% of people will re-use their plastic bags. There is a concern about paper bags coming from trees and the affect on the environment. There would be a significant impact on Oregonians if they had to pay for paper bags. There would be a job increase and job loss factor involved in a ban on plastic bags. If plastic bags are banned and only paper used, about a million trees a year more would have to be cut down to accommodate. Non profits pay an important role in society, as do environmental programs. People need to take voluntary approaches and choose what is best for them both cost wise and environmentally. A single paper bag takes about 3 times the energy to produce as a plastic bag, produces 4-5 times more green house gases and emits almost 15 times more water board pollutants. There are many environmental issues across Oregon such as pollution that are important but people need to begin to take steps themselves to help solve the problem. Whenever legislation is passed it is extremely hard to change so we must wait and study the impacts of the issue of paper –vs- plastic bags before pushing legislation.</p>
ENVIRONMENT	NW Focus #F12B-11	04/11/11 04/11/11 04/14/11 04/15/11 04/16/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM	14:10	<p>Host Cathy Rhodes talked about the environment with Todd Wynn, Vice President of Cascade Policy Institute. The focus was renewable energy. There are many proposals regarding renewable energy. There are proposals to advance renewable energy, which is much cleaner for the environment, produces less-emissions and addresses the issue of climate change. Renewable energy reuses resources such as the wind, sun and water to produce energy. (continued)</p>

		05/03/11	01:00AM		<p>Cont.</p> <p>There will always be some sort of impact on the environment no matter what you use. Hydroelectricity can dam up a river and impact the fish but seems to have a minimal environmental impact. Oregon passed renewable energy mandates in 2007. The mandate for wind regeneration has increased in Oregon, but it costs a significant amount more to use than conventional power sources. Wind energy is inconsistent because it is dependent upon the wind blowing so you have to have a back up energy source, which could increase emissions. The proper role of government should always be to protect property rights. Coal is a dirtier power source, but is affordable, reliable and keeps our electricity rates low and has increased our standard of living.. We need to dig deeper to find out what is truly environmentally friendly. Solar energy is inconsistent and expensive. Many environmental issues can be knee jerk reactions. In Oregon, we have mandates to purchase renewable energy but Todd believes it should be done on a voluntary basis.</p>
ENVIRONMENT	NW Focus #F20-11A	06/13/11 06/13/11 06/16/11 06/17/11 06/18/11 06/21/11 06/28/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the environment with Mary Lou Soscia of the Environmental Protection Agency. Mary Lou is the Columbia River Coordinator in the Office of Water &amp; Watersheds. The EPA was created in 1972 and is responsible for protecting human health and the environment. The Columbia River Basin is the 4<sup>th</sup> largest watershed in North America, the largest drainage into the Pacific Ocean in North and South America and consists of two countries (US and Canada) and 7 states. Tribal people have a long history of living in the basin and one of the major food sources is fish. In the early 1990's, the EPA began working to understand toxins in the river and how they affect the fish. EPA estimates that there are 80,000 toxins in the environment, but they are concentrating on four different chemicals in the Columbia River which affect human health: mercury, DDT, which is a cancer causing chemical PCB's, also a cancer causing chemical, and PDBE's, a flame retardant. These chemicals drastically affect the environment and human health and some are known to cause cancer. The EPA partners with many different people and businesses to help reduce toxins. Some of the action plans are working with the public and government, increasing actions to reduce toxins, trying to better understand chemicals and develop monitoring and working with academics and government for research. Many businesses are adopting the concept of corporate social responsibility. Several companies are restructuring how they produce their products. Everyone can take personal responsibility for the environment such as not flushing pharmaceuticals down the toilet and looking for personal care products and gardening products that are environmentally friendly.</p>
ENVIRONMENT	NW Focus #F20-11B	06/13/11 06/13/11 06/16/11 06/17/11 06/18/11 06/21/11 06/28/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the environment with Mary Lou Soscia of the Environmental Protection Agency. Mary Lou is the Columbia River Coordinator in the Office of Water &amp; Watersheds. Mary Lou focused on how the environment impacts our health. Toxins are a human health concern and there are many toxins in the Columbia River. These toxins affect the fish, which are then consumed by humans. Different chemicals have a different way of getting into the environment. Mercury can be released into the air, settle into the water and then be consumed by fish. The food chain can directly impact human health and there is a direct link to cancer in humans. Juvenile salmon travelling down the Columbia are increasing in PCB's. A recent study shows that there are also pharmaceuticals in rivers and streams. Pharmaceuticals can get into the water through the natural process of elimination, but people must also be sure not to flush them down the toilet. Law enforcement has drop off days for people to get rid of their extra prescription drugs. Another way to dispose of prescription drugs is to grind them up place them kitty litter or coffee grounds and put in the garbage. Tribal people eat 9-12 times more fish than what EPA regulated. We are exposed to chemicals in our daily lives through cleaning products and personal care products that can have a health impact on us. We need to be responsible to try and reduce the chemicals in our home. The risk issue of being exposed to toxins is complicated, as it is estimated that there are some 80,000 chemicals in our environment. (continued)</p>

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ENVIRONMENT	NW Focus #F22-11A	06/27/11 06/27/11 06/30/11	8:30AM 11:00PM 00:30AM	14:10	<p>Host Bonnie Goulding talked about the environment with Kari Christensen, Health Educator with the Oregon Office of Environmental Public Health. Kari discussed pesticides in the environment. There are many different kinds of pesticides including ones in cleaning products. There are tolerance levels of how much pesticide residues are allowed on produce. Some pesticides can get into the fruit and cannot be removed by just washing. States have the authority to make a more stringent standard than the federal government. The way we are exposed to pesticides is important as they can have different behaviors. Some can get in through the skin and others cannot. Bed bugs have made their way into Oregon, although the problem is not as bad as on the East coast. Bed bugs are hard to get rid of because they have been gone so long and we can no longer DDT as it has bad effects on our health. Exposing bed bugs to heat has been one way to deal with them. Integrative Pest Management is a philosophy where you take into consideration “why” a pest may be in your house, then you monitor and prevent the access, rather than just spray pesticides. There are many different kinds of flame retardant and there is a lot of legislation to restrict the use of them. Flame retardant have been added to many different things such as children's clothing, military equipment, electronics, cushions in furniture, wire insulation in cords, carpet, etc. PBDE's are a group of chemicals that flake off the material they are in and become part of the household dust.</p>
YOUTH	NW Focus #F17-11A	05/23/11 05/23/11 05/25/11 05/27/11 05/28/11 05/07/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 01:00AM	14:10	<p>Host Bonnie Goulding discussed the challenges facing youth today with Mark Jackson, Executive Director of R.E.A.P. (Reaching &amp; Empowering All People). Youth are exposed to a variety of risks today, from the social media outlets, health issues, teen pregnancy, gang violence etc. Facebook and texting tends to isolate young people. Although kids have technology they are in an isolated setting while having a “social” experience. When the generation is isolated and are exposed to many options, they become vulnerable. Kids may get connected to the wrong people who compromise their core values. We need to foster creativity in kids but also provide safety nets for youth. The sense of touch in the home is being lost because of technologies that pull at the fabric of human connection. Video games, internet surfing, etc. is taking the place of time spent together. Demanding schedules for parents who are trying to provide for their families can be part of the reason why parents are not available to their kids, but it is essential that they engage in their kid’s life. Eating habits, social media, self-esteem, responsibility are all things parents need to help build in their kids. Kids need to understand what self-respect is. Every generation presents opportunity and this generation has opportunity like none other, but young people need to think beyond themselves. We need to teach our kids that they have potential to be change agents. With exposure that our kids have, there also has to be support. Portland has a problem with sex trafficking and high suicides among youth. We need to be proactive as parents, educators, elected officials and pastors in affirming our young people. Oregon has a high drop out rate and declining enrollment in college among males. We have to care again and have genuine concern about our young people.</p>
YOUTH	NW Focus #F17-11B	05/23/11 05/23/11 05/25/11 05/27/11 05/28/11 06/07/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 01:00AM	14:10	<p>Host Bonnie Goulding discussed the importance of empowering and developing leadership in youth with Mark Jackson, Executive Director of R.E.A.P. (Reaching &amp; Empowering All People). We need to expose young people to introspection for them to see what their gifts are. What we are most passionate about is what will keep us going. Kids need to understand how to set goals and create vision for themselves. Young people are oppressed in expressing their full potential. Not all young people learn in the same way and our schools are set up to teach in only one way. (continued)</p>

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YOUTH	NW Focus #F18-11B	06/02/11 06/03/11 06/04/11 06/07/11 06/09/11	00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of youth with Bill Russell, Executive Director of Union Gospel Mission and Dan Nelson, Admissions Coordinator. Substance abuse among kids has always been a problem. We need to be concerned with kids who are drinking alcohol. Kids can severely damage their brains by binge drinking as the brain is still forming. There is a new trend that is disturbing with youth and that is the recreational use of pain-killers. Oxycotin is extremely addictive and if kids get their hands on it, about one out of five will experience chemical addiction. Youth have prescription pill parties and it is very dangerous. Youth may be looking for that euphoric feeling of being taken away from their problems but will keep looking for more. Opiate addiction can draw you to black tar heroin because heroin is much cheaper. Parents and responsible adults should not leave their pain pills accessible; lock them up. If you haven't used all your pills, take them to a drug turn in place. Call the pharmacy or police to find out where to take them. If a parent suspects that their child may be abusing drugs, watch for changes in their behavior. Look them in the face and watch their eyes to see if they are dilated or if they are sleeping more than normal. It is important for parents to communicate with their kids and to have a relationship with them. If a parent knows their child is struggling with addiction, it is vital to persuade them that they need help.</p>
YOUTH	NW Focus #F19-11B	06/06/11 06/06/11 06/09/11 06/10/11 06/11/11 06/14/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of youth with Martha Brooks, State Director of Fight Crime-Invest in Kids. A large portion of the population does not graduate from high school. 75% of men in prison don't have a high school diploma. It is important for kids to graduate high school but to also have things to do after school. Many parents have to work and it is hard for them to pay for quality childcare. Because of this, youth are often left with either siblings, grandparents or left on their own. Fight Crime-Invest in Kids has a four step approach. Providing access to early high quality care and education is important. It is imperative to work with children between the ages of 0-5, while they are in the early brain development stage, by helping prepare them for school and education. Parent coaching is important to help stop child abuse and neglect. Simple things such as teaching parents how to interact with their child is sometimes necessary in helping stop the cycle of abuse and neglect. If kids are not getting attached to their parents early on, there can be problems later on. It is important for kids to have access to after school programs. Teaching youth about time management can be a challenge. It is hard for some skills to get passed on to young people. Children are like sponges and they want to learn but it is up to us to help them. Parents need to be vigilant and interactive with their kids.</p>
YOUTH	NW Focus #F37-10	06/20/11 06/20/11 06/23/11 06/24/11 06/25/11 06/28/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about youth with Mollie Janssen, Program Director and Liz Grier, Alcohol and Drug Specialist of New Avenues for Youth. New Avenues for Youth focuses their services toward homeless and at risk youth. Youth are the fastest growing homeless population. Youth who are at risk may be so because they are a victim of violence, drug and alcohol abuse or criminal type activity. Many youth grew up in chronic situations and faced risk problems at home. New Avenues for Youth helps the young people with their educational needs including help with post secondary schools. Research shows that the cost benefit analysis is that for every dollar spent on a youth, the community will save over five dollars. (continued)</p>

					<p>cont.</p> <p>There is a natural inclination to say that young girls are most at risk on the street, but male youth are at high risk as well. New Avenues for Youth works with many agencies in the Portland area in order to get complete care for the youth, including their health needs. The age range defining youth may go into mid twenties because research shows that brains don't fully develop until mid twenties. There are themes that you hear from young people, especially that they don't have consistent appropriate relationships with adults. There are many opportunities to volunteer with young people.</p>
SUBSTANCE ABUSE.	NW Focus #F09-11	04/12/11 04/14/11 04/21/11 04/22/11 05/03/11	01:00AM 01:00AM 08:30AM 10:00AM 01:30AM	14:10	<p>Host Cathy Rhodes talked with Claudette Wallace about substance abuse. Claudette has had over thirty years of experience in the field of chemical dependency and holds a masters degree in addiction counseling and presently works with the Dept. of Community Justice and has worked with the Dept. of Corrections. Substance abuse can range from alcohol to prescription drugs. Abuse is diagnosed as recurrent use which is different than dependency but the two will soon be recognized as the same thing. People abusing prescription medications is not new. Many people will "doctor shop" and find reasons to go to the doctor or create symptoms in order to get another prescription. These people are not treating their pain, but are treating their addictions. Numerous young people create reasons to get a medical marijuana card. Alcohol is treated differently than other substances/drugs as it is a socially acceptable chemical. People don't see alcohol as bad as other drugs but statistics show that more people die from alcohol abuse than any other drug. We are saturated with advertisements about alcohol because it is legal. Some of the signs of substance abuse is loss of motivation grades start going down and behavioral issues /changes which are usually apparent, but not acknowledged. In a family situation where there is substance abuse, someone has to make a statement about the problem. Families often expect a treatment provider to fix the problem. People need help rather than punishment. The addictive thinking pattern is that people believe they need substances to handle or cope with a situation. There are many good support systems, including the twelve step program.</p>
SUBSTANCE ABUSE	NW Focus #F14-11B	05/02/11 05/02/11 05/05/11 05/06/11 05/07/11 05/10/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about substance abuse with Mayor Paul Dennis of Camas, Washington. When people talk about substance abuse, they tend to go to the negative perceptions of it, rather than understanding that these are human beings struggling with their issues in a different way. It is amazing how many events center around alcohol and it has become accepted, but we have to see it as a drug. In order for people to become addiction free, they have to want it. A person has to admit that they are out of control. There are many successful recovery programs including AA. There is a lot of pressure on young people today and they may abuse substances to help cope with the pressures. A functioning alcoholic has perhaps learned to adapt and hide their problem more than others. When a person is looking to escape, they will use whatever is available. Substance abuse touches all classes of people. The city of Camas has a detective unit who watch drug houses. There is a connection between substance abuse and crime, although just because you abuse substances does not mean you will commit a crime. It is sometimes easy to tell where there is a drug house, due to the constant activity. There is a 12 step program to AA and you first start by identifying and admitting you have a problem. It is done in a forum with others who are struggling with addiction. Mayor Dennis believes that it is important to show compassion to those who are struggling with addictions, even though you may have to use tough love.</p>
SUBSTANCE ABUSE	NW Focus #F18-11A	06/02/11 06/03/11 06/04/11 06/07/11 06/09/11	00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of substance abuse with Bill Russell, Executive Director of Union Gospel Mission and Dan Nelson, Admissions Coordinator. Union Gospel Mission began in Portland in 1947 to help people on skid row. 40-50 addicts live in the residential substance addiction program to help them transition from substance abuse to a whole life. Alcohol abuse is the number one substance abused. Other drugs may ebb and flow. (continued)</p>

					<p>Cont.</p> <p>Right now people are getting addicted to prescription drugs that can lead to heroin addiction. More people died in Oregon last year as a result of prescription drugs than street drugs. About one in nine Americans have a substance abuse problem. The most addictive substance is cigarettes. We all have something that could possibly lead us to some kind of addiction. There is something that happens when people are addicted to opiates that can lead them to criminal type behavior because an addict will do anything to get a fix before their body goes into an extreme withdrawal. More people in Oregon die of alcohol withdrawal than die of heroin or crack cocaine. Alcohol is affordable but obtaining heroin is more of an economic challenge. Alcohol abuse can cause many physical problems including joint deterioration. An addict can never get enough. All methamphetamines are very dangerous because of the toxic combination of chemicals. Drugs promise to make you happy but do the opposite.</p>
SUBSTANCE ABUSE	NW Focus #F37-10	06/20/11 06/20/11 06/23/11 06/24/11 06/25/11 06/28/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about substance abuse with Liz Grier, Alcohol and Drug Specialist and Mollie Janssen, Program Director and of New Avenues for Youth. The majority of youth on the street are engaged in drug and/or alcohol use and use it as a coping mechanism. As well, substance abuse could stem from mental health issues. Many times there was substance abuse issues in the home prior to the young people becoming homeless. Access to alcohol and drugs are readily available on the street. Alcohol is probably the most accessible, but use can include marijuana and heroin. Brain development is altered by substance abuse and is especially damaging when young people start using substances. Building relationships with young people is very important in an effort to help them. Identifying their substance abuse issue first is good because it can create a barrier to them getting off the street. It's important not to come at the youth with an agenda but let them address the issues they would like too first. In order to support a habit, they can get involved in criminal behavior and possibly develop mental health issues. In addressing their problem, it is important to acknowledge moments of sobriety in every step. Some signs that a young person may be using substances is withdrawal from family members, lying, irritability, grades falling and changes in friendship. Each individual has their own unique way of responding to the intake of alcohol and the most important thing to look for is change in one's regular behavior. Addressing the reason "why" youth are using substances is important to address first as it can be a mask for other issues they are having.</p>
SUBSTANCE ABUSE	NW Focus #F22-11B	06/27/11 06/27/11 06/30/11	8:30AM 11:00PM 00:30AM	14:10	<p>Host Bonnie Goulding talked about substance abuse with Dr. Laura Schwerin, Manager of Mental Health from Hazelden, a drug treatment facility. Alcohol is the most common substance that is abused, but prescription drug abuse is becoming a problem. People will use substances for various reasons; a search for meaning, a sense of escape or because of stress. Media can influence us greatly and social acceptability is a factor in using substances. Although substance abuse has been seen as a male problem, many women abuse substances with the problem being more hidden. Hazelden treatment program for youth is always full and has a waiting list. More adults are dealing with pain issues and can get addicted to prescription medication. Regardless of the substance, the process of being addicted and the impact it has on the individual is the same, although there can be different side affects. The treatment program at Hazelden is based on the 12 step recovery program. The process of recovery is the same for a substance addict or a person dealing with other addictions such as gambling, shopping, pornography, etc. When an individual is addicted, the whole family suffers. The 12 step recover is based on the idea that a person needs help outside themselves. Substance abuse is understood as a chronic illness that needs lifelong management. There is always hope and treatment available.</p>
EDUCATION	NW Focus #F10-11A	04/01/11 04/02/11	00:30AM 10:00AM	14:10	<p>Host Bonnie Goulding talked about education with Jackie Jaffe, Prinicipal of Portland Village School. Portland Village School is a charter school, part of the Portland Public Schools. A charter school is a public school which receives public funds and is sponsored by a school district. (continued)</p>

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EDUCATION	NW Focus #F11-10A	04/04/11 04/04/11 04/07/11 04/08/11 04/09/11 04/12/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of education with Kathryn Hickok from the Cascade Policy Institute. School choice is important and parents should be able to choose what is best for their child. We have a 19<sup>th</sup> century model of education in the idea that "one size fits all". A lot has changed and we now understand that kids have unique talents, challenges and learning styles. The one size fits all model is no longer working. Research has shown that when parents are able to choose a school for their child, they are more engaged in their child's education. Parents are able to tailor education to the needs and talents of their child through school choice. It is difficult for public schools to innovate the specialized needs of their students. There is a large drop out rate in some of the major cities. About 2/3 of the kids in Portland graduate high school. The literacy rate of students who graduate is not necessarily 12<sup>th</sup> grade level. It is difficult for public school teachers to respond to the needs of the students due to the rules and regulations of a bureaucratic system. There are several reasons why students may drop out of school. Students can get bored and become disengaged or they can get lost in large groups. In private schools the teachers are more able to interact and get to know their students. Your home address often determines what school a child attends. Zip code and academic achievement and the quality of the public school are directly related. Resources are a big issue for schools and there is a difficulty for public school to reform. People need to think outside the box and be creative when it comes to school reform. There are online schools that are legal in the state of Oregon which can help students access classes that may not be available in their own school. We need to own our education and pursue the many options for education that available.</p>
HOMELESS	NW Focus #F10-11B	04/01/11 04/02/11	00:30AM 10:00AM	14:10	<p>Host Cathy Rhodes talked with Dr. Donna Beegle about homelessness. Donna was born into generational poverty and spent about 20 years of her life in a homeless situation. Poverty and the cycle of poverty is a major factor in people being homeless. There are a lot of stereotypes surrounding the issue of homelessness. The tendency in society is to blame parents. The isolation of poverty is because people don't know about the problem. There are different kinds of poverty; generation, situational, immigrant, working class, etc. People want things that give them a sense of belonging, so may make choices based on belonging, rather than meeting their immediate needs. We need to get better educated to better understand poverty and homelessness. The latest epidemic is people living in storage sheds. The issue of homelessness is huge and it has a ripple affect on everyone. The most important issue is to have someone believe in you enough to invest in you. Donna has authored a book on poverty. The most important thing is to educate yourself on poverty and get involved, as each one of us has a responsibility to help others.</p>

CIVIC AFFAIRS	NW Focus #F14-11A	05/02/11 05/02/11 05/05/11 05/06/11 05/07/11 05/10/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about civic issues with Mayor Paul Dennis of Camas, Washington. Mayor Dennis was elected in 2003 after being on city council for 6 years. Like most communities, finances are very tight in Camas. Camas has always been property tax dependant, while other places may have a higher utility tax. Many people move to Camas because the schools are rated very high. The high school drop out rate has been decreasing. Camas recognized there would be economic difficulty early on so started a reserve fund that helped during the economic downturn. When the police chief left, they promoted from within so they didn't have to do any layoffs. Some of the cutbacks have been hours for the pool and the library. The (paper) mill is very profitable although there was much speculation about it closing over the years. The mill employs about 525 people and many of the employees are reaching retirement age, so there will be jobs opening. Camas provides an ambulance transport service. With the devaluation of property, the revenue dollars are not there to continue and the ambulance service is not sustainable. There will be a meeting with the city of Washougal to discuss utilizing their ambulance service. There has been business growth in Camas. Logitech and Fisher Investment and two companies that have moved into Camas.</p>
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**KNMT-TV PORTLAND, OREGON**  
**LEADING COMMUNITY PROBLEMS**  
**FOR**  
**3<sup>rd</sup> Quarter of 2011**  
**JULY- AUGUST- SEPTEMBER**

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

**HEALTH**  
**CRIME**  
**PUBLIC SAFETY**  
**YOUTH**  
**SENIORS**  
**CIVIC AFFAIRS**  
**SUBSTANCE ABUSE (Extra Airing)**  
**ENVIRONMENT(Extra Airing)**

Description of Issue	Program Name	Date	Time	Min.	Narration of Type and Description of Program
HEALTH/ MENTAL HEALTH	NW Focus #F26-11A	08/01/11 08/01/11 08/04/11 08/05/11 08/06/11 08/09/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Cathy Rhodes discussed the issue of health with Bonnie Widerburg, Public Health Educator with Oregon Public Health Division. The focus was on the harmful health affects of algae blooms. Algae is a common occurrence and is actually a bacteria. Algae can suddenly grow under right conditions and release toxins which can damage health and cause death to animals. Algae blooms take on different appearances such as looking like: thick green soup, bright blue green paint that spreads across the water or can appear foamy or rust colored. The different species of algae produce different toxins; a neurotoxin that affects the nervous system one that affects the liver and another that affects the skin. The health affects on people is commonly skin rash or irritation, but if the water is swallowed it can cause diarrhea, vomiting, eye or nasal irritation. It is advised not to swim where there is algae. Fish from algae covered areas should be cleaned well before consuming. When dogs have been exposed to the toxins of algae, they can become sick within fifteen minutes of exposure and could die. Oregon Health Authority issues advisories for the different water bodies in Oregon, but it is hard to keep track of all the water bodies in Oregon. The public can access the website, call, but should look for signs of algae on the water body. When you get out of the water, wash thoroughly and go to the doctor if you get sick. The public should call Oregon Health Authority if the they get sick after being in bodies of water to let them know where the problem water is. Children and pets are most vulnerable. Harmful algae blooms are out there and people need to watch out for water that is suspicious.
HEALTH/ MENTAL HEALTH	NW Focus #F26-11B	08/01/11 08/01/11 08/04/11 08/05/11 08/06/11 08/09/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Bonnie Goulding talked about health with Brett Sherry, Program Manager with of the Oregon Health Authority, Office of Environmental Public Health. January was national radon action month. Radon is a naturally occurring radio active gas formed by the breakdown of uranium in soil. It can move up through the soil and move into our homes. One of the biggest health hazard's is the presence of radon in homes which causes lung cancer. The number one cause of lung cancer is smoking, followed by radon. Radon exposure is a risk issue. There is no guarantee that a person will or will not develop lung cancer. High level exposure and low level exposure can pose risk of developing lung cancer. The concentration level becomes a hazard when levels are built up in the home. The reason there is a radon issue in the Portland area is due to the Missoula floods which pushed a lot of water through the Columbia Gorge. Every house should be tested for radon. There aren't many symptoms of lung cancer until the cancer is far along. Radon breaks down and is unstable. As it breaks down it produces decay products that get trapped in our lungs and cause damage. On the outside of our body it doesn't cause damage. The cells in our lungs are thin, so they are more vulnerable. Oregon Public Health recommends that everyone test their home for radon to eliminate any concern of radon and its' potential to cause lung cancer. Brett displayed different home tests. People are encouraged to test during the winter months when doors and windows are closed. Radon is the leading cause of lung cancer in non smokers. Radon problems are fixable by professionals putting a ventilation system in the exposed home/building.

HEALTH/ MENTAL HEALTH	NW Focus #F28-11A	08/22/11 08/22/11 08/25/11 08/26/11 08/27/11 08/30/11 09/01/11 09/08/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM 01:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of mental health with Danette Haynes, Clinical Director at Oregon Health Sciences University (OHSU), Avel Gordly Center for Healing. The focus was on chronic worry and stress. Worry has a lot of impact on our physical, emotional and spiritual health. If worry goes on too long, it can lead to anxiety. Worry is a constant thinking about something that produces fear. The quality of worry is an obsessive thought circle; a preoccupation that can make us feel fearful and can blot out what is going on in the moment. Worry reduces our quality of life and takes away our ability to effectively deal with things we don't like. When we are worried we lose access to the front part of the brain that helps us make decisions and logical choices. Worry can give us an ongoing experience of adrenalin which can lead to adrenalin fatigue. That can suppress our immune system which then can lead to chronic illnesses. Chronic stress is very damaging to our emotional and physical being. The long term affects are reduced quality of life. We often define mental illness but not mental wellness, which is a sense of peace, joy and calm. Stress and worry can also impact our relationships. People develop a habit of worry because they think worry can be useful. The first step to recovery is to know that it is possible to observe and modify our thoughts. We should learn how to check in and see how we are feeling. Set an alarm twice a day and when the alarm goes off, ask yourself what you are thinking and feeling at that time. Write it down and learn to observe the thoughts. Beliefs lead to thoughts, thoughts lead to feelings and feelings lead to behaviors. Thoughts generate feelings. When you regularly check in to your thoughts and find that you are worrying, you can learn to modify your thoughts which will lead to better health.</p>

HEALTH/ MENTAL HEALTH	NW Focus #F28-11B	08/22/11 08/22/11 08/25/11 08/26/11 08/27/11 08/30/11 09/01/11 09/08/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 09/01/11 01:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of mental health with Danette Haynes, Clinical Director at Oregon Health Sciences University (OHSU), Avel Gordly Center for Healing. The focus was on self destructive behaviors and how it impacts our health. There is quite a spectrum of self destructive behavior, the most obvious being drug and alcohol addition, domestic violence or overeating. More subtle self destructive harmful behavior could be not getting enough sleep, not getting proper nutrition or watching too much television. But the most subtle and preventable is negative self talk. These behaviors impact us emotionally, physically and spiritually. Being constantly critical of ourselves or judging other people is destructive. The impact of such behaviors can result in high obesity rates which affects our heart and puts us at risk for diabetes and chronic pain or substance abuse. Negative self talk can make us feel anxious and depressed, reducing the quality of our life. There can be biological predisposition to certain disorders or addictions, but it doesn't mean that we are guaranteed to become a statistic. There is a difference between abandoning ourselves and nurturing ourselves. How we cope when we get upset often leads to abandoning ourselves through overeating or abusing alcohol or drugs. Negative self talk is also a way to abandon ourselves. We cannot choose what happens to us in life, but we can choose how we are going to respond. We need to learn to nurture ourselves through our choices; find what is the healthy choice. We need to be compassionate and gentle with ourselves. For every change you want to make, you need motivation. When we start speaking positively to ourselves, we will begin to nurture. Nurturing is also about exercising, getting enough sleep and having healthy relationships. Children should be taught how to put their emotions into words. We often want children to behave and we don't honor how they feel. We need to give them healthy coping skills and give them language to identify their feelings and help them develop nurturing behaviors .Developing good morning and bedtime routines are important to maintaining good health. Positive results are lower levels of depression and anxiety and a better sense of well being and peace.</p>

HEALTH/ MENTAL HEALTH	NW Focus # F29-11A	08/29/11 08/29/11 09/01/11 09/02/11 09/03/11 09/06/11 09/08/11 09/15/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM 01:30AM	14:10	Host Bonnie Goulding discussed the issue of mental health with Chris Bouneff, Executive Director of N.A.M.I. (National Alliance on Mental Illness-Oregon Chapter). Mental illness is something that can be diagnosed but left untreated can have a significant impact on someone's life. Mental illness/health has recently become more acceptable to talk about in society. It affects the way we feel and behave and interrupts the way our brain is work. Often times there is a stigma attached to it. Treatment for various mental disorders are effective. For some disorders, such as schizophrenia, there may be a genetic predisposition. Post traumatic stress disorder may have more environmental factors involved. The understanding of depression is changing rapidly. Depression could be an ongoing clinical issue, or be based on a situation or trauma that triggered it. When you start seeing interference with everyday activity, that may be a signal that something is going on that needs to be addressed. In mental health, we are going through what physical health went through some years ago. It needs to be addressed in a number of different ways. Medication, social support, exercise and diet all need to be looked at. There are two periods of onset with schizophrenia and no one knows why. The onset of schizophrenia may come later on in life. You should talk to your doctor when your everyday life is interrupted by your symptoms. Mental illness is treatable and a person should reach out for help early. There are organizations that are able to help. People do not need to suffer in isolation. There is usually a 10 year delay between onset of symptoms and someone actually accessing treatment.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #307	07/05/11	9:30AM	28:30	<b>Dr. Scott Hannen</b> 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. <b>Dr. Ross Dorsett</b> 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. <b>Dr. Mason Savage</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #308	07/12/11	9:30AM	28:30	<b>Dr. Mike Ronsisvalle</b> 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. <b>Jessica Setnick</b> 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. <b>Dr. James Mittelberger</b> 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.

HEALTH/ MENTAL HEALTH	Doctor to Doctor #309	07/19/11	9:30AM	28:30	<b>Dr. Doreen Lewis</b> 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. <b>Dr. George Rhoades</b> 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. <b>Dr. Mark Sheehan</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #310	07/26/11	9:30AM	28:30	<b>Dr. Rita Hancock</b> 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. <b>Dr. Randy Brinson</b> 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. <b>Dr. Jeffery Crowhurst</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #311	08/02/11	9:30AM	28:30	<b>Dr. Bill Williams</b> 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. <b>Dr. Charles Simmons</b> 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. <b>Dr. Jill Westkaemper</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #314	08/23/11	9:30AM	28:30	<b>Dr. Isabel Lopez</b> 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. <b>Dr. James Krystosik</b> 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. <b>Dr. Carl Schmidt</b> 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.

HEALTH/ MENTAL HEALTH	Doctor to Doctor #315	08/30/11	9:30AM	28:30	<b>Dr. Stephanie Blenner</b> 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. <b>Dr. Dale Peterson</b> 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. <b>Dr. Bernice Gonzalez</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #316	09/06/11	9:30AM	28:30	<b>Dr. Valerie Saxon</b> 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. <b>Dr. Wayne Gordon</b> 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. <b>Dr. Rick Winick</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #317	09/13/11	9:30AM	28:30	<b>Dr. Mark Brown</b> 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. <b>Kay Spears</b> 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. <b>Dr. Brian Nimphius</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #318	09/20/11	9:30AM	28:30	<b>Dr. Barbara Madden</b> 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. <b>Dr. Sylvia Johnson</b> 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. <b>Dr. Allen Moore</b> 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.

CRIME	NW Focus #F19-11A	07/07/11 07/08/11 07/09/11 07/12/11 07/26/11	00:30AM 10:00AM 00:30AM 00:30AM 1:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of crime with Martha Brooks, State Director of Fight Crime-Invest in Kids. Fight Crime Invest in Kids is a national organizations made up of over 5000 police chiefs, sheriff's, prosecutors and some victims of violence. The goal is to help prevent crime by educating young people and having programs designed for their success. Statistics show that the US pays more than \$50 billion per year and Oregon about \$800 million per year incarceration in the prison system. Oregon Youth Authority costs about \$65,000 per youth who is incarcerated. Evidence proves that early education and prevention programs do work in preventing crime. Poverty can be a major indicator in crime that is committed as statistics show that many people in prison have dealt with poverty issues. Crime is often a generational and cyclical problem. Programs that teach parenting skills are beneficial in helping stop the cycle of crime. Police chiefs engage in programs that help educate and interact with children. As children get older it becomes more expensive to offer effective programs as a child's brain has become more programmed. Multi-systemic programs are more intensive and involved. Crime cannot be totally eliminated but there are many things that we can do early on to help decrease it. Education and early involvement is the key to preventing and fighting crime.</p>
CRIME	NW Focus #F24-11A	07/25/11 07/25/11 07/28/11 07/29/11 07/30/11 08/02/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of crime with Deputy District Attorney Billy Prince from the Multnomah County District Attorney's Office . The focus of the program was how the process of prosecution against a crime works. A deputy district attorney is responsible for prosecuting criminal cases. The process is that the police investigate a crime and if there is enough facts to make an arrest, they send it to the DA's office who determines if there are enough facts to prosecute and bring a conviction. There are different units in the DA's office, a misdemeanor unit and a felony unity which has 7 separate units. DA's are designated to specific types of crime. Billy works in the drug unit. Every county has it's drug issues. All felonies in Multnomah County are heard by a grand jury which determines if there is enough evidence to proceed. Misdemeanor crimes don't need to be heard in front of a grand jury but a prosecutor makes the decision. A grand jury consists of a select 7 people from the community who hear testimony from police officers all day. There is no judge in the room, defense attorney or defendant. There is sentencing guidelines in the state of Oregon. The re are levels of the crime with robberies, assaults, and burglaries being more serious crimes. The person's previous criminal history is factored into each situation. Sentencing is tailored to the type of crime committed .There are a lot of repeat offenders. A smaller group of people are committing a significant amount of crime. The DA's office has a neighborhood prosecution unit where DDA's are out in the community addressing community issues and figuring out how to problem solve. If anyone is the victim of a crime, they need to call the police. Neighborhood associations are often in touch with the DA's office about issues within the community. Juvenile crime has a separate office and crimes involving guns are handled by a specific district attorney. Every effort is made to give treatment to people who commit crimes that have drug and alcohol issues. A more active community involved in neighborhood policing is beneficial.</p>

CRIME	NW Focus #F24-11B	07/25/11 07/25/11 07/28/11 07/29/11 07/30/11 08/02/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Cathy Rhodes discussed the issue of crime with Deputy District Attorney Billy Prince from the Multnomah County District Attorney's Office. Billy is assigned to a new program which began June 1<sup>st</sup> involving drug impact areas. The program got started because people in the Old Town/China Town area noticed there was an uptick in drug activity in their area. The Old town area has long been notorious for drug crime/activity which began to spread. Drug use can perpetuate other crimes. The City of Portland got funding through the Mayor's office to have a DDA to prosecute drug crimes in that specific area. As well, police officers are making sure there is more of a police presence in the area through a walking beat. Drug impact area got it's name from taking arrest data and figuring out where there was a higher amount of drug activity. Cocaine, heroin and marijuana are the 3 major drug used in this area. Cocaine is more of a problem in Old Town than downtown. There are distinct areas for the different drugs used. A person who is on probation for using drugs has to go to treatment and cannot return to the area of offense. . There is no specific way to identify a potential drug offender. Some of the major hurdles with the program is making sure to keep tabs on all the people who have been excluded from these areas. A high percentage of people in the criminal justice system have drug issues. It important to keep the worst offenders accountable. The drug impact program is partly based after the prostitution model used on 82<sup>nd</sup> street.</p>
CRIME	NW Focus #F25-11B	08/08/11 08/08/11 08/11/11 08/12/11 08/13/11 08/16/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding discussed the issue of crime with Deputy District Attorney Charles Mickley from the Multnomah County District Attorney's Office. Charles has worked in many divisions of the District Attorney's office including drug treatment program, civil commitments, intake and prosecution of those cases, felony drug unit, juvenile justice center, felony property crimes unit and elder financial abuse. Statistics indicate that violent crime is down in Oregon although the media may focus on it more. There have been budget cuts over the years and there has been a cut in the number of DDA's in Multnomah County, although the number of specialized divisions has increased. Because of the budget crisis, some prisoners have had earlier release. The rate of recidivism isn't high, although there are a number of people who are recidivists. Perhaps 5% of the offenders may be responsible for 80% of the crimes being committed. It is hard to become gainfully employed after being released from prison. There are a number of programs trying to address underlying problems of drug &amp; alcohol abuse that could lead to criminal behavior down the road. The number of people in the criminal justice system who have a drug and alcohol problem is high. Civil commitments is the process of trying to keep someone safe who has a mental illness. Because of the person's mental illness ,there is a determination made whether the person needs to stay in a medical facility. Being criminally insane and mentally ill are two different issues. In Oregon you are not criminally responsible for a crime, if, because of a mental disease you are unable to appreciate the criminality of your conduct. This is rarely used and rarely successful as a defense. If it is the case ,that person would go to a hospital instead of prison. Police officers on the street have a difficult time when dealing with someone who may be mentally ill or abusing drugs and alcohol. A number of Portland police officers have specialized training in crisis intervention. Alot of people are prosecuted for property crimes. Property crimes include identity theft, forgery, unauthorized use of a vehicle and possession of a stolen vehicles. There is a correlation to people who have a drug/alcohol habit and property crimes.</p>

CRIME	NW Focus #F30-11A	09/05/11 09/05/11 09/08/11 09/09/11 09/10/11 09/13/11 09/15/11 09/22/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM 01:30AM	14:10	Host Bonnie Goulding discussed the issue of crime with retired Chief of Police of Beaverton, David Bishop. Chief has been in law enforcement for 47 years. Recent statistics indicate that throughout the nation the crime rate is down. Normally, when unemployment and the economy are on a downturn, there is an increase in crime. In Chief's opinion, the result is due to a better job that is being done within the police departments as well as the advancement in technology. In some cases, the police officer isn't as important as the technology in solving crime. The FBI is doing extensive studies relating to why violent crimes are prevalent. Some of the major changes took place when landmark decisions such as Miranda were implemented. The training for a police officer is more in depth and longer than years ago and police officers continue to get training while they are on the force. Partnerships between law enforcement agencies is important and effective in dealing with crime. The police could not do their job if it wasn't for the involvement of citizens and community policing. The community is critical. It is critical to keep up the morale of police officers and Chief believes that building morale within the police agencies could be better.
PUBLIC SAFETY	NW Focus #F21-11A	07/11/11 07/11/11 07/14/11 07/15/11 07/16/11 07/19/11 07/26/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	Host Cathy Rhodes discussed public safety with Ashley Massey, Public Information Officer with the Oregon State Marine Board. The focus was on boater safety. Most of Oregon's waterways are made up of snow melt, so they are cold most of the year. Colder water poses a unique hazard and safety concerns. Boaters need to make sure they have a proper fitting life jacket and a sound producing device. Equipment requirements are based on the length of the boat. Every child 12 and under must wear a life jacket. Flotation devices come in five different types. Type one and two jackets will turn an unconscious person face up. Some have a co2 cartridge with them that will deploy. There are height and weight specifications on each jacket. The most important thing is to try a jacket on to find the best fit. People can succumb to drowning because their muscles cramp up in the cold water. Life jackets are very important, even if you're a good swimmer. Courtesy on the waterways is important. Wake boarding, canoeing, kayaking, fishing, and motorized boating are all activities that can be taking place at one time. It is important to pay attention to all the activities that are going on around you. Make sure you have the necessary equipment for each activity.

PUBLIC SAFTY	NW Focus #F21-11B	07/11/11 07/11/11 07/14/11 07/15/11 07/16/11 07/19/11 07/26/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	<p>Host Cathy Rhodes discussed public safety with Ashley Massey, Public Information Officer with the Oregon State Marine Board. The focus was on boating under the influence. 16% of motorized fatalities on the water involve alcohol and a higher percentage than that contributes to boating accidents. When you add alcohol to boating, you add a bunch of safety hazards. There is wave action when on the water and combined with alcohol use it will take your body more time to equilibriate. The ability to be aware of your surroundings when under the influence is difficult. Experienced boaters may have a higher comfort level, but on the water, variables are never the same twice. In Oregon you can be arrested and convicted for being above .08 blood alcohol for impairment but also be arrested for impairment for being below .08, if you have been involved in an accident. Oregon does not have an open container law. Whether a passenger or operator on a boat, alcohol will always be problematic. Alcohol will dehydrate a person and impair judgment. People may actually swim down instead of up if they fall into the water under the influence. Anglers should be careful to take their time to reel in slowly and not stand up while in a boat. Sea lions can actually try and content for your catch. There are over 1500 lakes in Oregon and law enforcement shouldn't be the only ones to try and enforce the law. Reporting can be done anonymously if you notice reckless behavior. Call the local sheriff's office if you are a witness to wreckless behavior. Remember the details of the boat, the number of the boat and details of the incident. Boaters should be their own safety advocates.</p>
PUBLIC SAFETY	NW Focus #F23-11A	07/18/11 07/18/11 07/21/11 07/22/11 07/23/11 07/26/11	08:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding discussed public safety with Officer Gregg Magnus of the Beaverton Police Department. The focus was on the work of the police department with the developmentally disabled. The Beaverton Police Department has a Developmentally Disabled Citizens Academy designed to educate developmentally disabled adults about keeping safe. The program was created nearly two years ago. Each week a new topic is presented that teaches about staying safe. People who are developmentally disabled tend to be targeted as victims of crime, possibly due to their trusting nature. The academy is six weeks long and many different officers come through to teach about safety and establish a good relationship between the citizens and police officers. They students are taught how to report a crime and how to keep safe in their homes. Instruction is given about how to be safe when taking public transportation (TriMet). Many citizens who are developmentally disabled live independently but need extra assistance in some areas. This is the first program of its kind in the country. There is a need for people to become comfortable with law enforcement. Family members and caregivers can attend the academy to see how the program is run. There is no age limit on who can attend the academy. Some safety tips that are taught in the academy are: when you are out, be aware of your surroundings ; feel free to call the police anytime; avoid areas that are dark; take time to secure your home by pulling the blinds and locking doors and windows. Citizens from outside Beaverton are welcome to participate in the academy.</p>

PUBLIC SAFETY	NW Focus #F23-11B	07/18/11 07/18/11 07/21/11 07/22/11 07/23/11 07/26/11	08:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding discussed public safety with Officer Bryan Dalton of the Beaverton Police Department. Beaverton Police Department has just added more officers to the traffic division. People get in too much of a hurry when they are driving. When driving becomes second nature to people, they tend to speed and get distracted. Concentration needs to be on driving. The most common traffic violation is speeding. Every time you double your speed you quadruple your breaking distance. The time factor for driving safely is to be 3- 4 seconds behind the vehicle in front of you. Motorcycles and bicycles have to follow the same laws as the cars that are on the road. Too often bicyclists act like they are pedestrians. Too often the word “drunk driving” is used to refer to someone who is driving under the influence of alcohol. The misconception is to think that someone has to be drunk to be a danger to other drivers and to get arrested. The truth is you can be arrested when a police officers considers you to be impaired. There is no such thing as a legal limit in Oregon and the misconception is that a person has to have a .08 blood alcohol content in their body before they can be arrested. A police officer can determine whether or not a person can safely operate a vehicle. The breath test always comes after an arrest, not before. The arrest process is still the same for people who are under the influence and considered impaired due to drugs, including prescription drugs. The police are seeing a lot more drug impaired drivers on the road. Medication from the pharmacy can cause drowsiness and impair the ability to safely drive. Different drugs will affect your body in different way and it is hard to determine what specific drug was taken. Officer Dalton encouraged people not to use the terms legal limit or drunk driving.</p>
PUBLIC SAFETY	NW Focus #33-11B	09/26/11 09/26/11 09/29/11 09/30/11	08:30AM 11:00PM 00:30AM 10:00AM	14:10	<p>Host Bonnie Goulding talked about public safety with Michael Harryman, Preparedness Manager with Oregon Public Health. To prepare for a disaster it is important to get a kit, make a plan and be informed. Natural disasters in the north west are winter storms, earthquakes, tsunamis, flooding, landslides, heat issues and volcanoes. Kits can be personalized. Water, food, flashlights and other tools should go into a kit in your car, along with chains in winter weather. Kits for the home should be made as well. Food is an individual choice but it needs to be non perishable. One gallon of water per person per day along with water for your pets is the recommendation. Having a person of contact in a in case of a disaster is important. Businesses should have kits on hand in case employees have to stay over night. Presumption involving electricity and driving into flood zones have caused problems and injury. Always have a back up plan if you have invalid loved ones and have a list of their medications. Disasters due to terrorism is a possibility but people should not get into fear. Know what the chemical hazards are in your community . Leave a lot of rescue efforts to the public officials who are trained to response. Staying calm is important and talk about a safety plan with your family. Preparedness is something we must continue to focus on.</p>

YOUTH	NW Focus #F19-11B	07/07/11 07/08/11 07/09/11 07/12/11 07/26/11	00:30AM 10:00AM 00:30AM 00:30AM 1:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of youth with Martha Brooks, State Director of Fight Crime-Invest in Kids. A large portion of the population does not graduate from high school. 75% of men in prison don't have a high school diploma. It is important for kids to graduate high school but to also have things to do after school. Many parents have to work and it is hard for them to pay for quality child care. Because of this, youth are often left with either siblings, grandparents or left on their own. Fight Crime-Invest in Kids has a four step approach. Providing access to early high quality care and education is important. It is imperative to work with children between the ages of 0-5, while they are in the early brain development stage, by helping prepare them for school and education. Parent coaching is important to help stop child abuse and neglect. Simple things such as teaching parents how to interact with their child is sometimes necessary in helping stop the cycle of abuse and neglect. If kids are not getting attached to their parents early on, there can be problems later on. It is important for kids to have access to after school programs. Teaching youth about time management can be a challenge. It is hard for some skills to get passed on to young people. Children are like sponges and they want to learn but it is up to us to help them. Parents need to be vigilant and interactive with their kids.</p>
YOUTH	NW Focus #F18-11B	07/12/11	01:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of youth with Bill Russell, Executive Director of Union Gospel Mission and Dan Nelson, Admissions Coordinator. Substance abuse among kids has always been a problem. We need to be concerned with kids who are drinking alcohol. Kids can severely damage their brains by binge drinking as the brain is still forming. There is a new trend that is disturbing with youth and that is the recreational use of pain killers. Oxycontin is extremely addictive and if kids get their hands on it, about one out of five will experience chemical addiction. Youth have prescription pill parties and it is very dangerous. Youth may be looking for that euphoric feeling of being taken away from their problems but will keep looking for more. Opiate addiction can draw you to black tar heroin because heroin is much cheaper. Parents and responsible adults should not leave their pain pills accessible; lock them up. If you haven't used all your pills, take them to a drug turn in place. Call the pharmacy or police to find out where to take them. If a parent suspects that their child may be abusing drugs, watch for changes in their behavior. Look them in the face and watch their eyes to see if they are dilated or if they are sleeping more than normal. It is important for parents to communicate with their kids and to have a relationship with them. If a parent knows their child is struggling with addiction, it is vital to persuade them that they need help.</p>

YOUTH	NW Focus #F17-11A	07/12/11	01:30AM	14:10	<p>Host Bonnie Goulding discussed the challenges facing youth today with Mark Jackson, Executive Director of R.E.A.P. (Reaching &amp; Empowering All People). Youth are exposed to a variety of risks today, from the social media outlets, health issues, teen pregnancy, gang violence etc. Facebook and texting tends to isolate young people. Although kids have technology they are in an isolated setting while having a "social" experience. When the generation is isolated and are exposed to many options, they become vulnerable. Kids may get connected to the wrong people who compromise their core values. We need to foster creativity in kids but also provide safety nets for youth. The sense of touch in the home is being lost because of technology that pull at the fabric of human connection. Video games, internet surfing, etc. are taking the place of time spent together. Demanding schedules for parents who are trying to provide for their families can be part of the reason why parents are not available to their kids, but it is essential that they engage in their kids life. Eating habits, social media, self esteem, responsibility are all things parents need to help build in their kids. Kids need to understand what self respect is. Every generation presents opportunity and this generation has opportunity like none other, but young people need to think beyond themselves. We need to teach our kids that they have potential to be change agents. With exposure that our kids have, there also has to be support. Portland has a problem with sex trafficking and high suicides among youth. We need to be proactive as parents, educators, elected officials and pastors in affirming our young people. Oregon has a high drop out rate and declining enrollment in college among males. We have to care again and have genuine concern about our young people.</p>
YOUTH	NW Focus #F17-11B	07/12/11	01:30AM	14:10	<p>Host Bonnie Goulding discussed the importance of empowering and developing leadership in youth with Mark Jackson, Executive Director of R.E.A.P. (Reaching &amp; Empowering All People). We need to expose young people to introspection for them to see what their gifts are. What we are most passionate about is what will keep us going. Kids need to understand how to set goals and create vision for themselves. Young people are oppressed in expressing their full potential. Not all young people learn in the same way and our schools are set up to teach in only one way. We are naive to think that ethnic and cultural bias is not in society. The school system is even set up to teach with an ethnic bias in their curriculum. We have to be more inclusive in our history books. We have create a culturally competent environment. It is important for young people to have role models that they can identify with. Kids need to see people with a common background like their own. The real every day heroes need to be our parents, our community leaders, our neighbors, etc. Kids need to see people in their own community as their role models.. Adults need to become intentional, involved and proactive in kids lives. It is important that we promote student voice.</p>

YOUTH	NW Focus #F27-11B	08/15/11 08/15/11 08/18/11 08/19/11 08/20/11 08/23/11 09/01/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of youth with Diane Childs, Financial Information Outreach Coordinator with the Oregon Department of Consumer &amp; Business Services. It is important that youth have a good education in financial matters with regards to saving money, budgeting and using money wisely for purchases and retirement. There is a difference between need and want and youth need to be educated on how to make those decisions. Jump Start Oregon is part of a nationwide coalition to provide resources for educators to pass on to students about such matters. Kids need to learn very early the fundamentals about saving and budgeting as it will benefit their whole lives. Parents should help set standards of earning with their children. If a young person has to pay for things, they learn responsibility and ownership early. Parents need to talk with their children about finances and they should set financial boundaries. Credit can be used responsibly and youth should be taught how to use credit cards. Youth planning on attending college should always look for opportunities to get funding and scholarships for higher education. It is good to have goals in mind when you are budgeting. Teaching kids about finances can start in grade school. They should be taught about money and what money can do.</p>
YOUTH	NW Focus #F29-11B	08/29/11 08/29/11 09/01/11 09/02/11 09/03/11 09/06/11 09/08/11 09/15/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM 01:30AM	14:10	<p>Host Bonnie Goulding discussed the issue of youth with Chris Bouneff, Executive Director of N.A.M.I.(National Alliance on Mental Illness-Oregon Chapter.) The focus was on mental health concerns among young people. NAMI is a national organization trying to help people with mental illness. Suicide is the third leading cause of death between young people age 15-24. About ¾ of people with mental illness experience their first symptoms by time they are 24. There seems to be an increase in diagnosis of mental illness in young people .This could be due to a greater awareness of the issue and changes in society that pose more pressures on young people than years ago. Watch the behavior or young people; are the dynamics of the youth changing, are their grades going down, have they lost interest in things they were interested in before, are they communicating less, are they more disruptive or changing the dynamic of the family. Any of these things can be red flags to seek help. Trauma is a significant cause of mental health disorders. Youth who experience neglect or abuse can have mental health issues such as PTSD, depression or attachment disorders. Young people in the foster care system often have a difficult time. Intervention and support to the child who is experiencing mental health issues and their family are important. If we don't treat an illness, it will get worse. Females have a higher rate of attempted suicide while males have a higher “success” rate. In the juvenile justice system there is a higher percentage of young people who have mental health issues possibly due to trauma. Social and talk therapy are good but therapy is most effective when done in groups. Peer therapy offers a good support group for the person who struggles with mental illness and their families. There is help out there and you have to be willing to take the first step.</p>

YOUTH	NW Focus #F30-11B	09/05/11 09/05/11 09/08/11 09/09/11 09/10/11 09/13/11 09/15/11 09/22/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM 01:30AM	14:10	Host Bonnie Goulding discussed the issue of youth with retired Chief of Police of Beaverton, David Bishop . Chief Bishop believes that sometimes parents give youth too much and kids are not ready for that kind of control. The first 5 years of a child's life are critical to the child's future. It is not how much money a parent has, but how the child is raised that matters. Chief serves on the board of St. Mary's Boys. A lot of the young people he works with are from dysfunctional and abusive homes. When you have a good foundation, you will have a decent home and the same applies to raising your children. You cannot buy love. Sometimes parents push their children to grow up too fast. The rate of recidivism for youth in the criminal justice system is high. For minority youth, sometimes it is more difficult because they don't have as much opportunity and could face more obstacles. The key is acceptance and love. If a child doesn't feel accepted, sometimes he/she will turn to gangs. Kids can get involved in gangs because they are looking for a sense of family. Parents should be their child's hero and role model, not the sports stars.
YOUTH	NW Focus #F31-11	09/12/11 19/12/11 09/15/11 09/16/11 09/17/11 09/20/11 09/22/11 09/29/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM 01:30AM	14:10	Host Cathy Rhodes discussed the issue of youth with Bill Russell, Executive Director of Union Gospel Mission and Dan Nelson, Admissions Coordinator. Substance abuse among kids has always been a problem. We need to be concerned with kids who are drinking alcohol. Kids can severely damage their brains by binge drinking as the brain is still forming. There is a new trend that is disturbing with youth and that is the recreational use of pain killers. Oxycotin is extremely addictive and if kids get their hands on it, about one out of five will experience chemical addiction. Youth have prescription pill parties and it is very dangerous. Youth may be looking for that euphoric feeling of being taken away from their problems but will keep looking for more. Opiate addiction can draw you to black tar heroin because heroin is much cheaper. Parents and responsible adults should not leave their pain pills accessible; lock them up. If you haven't used all your pills, take them to a drug turn in place. Call the pharmacy or police to find out where to take them. If a parent suspects that their child may be abusing drugs, watch for changes in their behavior. Look them in the face and watch their eyes to see if they are dilated or if they are sleeping more than normal. It is important for parents to communicate with their kids and to have a relationship with them. If a parent knows their child is struggling with addiction, it is vital to persuade them that they need help.

SENIORS	NW Focus #F25-11A	08/08/11 08/08/11 08/11/11 08/12/11 08/13/11 08/16/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding discussed the issue of crimes against seniors with Deputy District Attorney Charles Mickley from the Multnomah County District Attorney's Office . There is a specialized division focusing on elder abuse, both physical and financial. Charles discussed prosecution of both physical and financial abusers. A large percentage of cases of crimes against seniors are committed by family members and/or care givers. Many times elders who have been victimized are reluctant to press charges because of the relationship to the perpetrator. It is usually someone else in the family who recognizes that a crime may have being committed. The victim may not even know that a crime has been committed against them because they trust the person who is taking care of their finances. The difference between youth and adults being targeted or being vulnerable to financial abuse is that adults (seniors) have more money. Neglect of an elderly person, or abandonment is a criminal offense. Neglect on the financial side is not necessarily prosecutable. Technology can make it easier to commit financial fraud but it is also easier for the prosecutors office to document the fraud because of the trail of evidence. Elder abuse in nursing facilities is relatively low, although it does happen. It is ultimately up to the grand jury to see if there is enough evidence to prosecute a case, even without the participation of the elder. There are warning signs that may indicate if an elder is the victim of financial abuse. The most significant thing to look out for is the isolation of the person/senior. Banks will report suspicion of fraudulent activity. Always report a suspicious activity because it never hurts to report, but it does hurt when you don't.</p>
SENIORS	NW Focus #F27-11A	08/15/11 08/15/11 08/18/11 08/19/11 08/20/11 08/23/11 09/01/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of seniors with Diane Childs, Financial Information Outreach Coordinator with the Oregon Department of Consumer &amp; Business Services. The senior population is targeted for financial fraud due to their vulnerability. They are often victims of fraud because they have been good financial savers, they could be isolated from family members or are on a steady fixed income. If something sounds too good to be true, it probably is. Fraudulent investment opportunities are often scams that target seniors. People have been tricked out of their money for years. Ponzi schemes are taking place in Oregon. Ponzi schemes are about finding a large amount of investors but the money never goes back to the investor. As well, there are real estate scams and gold scams. Some of the scams are designed specifically for seniors. Con artists can contact seniors by phone, email or even have meetings set up at senior centers. If a senior is taken advantage of, many times they will not contact the authorities because they are embarrassed. There are precautions that can be taken to avoid be taken advantage of. Make sure your caregiver or the person approaching you about an investment or business proposal is licensed. If you have questions, always call the Oregon Department of Consumer &amp; Business Services.</p>

SENIORS	NW Focus #F32-11A	09/19/11 09/19/11 09/22/11 09/23/11 09/24/11 09/27/11 09/29/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	<p>Host Bonnie Goulding discussed the issue of seniors with Leslie Foren, Director of Operations and Will Fuller, a volunteer with Elders In Action. Elders in Action is a small non profit, established in 1968 with the mission that the quality of life never depends on age. There about 150 volunteers from Elders in Action who work in the community. Some concerns of seniors are the lack of money, health issues and crimes against seniors. 90% of scams are targeted for seniors. Senior citizens can be lonely and vulnerable and easy prey for criminals. There has been a rise in the number of scams targeting elders and elder abuse over the years. There has been an increase in financial abuse against seniors and many times it is a family member or caregiver who is the perpetrator. The combination of old time values and vulnerability adds to the targeting of seniors for abuse/scams. Many cases go unreported. Seniors can feel isolated when they lose access to their vehicle and have to rely on others for transportation. Tri-met offers transportation services in Portland. It is important for seniors to stay involved and look into volunteering in the community. We should learn to check in with elders in your community to see if they need help in any way.</p>
SENIORS	NW Focus #F32-11B	09/19/11 09/19/11 09/22/11 09/23/11 09/24/11 09/27/11 09/29/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	<p>Host Bonnie Goulding discussed the issue of seniors with Leslie Foren, Director of Operations and Will Fuller, a volunteer with Elders in Action. The focus was on senior hunger. Statistically, there are 1 million seniors in the United States who is hungry. Oregon ranks as the third hungriest state, although not specifically regarding senior hunger. When people think of hunger, they think of families and young children. Some of the contributors to senior hunger are the lack of access to good food; the lack of knowledge in preparing good nutritious food or a physical impairment due to chronic health issues that disables the elderly from preparing a meal. There are two kinds of hunger, the lack of good food and eating the wrong kind of food. Isolation can be a contributing factor to senior hunger. Meals on Wheels is a good resource in providing food for seniors. Elders in Action has been working with the local farmer's markets to bring food to senior centers. The faith community has a responsibility to help break the patter of isolation. Elders In Action works with many organizations to help seniors. Older adults need to be empowered and stay active in the community to ensure that the quality of life never depends on age.</p>

SENIORS	NW Focus #33-11A	09/26/11 09/26/11 09/29/11 09/30/11	08:30AM 11:00PM 00:30AM 10:00AM	14:10	<p>Host Bonnie Goulding talked about seniors with Executive Director David Kelly and Program Coordinator Mike Reardon from the Southwest Washington Agency on Aging and Disabilities. A “silver tsunami” is taking place; meaning the vast number of people reaching age 60 and over, is placing a strain on resources available to seniors. Incidents of elder abuse is on the rise which includes physical, financial, emotional and sexual abuse that is happening in homes and nursing homes. Usually, it is a relative or caregiver/friend that takes advantage of the seniors. Elder abuse can be a silent event as many seniors are embarrassed to report it. Possible reasons for the rise in abuse could be that the nuclear family is not as tight with a loss of connectedness/relationship with the parents, adult children living further away and the vast amount of seniors and reported incidents. Many times there is wealth associated with seniors which could be a temptation for family members to take advantage of them financially. There is a vulnerable adult task force consisting of police, sheriff's department and other civic leaders that meet on a monthly basis to see what can be done to help the senior community. SWADD has a gatekeeper program, which trains “gatekeepers” (first responders, postal workers, bank tellers or anyone who has contact with seniors) to watch out for signs of abuse. Some signs include a change in appearance, forgetfulness, someone new accompanying the senior, mail or newspapers stacking up at their home. The gatekeeper can report to SWAAD or the police and then a wellness check is made on the senior involved.</p>
SUBSTANCE ABUSE	NW Focus #F22-11B	07/01/11 07/02/11	10:00AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about substance abuse with Dr. Laura Schwerin, Manager of Mental Health from Hazelden, a drug treatment facility. Alcohol is the most common substance that is abused, but prescription drug abuse is becoming a problem. People will use substances for various reasons; a search for meaning, a sense of escape or because of stress. Media can influence us greatly and social acceptability is a factor in using substances. Although substance abuse has been seen as a male problem, many women abuse substances with the problem being more hidden. Hazelden treatment program for youth is always full and has a waiting list. More adults are dealing with pain issues and can get addicted to prescription medication. Regardless of the substance, the process of being addicted and the impact it has on the individual is the same, although there can be different side affects. The treatment program at Hazelden is based on the 12 step recovery program. The process of recovery is the same for a substance addict or a person dealing with other addictions such as gambling, shopping, pornography, etc. When an individual is addicted, the whole family suffers. The 12 step recover is based on the idea that a person needs help outside themselves. Substance abuse is understood as a chronic illness that needs lifelong management. There is always hope and treatment available.</p>

SUBSTANCE ABUSE	NW Focus #F18-11A	07/12/11	01:00AM	14:10	<p>Host Cathy Rhodes discussed the issue of substance abuse with Bill Russell, Executive Director of Union Gospel Mission and Dan Nelson, Admissions Coordinator. Union Gospel Mission began in Portland in 1947 to help people on skid row. 40-50 addicts live in the residential substance addiction program to help them transition from substance abuse to a whole life. Alcohol abuse is the number one substance abused. Other drugs may ebb and flow. Right now people are getting addicted to prescription drugs which can lead to heroin addiction. More people died in Oregon last year as a result of prescription drugs than street drugs. About one in nine Americans have a substance abuse problem. The most addictive substance is cigarettes. We all have something that could possibly lead us to some kind of addiction. There is something that happens when people are addicted to opiates that can lead them to criminal type behavior because an addict will do anything to get a fix before their body goes into an extreme withdrawal. More people in Oregon die of alcohol withdrawal than die of heroin or crack cocaine. Alcohol is affordable but obtaining heroin is more of an economic challenge. Alcohol abuse can cause many physical problems including joint deterioration. An addict can never get enough. Methamphetamine are very dangerous because of the toxic combination of chemicals. Drugs promise to make you happy but do the opposite.</p>
ENVIRONMENT	NW Focus #F22-11A	07/01/11 07/02/11	10:00AM 00:30AM	14:10	<p>Host Bonnie Goulding talked about the environment with Kari Christensen, Health Educator with the Oregon Office of Environmental Public Health. Kari discussed pesticides in the environment. There are many different kinds of pesticides including ones in cleaning products. There are tolerance levels of how much pesticide residues are allowed on produce. Some pesticides can get into the fruit and cannot be removed by just washing. States have the authority to make a more stringent standard than the federal government. The way we are exposed to pesticides is important as they can have different behaviors. Some can get in through the skin and others cannot. Bed bugs have made their way into Oregon, although the problem is not as bad as on the East coast. Bed bugs are hard to get rid of because they have been gone so long and we can no longer DDT as it has bad effects on our health. Exposing bed bugs to heat has been one way to deal with them. Integrative Pest Management is a philosophy where you take into consideration “why” a pest may be in your house, then you monitor and prevent the access, rather than just spray pesticides. There are many different kinds of flame retardants and there is a lot of legislation to restrict the use of them. Flame retardants have been added to many different things such as children's clothing, military equipment, electronics, cushions in furniture, wire insulation in cords, carpet, etc. PBDE's are a group of chemicals that flake off the material they are in and become part of the household dust.</p>

CIVIC AFFAIRS	NW Focus #F31-11	09/12/11 19/12/11 09/15/11 09/16/11 09/17/11 09/20/11 09/22/11 09/29/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM 01:30AM	14:10	<p>Host Bonnie Goulding talked about civic issues with Mayor Paul Dennis of Camas, Washington. Mayor Dennis was elected in 2003 after being on city council for 6 years. Like most communitites, finances are very tight in Camas. Camas has always been property tax dependant, while other places may have a higher utility tax. Many people move to Camas because the schools are rated very high. The high school drop out rate has been decreasing. Camas recognized there would be economic difficulty early on so started a reserve fund that helped during the economic downturn. When the police chief left, they promoted from within so they didn't have to do any layoff's. Some of the cutbacks have been hours for the pool and the library. The (paper)mill is very profitable although there was much speculation about it closing over the years. The mill employs about 525 people and many of the employees are reaching retirement age, so there will be jobs opening. Camas provides an ambulance transport service. With the devaluation of property, the revenue dollars are not there to continue and the ambulance service is not sustainable. There will be a meeting with the city of Washougal to discuss utilizing their ambulance service. There has been business growth in Camas. Logitech and Fisher Investment and two companies that have moved into Camas.</p>
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**KNMT-TV PORTLAND, OREGON**

**LEADING COMMUNITY PROBLEMS**

**FOR  
4th Quarter of 2011**

**OCTOBER-NOVEMBER-DECEMBER**

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

**HEALTH  
SUBSTANCE ABUSE  
CRIME  
ECONOMY  
FAMILY  
CIVIC AFFAIRS  
PUBLIC SAFETY (Extra Airing)  
SENIORS (Extra Airing)**

Description of Issue	Program Name	Date	Time	Min.	Narration of Type and Description of Program
HEALTH/ MENTAL HEALTH	NW Focus #F36-11B	11/14/11 11/14/11 11/17/11 11/18/11 11/19/11 11/22/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Cathy Rhodes discussed the issue of health with Jaqueline Vargas, Healthy Kids Outreach Coordinator and Elena Strahm, Health kids Enrollment Specialist, of NW Family Services. The unemployment rate and downturn in the economy has left many people lacking health insurance for their children. Oregon Healthy Kids is an option for people who don't have access to health care. Statistics show that in Clackamas County, 60% of people who have a health plan don't use it. Children need to have regular well child visits with the doctor and dentist. There are many barriers that families face in accessing health care. Education about the importance of being healthy is good for children and parents. Some of these barriers are lack of transportation. Parents may not have the means to get to a doctors office. They may also lack the knowledge of how the system works. Cultural barriers and language barriers also play a part in not accessing health care, as well as the lack of time due to work schedules. NW Family Services will help fill out and process the necessary paperwork for enrollment in Oregon Healthy Kids. Education about developing healthy habits and making good choices is taking place in schools. Stress in the home affects children's health. NW Family Services provides educational material for children to learn healthy habits. Parents need to be encouraged to take their child to the dentist while they are young and continue to take them on a regular basis.
HEALTH/ MENTAL HEALTH	NW Focus #F38-11B	10/24/11 10/24/11 10/27/11 10/28/11 10/29/11 11/15/11 11/17/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 01:00AM 01:30AM	14:10	Host Bonnie Goulding discussed the issue of mental health with Dennis Morrow, Executive Director of Janus Youth. The focus was on the impact of divorce on children and how it affects them emotionally. Janus Youth is one of the largest organizations in Oregon who works with high risk teenagers and homeless youth. Dennis also does parent education classes for parents who are going through divorce. 30-50% of children of kids from a divorced family face a higher risk of abusing substances and at a higher rate/quantity, more teen pregnancies and get involved in the criminal justice system and are high school drop outs. Data shows that it is not the divorce itself that causes the trauma/mental health issues, it is the way that the divorce is handled by the parents that causes the damage it is how the parents handle it. There are 3 basic areas that can be traced most of the damage of kids ; conflict in front of kids, bad mouthing the other parent in front of the kids and the loss of connection with one of the parents. Exposure to conflict over the time, such as divorced parents fighting, Children hearing parents fighting feel that is is because of them and the kids internalize it. When children hear negative talk amongst parents such as Bad mouthing or talking negatively about the other parent I they think it involved them. Many times that fathers that are deemed "dead beat dads" leave the situation to protect their children. Often men pull back from relationships because the mental trauma is so bad. The suicide rate among men after divorce is much higher than that of women because they tend to be socially disconnected.

HEALTH/ MENTAL HEALTH	NW Focus #F40-11A	11/28/11 11/28/11 12/02/11	08:30AM 11:00PM 10:00AM	14:10	Host Bonnie Goulding discussed the issue of mental health with Chris Bouneff, Executive Director of N.A.M.I. (National Alliance on Mental Illness-Oregon Chapter). Mental illness is something that can be diagnosed but left untreated can have a significant impact on someone's life. Mental illness/health has recently become more acceptable to talk about in society. It affects the way we feel and behave and interrupts the way our brain is work. Often times there is a stigma attached to it. Treatment for various mental disorders are effective. For some disorders, such as schizophrenia, there may be a genetic predisposition. Post traumatic stress disorder may have more environmental factors involved. The understanding of depression is changing rapidly. Depression could be an ongoing clinical issue, or be based on a situation or trauma that triggered it. When you start seeing interference with everyday activity, that may be a signal that something is going on that needs to be addressed. In mental health, we are going through what physical health went through some years ago. It needs to be addressed in a number of different ways. Medication, social support, exercise and diet all need to be looked at. There are two periods of onset with schizophrenia and no one knows why. The onset of schizophrenia may come later on in life. You should talk to your doctor when your everyday life is interrupted by your symptoms. Mental illness is treatable and a person should reach out for help early. There are organizations that are able to help. People do not need to suffer in isolation. There is usually a 10 year delay between onset of symptoms and someone actually accessing treatment.
HEALTH/ MENTAL HEALTH	NW Focus #F41-11A	11/07/11 11/17/11	8:30AM 01:00AM	14:10	Host Cathy Rhodes discussed the issue of mental health with Danette Haynes, Clinical Director at Oregon Health Sciences University (OHSU), Avel Gordly Center for Healing. The focus was on chronic worry and stress. Worry has a lot of impact on our physical, emotional and spiritual health. If worry goes on too long it can lead to anxiety. Worry is a constant thinking about something that produces fear. The quality of worry is an obsessive thought circle; a preoccupation that can make us feel fearful and can blot out what is going on in the moment. Worry reduces our quality of life and takes away our ability to effectively deal with things we don't like. When we are worried we loose access to the front part of the brain that helps us make decisions and logical choices. Worry can give us an ongoing experience of adrenalin which can lead to adrenalin fatigue. That can suppress our immune system which then can lead to chronic illnesses. Chronic stress is very damaging to our emotional and physical being. The long term affects are reduced quality of life. We often define mental illness but not mental wellness, which is a sense of peace, joy and calm. Stress and worry can also impact our relationships. People develop a habit of worry because they think worry can be useful. The first step to recovery is to know that it is possible to observe and modify our thoughts . We should learn how to check in and see how we are feeling. Set an alarm twice a day and when the alarm goes off, ask yourself what you are thinking and feeling at that time. Write it down and learn to observe the thoughts. Beliefs lead to thoughts, thoughts lead to feelings and feelings lead to behaviors. Thoughts generate feelings. When you regularly check in to your thoughts and find that you are worrying, you can learn to modify your thoughts which will lead to better health.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #320	10/04/11	09:30AM	28:30	<b>Doreen Lewis</b> 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. <b>Dr. Elizabeth Matthews</b> 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 so important to get help and the treatment based up the severity of the depression. <b>Dr. Samuel Verghese</b> 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.

HEALTH/ MENTAL HEALTH	Doctor to Doctor #321	10/11/11	09:30AM	28:30	<b>Dr. George Rhodes</b> 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. <b>Dr. Mark Sheehan</b> 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. <b>Dr. Chip Null</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #322	10/18/11	09:30AM	28:30	<b>Dr. Jill Westkaemper</b> 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. <b>Dr. Leonard Scott</b> 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. <b>Dr. Janet Poole</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #323	10/25/11	09:30AM	28:30	<b>Dr. April Speed</b> 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. <b>Dr. Wayne Gordon</b> 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. <b>Dr. Thomas Di Stefano</b> 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.
HEALTH/ MENTAL HEALTH	Doctor to Doctor #324	11/15/11	09:30AM	28:30	<b>Dr. Bryan Wasson</b> 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. <b>Dr. Mason Savage</b> 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. <b>Dr. Stephanie Blenner</b> 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.

HEALTH/ MENTAL HEALTH	Doctor to Doctor #326	11/22/11	09:30AM	28:30	<p><b>Dr. Bob DeMaria</b> 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.</p> <p><b>Dr. Martin Finkelstein</b> 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. <b>Dr. Hale Akamine</b> 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.</p>
HEALTH/ MENTAL HEALTH	Doctor to Doctor #327	11/29/11	09:30AM	28:30	<p><b>Dr. Bettye Alston</b> talked about sugar free holiday desserts. It's important for diabetics to not elevate their blood sugar, but still be able to enjoy desserts. You can make smoothies and tarts by using certain ingredients that diabetics can enjoy. <b>Dr. Malcolm Hill</b> talked about holiday stress. Stresses are situations that come into our life that causes us to have to change. It can lead to high blood pressure, heart attack, stroke, diabetes and depression. It's important to live within our means, exercise daily, drink plenty of water and eat a plant based diet.</p> <p><b>Dr. Brian Nimphius</b> talked about health care vs. sick care. Health care is preventative and involves eating right and exercising. It's taking the necessary steps to make sure your body stays healthy. Sick care is reactive and it's waiting until you are sick to seek care. It's not exercising and not eating right.</p>
SUBSTANCE ABUSE	NW Focus #F39-11A	11/21/11 11/21/11 11/25/11 11/29/11	08:30AM 11:00PM 10:00AM 00:30AM	14:10	<p>Host Bonnie Goulding discussed the issue of substance abuse with Janelle Meredith, Executive Director of Oregon Impact. Oregon Impact is a non profit beginning twelve years ago to run the DUI victims panel for Clackamas County. Since then, it has expanded into education programming at schools, colleges and community events. When people text or talk on the phone while driving, it can impair their driving skills the same way as if they have been drinking. The rate of males who use substances has gone up and teenagers are reporting that they are drinking more than teens who have been drinking in the past. This could be due to the fact they they have easier access to alcohol. A person can be arrested for driving under the influence at any alcohol level, not just .08 or over. Statistically, 30% of the people on the road after 10:00PM till 2:00AM are impaired in some way, either using their phone or using drugs or alcohol. Oregon Impact has an mobile education crash car trailer which carries a vehicle and the story of the victims that had been involved in the fatality as part of their educational program. More than half the children aged 10 and under that are killed in alcohol related accidents are in the car with the driver who is impaired. Oregon Impact goes into middle schools, high schools and colleges to educate about substance abuse. At the high school, they do a crash reenactment. Students, paramedics and police are part of the reenactment of an actual crash scene. Education, especially the tool of the crash reenactment, has a powerful affect on the kids who see it. A lot of kids take liquor from their parents cabinet. Alcohol can be a gateway drug to other substance uses. Be willing to listen to your kids and open to talking to them.</p>

SUBSTANCE ABUSE	NW Focus #F40-11B	11/28/11 11/28/11 12/02/11	08:30AM 11:00PM 10:00AM	14:10	Host Bonnie Goulding discussed the issue of substance abuse with Janelle Meredith, Executive Director of Oregon Impact. The focus was on the victims impact panel. The panel is run 21 times a year in Clackamas County. It is for people who have had a DUI accident, a DUI ticket or a minor who has been in possession of substances. Victims of drunk drivers, those responsible for the accident and first responders are part of the panel. Many times the person who is drunk walks away from the accident. (Janelle shared stories about some of the people on the panel and the accidents they were involved in.) Often times, a person who has injured or killed someone as a result of their drinking and driving never gets over the damage they have caused. First responders are affected by accidents they have had to deal with. Crash reenactments are a very good educational tool for teenagers. The students who participate in the reenactment are in full make up and coached how to “act” based on their injuries. The experience has a great impact on the students. If you are going to use alcohol, stay at home. Parents should never give their kids who are under age any kind of alcohol.
SUBSTANCE ABUSE	NW Focus #F43-11B	12/05/11 12/09/11	08:30AM 10:00AM	14:10	Host Cathy Rhodes discussed the issue of the substance abuse with Bill Russell, Executive Director of the Union Gospel Mission. AS we get into the holiday season, there is an upswing in the number of people looking for addiction and recovery programs. It is easy to get out of control with alcohol during the holiday season. Although some people can have one or two drinks, they can stop, but others cannot stop with only one. Don't drink in front of someone who has an alcohol problem. Parents should never give alcohol to their underage children, even if it is in their own home. Alcohol hurts the development of the brain. The holiday season can bring a sense to people that they don't measure up and many people experience additional emotional pain during this time. Wintertime also has the lease amount of sunlight and statistics show that most alcoholism around the world occurs in places where people are light deprived. The rate of depression and suicides can be higher during this time and in combination with the holidays and the poor economy, this can present a perfect storm. Alcoholism affect the whole family. Painkillers, especially Oxycontin are highly addictive. Kids can use these as a recreational drug. Once addicted, it can lead to heroin use because heroin is more affordable. If you are prescribed a painkiller and you feel like you need more, you should talk to your doctor. If you feel like your doctor isn't giving you enough, recognize you have a problem. If you take more than the prescribed dose, get treatment.
SUBSTANCE ABUSE	NW Focus #F45-11A	12/23/11	10:00AM	14:10	Host Cathy Rhodes discussed the issue of substance abuse with Bill Russell, Executive Director of Union Gospel Mission and Dan Nelson, Admissions Coordinator. Union Gospel Mission began in Portland in 1947 to help people on skid row. 40-50 addicts live in the residential substance addiction program to help them transition from substance abuse to a whole life. Alcohol abuse is the number one substance abused. Other drugs may ebb and flow. Right now people are getting addicted to prescription drugs which can lead to heroin addiction. More people died in Oregon last year as a result of prescription drugs than street drugs. About one in nine Americans have a substance abuse problem. The most addictive substance is cigarettes. We all have something that could possibly lead us to some kind of addition. There is something that happens when people are addicted to opiates that can lead them to criminal type behavior because an addict will do anything to get a fix before their body goes into an extreme withdrawal. More people in Oregon die of alcohol withdrawal than die of heroin or crack cocaine. Alcohol is affordable but obtaining heroin is more of an economic challenge. Alcohol abuse can cause many physical problems including joint deterioration. An addict can never get enough. Methamphetamine are very dangerous because of the toxic combination of chemicals. Drugs promise to make you happy but do the opposite.

CRIME	NW Focus #F34-11	10/03/11 10/03/11 10/06/11 10/07/11 10/08/11 10/11/11 10/13/11 10/20/11	08:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM 01:30AM	28:30	<p>Host Cathy Rhodes discussed the issue of crime with Kyle Kavas, Oregon Public Relations manager with the Better Business Bureau. There are many types of scams today and most people don't recognize them until after they have become victims. Some scams will target a specific group, such as seniors ,because they are trusting and at home during the day. Computer and internet scams are big. Pop-ups, phishing, smishing, fake websites can all be ways that trick people into giving their personal or financial information. It is important to have spam filters and anti virus on your computers. Many times the scams look legitimate. E-mail accounts are vulnerable because they can be used by companies to trade contact information and any personal contact information is gold to an identity thief. If someone sends an e-mail and you don't recognize the sender, do not open it or open any attachments. There are phone scams that are set up like telemarketing calls. If a caller claims a need to verify any information over the phone, decline to give them any. Door to door scammers may ask for a donation to a charity or they may offer a specific service. If someone comes to your door, make sure they have written documentation about their business and that the solicitor doesn't use high pressure sales tactics. Anyone asking for cash or a check made out to a person and not a company should be a red flag that this could be a scam. Mail fraud is done by having the letter or information appear like a lottery or a business asking for a donation. Scams are always circulating. Lately, people have become victimized by job scams. The scammers ask for information or money from people with promise of employment. The scams can be posted on a job add list, or be done through phishing, a letter or newspaper. There are red flags or key words to watch for that may indicate that the job offer could be a scam: the promise of high income potential, no experience necessary, lots of money with little work. If it sounds too good to be true, it probably is a scam. You should research a company before applying for a job. Many job scams can promise that you can work at home, work on line or are part of a multilevel marketing scheme. Credit and debt relief scams take advantage of people who are in trouble financially. A credit repair is not a fast fix. Look for free help or information online, as there are a lot of online resources. Don't get involved with a company that asks for fees upfront before providing a service. Many people are victimized by online shopping scams. A company may promise a product but not deliver it after you have paid, or they are just interested in collecting your credit information. Always check out a company first before making a purchase. The Better Business Bureau has a lot of information available about companies. If you have been the victim of a scam, contact the Department of Justice or the Attorney General's office. We should not store our personal information in our cell phones as there are many cell phone scams.</p>
CRIME	NW Focus #F37-11B	10/17/11 10/17/11 10/20/11 10/21/11 10/22/11 10/25/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	<p>Host Bonnie Goulding discussed the issue of crime with Mayor Denny Doyle of Beaverton. Statistics show that across the nation, crime rates are continuing to fall although crimes involving alcohol spike during the holidays. The decline in crime could possibility be attributed to community policing. Mayor Doyle meets weekly with the Chief of Police. Recently, there were some break-ins around the city, which is unusual . 3 more police officers were added to the traffic division of the police department. The use of methamphetamine has gone down but the biggest concern now is kids using prescription drugs. The death rate from the misuse of prescription drugs now exceeds that of traffic fatalities. Mayor Doyle encouraged parents to talk with their kids about the use of prescription drugs. Pharmacies in Oregon are now trying to track the use of prescribed drugs. he county wide narcotic teams work together to track the sale and use of prescription drugs. Identity theft is on the rise and Beaverton has two full time police officers working with this issue. Some identity thieves move from city to city to commit their crimes. Community policing works well against crime. Beaverton is considered one of the top safest cities in the northwest. Some safety tips to prevent crime are: don't leave anything visible in your car; use the trunk of your car to leave your belongings; don't “advertise” if you are going away and call the police department and let them know you will be gone.</p>

CRIME	NW Focus #F39-11B	11/21/11 11/21/11 11/25/11 11/29/11	08:30AM 11:00PM 10:00AM 00:30AM	14:10	Host Cathy Rhodes discussed the issue of crime with Deputy District Attorney Billy Prince from the Multnomah County District Attorney's Office. Billy is assigned to a new program which began June 1 <sup>st</sup> involving drug impact areas. The program got started because people in the Old Town/China Town area noticed there was an uptick in drug activity in their area. The Old town area has long been notorious for drug crime/activity which began to spread. Drug use can perpetuate other crimes. The City of Portland got funding through the Mayor's office to have a DDA to prosecute drug crimes in that specific area. As well, police officers are making sure there is more of a police presence in the area through a walking beat. Drug impact area got it's name from taking arrest data and figuring out where there was a higher amount of drug activity. Cocaine, heroin and marijuana are the 3 major drug used in this area. Cocaine is more of a problem in Old Town than downtown. There are distinct areas for the different drugs used. A person who is on probation for using drugs has to go to treatment and cannot return to the area of offense. . There is no specific way to identify a potential drug offender. Some of the major hurdles with the program is making sure to keep tabs on all the people who have been excluded from these areas. A high percentage of people in the criminal justice system have drug issues. It important to keep the worst offenders accountable. The drug impact program is partly based after the prostitution model used on 82 <sup>nd</sup> street.
CRIME	NW Focus #F43-11A	12/05/11 12/09/11	8:30AM 10:00AM	14:10	Host Cathy Rhodes discussed the issue of crime with Kyle Kavas, Oregon Public Relations Manager of the Better Business Bureau. Identity theft is a major problem within the market place both online and in personal theft. When personal items are stored in vehicles, it is an opportunity for identity theft. Documents that have confidential information should be locked up or kept in a hidden location. It is good to get into the habit of shredding unwanted documents. There are a lot of fake websites hoping to collect personal data. Always check out a retailer when shopping online. Make sure the website you are shopping with is secure; https (the s stands for secure) or lock icon on the screen identify a secure website. For identity theft the goldmine is financial information or passwords or any information that could lead to financial accounts. Contact information can be used to bait consumers out of information. The most important thing to remember is how to keep information to yourself without giving it out. After an identity theft or fraud occurs, there is a lot of damage such as new bank accounts being opened in your name, purchases made on your credit cards or withdrawals made from your bank account. Always monitor bank statements for unauthorized charges, check credit reports annually and take the time to be proactive in evaluating your financial circumstances. If you suspect your account has been compromised, contact our bank or financial institution and credit reporting bureaus. In November and December, a lot of online shopping scams pick up. People will order products and not receive them or there can be unauthorized purchases on their account after only one purchase has been made. It is wise to pay by (cash or) credit card to ensure that charges can be contested if you are a victim of identity theft or fraud, or use a separate email account specifically for online account purchases. Research companies online by looking for a website through your search engine rather than just clicking on links that show up. With any online shopping you should have anti virus software installed on computers, have firewalls that are up to date and use passwords that are difficult to get.

CRIME	NW Focus #F45-11B	12/23/11	10:00AM	14:10	Host Bonnie Goulding discussed the issue of crime with retired Chief of Police of Beaverton, David Bishop. Chief has been in law enforcement for 47 years. Recent statistics indicate that throughout the nation the crime rate is down. Normally, when unemployment and the economy are on a downturn, there is an increase in crime. In Chief's opinion, the result is due to a better job that is being done within the police departments as well as the advancement in technology. In some cases, the police officer isn't as important as the technology in solving crime. The FBI is doing extensive studies relating to why violent crimes are prevalent. Some of the major changes took place when landmark decisions such as Miranda were implemented. The training for a police officer is more in depth and longer than years ago and police officers continue to get training while they are on the force. Partnerships between law enforcement agencies is important and effective in dealing with crime. The police could not do their job if it wasn't for the involvement of citizens and community policing. The community is critical. It is critical to keep up the morale of police officers and Chief believes that building morale within the police agencies could be better.
ECONOMY	NW Focus #F35-11B	10/10/11 10/10/11 10/13/11 10/14/11 10/15/11 10/18/11 10/20/11	08:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	Host Cathy Rhodes discussed the issue of the economy and how it impacts the family. with Marilyn Harrison and Diana Stotz. Marilyn is the Chair and Diana the Program Coordinator of Washington County Commission on Children and Families. The poor economy has resulted in many families struggling to make ends meet. As the needs of the families have increased, so has the demand for community support. One of the things that has been affected by the economy is health care. With the loss of jobs, there has been a loss of health care insurance. In Oregon there is an effort to make sure all kids have access to health care through a program called Oregon Healthy Kids. Where there is unemployment, there is excess time on your hands and no money to do anything, which can cause depression and affect the whole family. Children don't need a lot of expensive things and activities. Parents can seize opportunities to play outdoors with them. The most juvenile crime occurs in between 3:00 PM 6:00PM, at the end of the school day and when parents get home from work. After-school activities are important and they don't cost anything. Many things that kids used to be able to do within the school day has been removed because of the downturn in the economy. Almost every organization has scholarships available for those who cannot pay. Many times, if a parent is struggling economically, the older sibling ends up caring for younger kids because of the lack of finances to pay for child care. There are many resources to help families, including how to cook healthy meals on a low income and how to manage personal finances. If you can cook at home, it can save you money in the long run and it can be fun to do with your children. Get connected in the community if you are having struggles financially.

ECONOMY	NW Focus #F42-11A	12/16/11	10:00AM	14:10	Host Cathy Rhodes discussed the issue of the economy with Paul Dennis, President of the Camas-Washougal Economic Development Association. Paul is the former mayor of Camas, Washington and has been involved in economic development since 1990. The biggest challenge to business in the recession is access to capital. The whole perception of risk has changed as well as the regulatory environment changed. Businesses are becoming more innovative in how they gain access to capital. The current condition of the economy has affected the growth of the county. Starting a business is very involved; getting permits, finding property, hiring architects, construction etc. Most small business owners know how to run a business, but they don't understand the process and regulatory process of start up. When businesses are more profitable that leads to more people being hired and to a better economy overall. The economy has had an impact on the housing market and each community has it's own challenges with regards to housing. Because of the recession, many people are moving into higher density housing such as townhouses. Many people want to maintain a specific lifestyle and do not want to deal with the issues surrounding owning a home, so they are looking at alternative housing. Studies show that the backbone of our economy is small business. There is no business that is too small or too large because we are all in this together. There are a lot of resources available to small business owners that people may not know about. Paul encouraged people to contact their local economic development association. In all the companies that Paul has talked to, the business are doing better than the winter of 2009, but we still have a ways to go to get out of this recession.
ECONOMY	NW Focus #F42-11B	12/16/11	10:00AM	14:10	Host Cathy Rhodes discussed the issue of the economy with Paul Dennis, President of the Camas-Washougal Economic Association. The focus was on how the economy has impacted families. Many people have great ideas but don't know how to bring their product to market. When the recession initially hit, a lot of families lost their jobs and then homes. Many of the houses built in 2006-7 are vacant because people got into more house than they could afford. A lot of service groups and organizations have met to help families in need through food drives and school supply drives. The cost of Health care has made it difficult for many families to acquire. The community has come together to help out people in need even with health care. There has been a number of companies who have hired people back who they've had to lay off and people have had to go back and get reeducated to find employment. Going back to school to get further educated is a good thing. Organizations are networking to help combat the difficulties facing people in financial need. The positive side of the recession is that we are learning to be more efficient and learning to save. When Paul was mayor of Camas, the city learned to bank their dollars and build a reserve fund which helped maintain services without eliminating them when economic times got tough. We should educate our children about economics early on. For families that are struggling, it is important to reach out to the many services that are out there and be persistent. All of us have suffered in one way or another but we have to persevere.

ECONOMY	NW Focus #F44-11B	12/26/11 12/30/11	08:30AM 10:00AM	14:10	Host Bonnie Goulding discussed the issue of the economy with Jennifer Nolfi, Business & Industry Division Manager with the Portland Development Commission. In the last few years there has been a definite downturn in the economy. PDC focuses on helping businesses. Businesses are good for the economy because if they can offer a strong employment opportunity, the economy is strengthened. Small business play a huge role in the economy. There are four industry's PDC identify s for economic development strategies: software, advance manufacturing, clean technology and athletic and outdoor. PDC is focusing on helping people start and grow businesses within these. four categories. In a lot of cases, large corporations started very small and now some are helping entrepreneurs start their own companies. PDC is Portland's economic development and urban renewal agency. When there is a downturn in the economy, there tends to be an uptick in people starting a business. The biggest challenge to starting a business, is that people don't know where to go to get help. There is a whole network of agencies to help provide resources. It is important for parents to instruct and educate their children early on about economics through teaching them about saving, saving for future education, on what and how to spend their money wisely. They need to teach them about making good choices when it comes to money.
FAMILY	NW Focus #35-11A	10/10/11 10/10/11 10/13/11 10/14/11 10/15/11 10/18/11 10/20/11	08:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM 01:00AM	14:10	Host Cathy Rhodes discussed the issue of family with Marilyn Harrison and Diana Stotz of the Washington County Commission on Children and Families. Stability, connection to the community and promoting children's development are all components of a healthy family. Concerns and issues facing families can change over time. There has been a rise in the number of children that need free and reduced meals at school. There has also been an increase in diversity in the community related to the number of immigrants and immigrant families. It is important to have resources available for them. Most parents want their children to succeed and have a better life than they did. Sometimes parents have to grow up with their kids. Parents are looking for support as their children age and their needs change. Some families struggle with the changing dynamics in their community. One piece of misfortune can tip the balance in a family. A strong base of support is important to keep the family stable during these times. 211 is a number people can call for information and referrals that helps identify your for particular needs and give information about available resources. Literacy is the foundation of getting a good education. If children can learn to read as quickly as possible it can benefit them in the future. Television watching and playing video games does not help develop literacy. Parents need to help their kids spend their time in a more beneficial manner. Reading to your child and telling them stories can help develop their skills. Schools serve as a central point to the community to offer resources. Regardless of the age of your child, find a way to offer your child a choice; this helps develop them as a person and gives them the ability to make good decisions. It is important to acknowledge your child when they are doing well.
FAMILY	NW Focus #F36-11A	11/14/11 11/14/11 11/17/11 11/18/11 11/19/11 11/22/11	08:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Cathy Rhodes discussed the issue of family with Charlie Goessler, Family Resource Director with NW Family Services. The greatest threat to the family is the impact of divorce. Statistics show that children who live in a single or divorced family live closer to the poverty line than those who come from a family where the parents are married. The break up of a family causes a lot of social problems. For the children of married parents, there is a modeling for them in such things such as conflict resolution and relationships. There are statistics that indicate that co-habiting as opposed to marriage may cause a rise in abuse. Many young people believe that marriage is obsolete even though many want to be married. The commitment of a marriage can provide hope. Stable marriages help communities be more stable. Single parent families need a lot of support from the community. Many people find themselves in a divorce situation and there may still be a stigma surrounding divorce. Reconciliation and restoration are always possible after a divorce. The greatest problem that couples face is communication. Many times people confuse agreement with acceptance. Developing skills in communication is important to maintaining a stable family.

FAMILY	NW Focus #F38-11A	10/24/11 10/24/11 10/27/11 10/28/11 10/29/11 11/15/11 11/17/11	08:30AM 11:00PM 00:30AM 10:00AM 00:30AM 01:00AM 01:30AM	14:10	Host Bonnie Goulding discussed the issue of families with Dennis Morrow, Executive Director of Janus Youth. What children need from the family has not changed over time; love, support, guidelines and consistency and a safe place to be. If these are taken away, then a child is at risk. However, the “traditional” family has changed, in that divorce is very prevalent. There is currently about a 50% divorce rate in the country but there are reasons why the rate has gone up. How society views divorce has changed including social shunning of divorced people years ago. There are mandated classes for people going through divorce in Multnomah County. There is a stigma attached to divorce that can affect children. It is important for a child to continue getting love and support if a divorce has taken place. How society treats children from a divorced family can leave a negative impact on children. When a divorce takes place, there can be a problem economically. Data is showing that the divorce may have peaked. Youth on the street will self organize to create a family unit. Many children do not see one of their parents several years after a divorce. The most important thing if you are a single parent is to reach out for support. Even for grandparents raising their grandchildren there is a need support. Kids need love and informed parents.
FAMILY	NW Focus #F41-11B	11/07/11 11/17/11	08:30AM 01:00AM	14:10	Host Bonnie Goulding talked with Bishop Steven Holt of The International Fellowship Family about the issue of family. There are multiple issues that affects families today; education, entertainment/media, economic situations etc. The family unit has changed culturally since the '50's and we no longer have the seemingly idyllic family structure that was presented back then. Today there are blended families, foster families, mixed families, divorced families, and single parent families; each defined by experience. Single parent families should not see themselves as handicapped, in spite of statistics that say children from such are more prone to criminal activity, promiscuity, teenage pregnancy and lower educational abilities. African American families/children have an uphill climb because there is a perception they are not as intelligent and culturally may be more animated and emotional in their expression. We must learn to have real dialogue that addresses these kinds of issues in order to understand each other and other cultures. We cannot live out what we do not understand and our interaction with one another is based on assumptions that cause problems. Poverty creates different stresses on families and can limit a families access and their ability to have equal opportunities. It is important to access information that can provide practical assistance for families in need. We all have the same foundational opportunities and need to do necessary investigation find out our identity and purpose. Our thinking elevates our living and our present position is not our permanent position.
FAMILY	NW Focus #F44-11A	12/26/11 12/30/11	08:30AM 10:00AM	14:10	Host Cathy Rhodes discussed the issue of families with Bill Russell, Executive Director of Union Gospel Mission. The focus was on the recent rise of homelessness relating to families. There is not enough available housing for the people who struggle financially. There are many women with children who are living in their cars or staying with extended families. There needs to be more support for these families. Many of these women can't even look for employment because they are struggling just to take care of the children. In the extended family situation, it is often the grandmother who is raising the children. If that type of situation goes on for any length of time, it will take a toll on the grandparents. When people become chronically unemployed they can get to a place where they often give up and don't even seek employment. Faith communities in Oregon should be allowed to open up their property to homeless people.

CIVIC AFFAIRS	NW Focus #F37-11A	10/17/11 10/17/11 10/20/11 10/21/11 10/22/11 10/25/11	8:30AM 11:00PM 00:30AM 10:00AM 00:30AM 00:30AM	14:10	Host Bonnie Goulding discussed civic issues with Denny Doyle, Mayor of Beaverton, Oregon. Mayor Doyle is the mayor as well as the city manager. People are getting more involved in city government in Beaverton. Many immigrants are becoming more involved as well. Council meetings are open to the public to attend. The city has grown to over 90,000 people, up from 20,000. Urban renewal is a tool/concept that has been around for a long time in Beaverton. Some of the urban renewal plan included expanding roads to accommodate the growth. Urban renewal is a designated area in the city that is designed for projects. There has not been a tax increase with the way the urban renewal plan is set up. The citizens of Beaverton were very involved in what they wanted to happen within the city. Some of their requests for renewal include a vibrant downtown, improvement in traffic, walkability and bikeability. The urban renewal plan should help attract businesses. Envisioning what the city will look like in twenty years is very important in helping make plans for the future. Beaverton has a urban growth boundary which allots for about 560 acres brought into the Beaverton boundary. The urban renewal plan will create many jobs. The program also includes plans for a new high school.
SENIORS	NW Focus #F33-11A	10/01/11 10/04/11 10/06/11 10/13/11	00:30AM 00:30AM 01:00AM 01:30AM	14:10	Host Bonnie Goulding talked about seniors with Executive Director David Kelly and Program Coordinator Mike Reardon from the Southwest Washington Agency on Aging and Disabilities. A "silver tsunami" is taking place; meaning the vast number of people reaching age 60 and over, is placing a strain on resources available to seniors. Incidents of elder abuse is on the rise which includes physical, financial, emotional and sexual abuse that is happening in homes and nursing homes. Usually, it is a relative or caregiver/friend that takes advantage of the seniors. Elder abuse can be a silent event as many seniors are embarrassed to report it. Possible reasons for the rise in abuse could be that the nuclear family is not as tight with a loss of connectedness/relationship with the parents, adult children living further away and the vast amount of seniors and reported incidents. Many times there is wealth associated with seniors which could be a temptation for family members to take advantage of them financially. There is a vulnerable adult task force consisting of police, sheriff's department and other civic leaders that meet on a monthly basis to see what can be done to help the senior community. SWADD has a gatekeeper program, which trains "gatekeepers" (first responders, postal workers, bank tellers or anyone who has contact with seniors) to watch out for signs of abuse. Some signs include a change in appearance, forgetfulness, someone new accompanying the senior, mail or newspapers stacking up at their home. The gatekeeper can report to SWAAD or the police and then a wellness check is made on the senior involved.
PUBLIC SAFETY	NW Focus #F33-11B	10/01/11 10/04/11 10/06/11 10/13/11	00:30AM 00:30AM 01:00AM 01:30AM	14:10	Host Bonnie Goulding talked about public safety with Michael Harryman, Preparedness Manager with Oregon Public Health. To prepare for a disaster it is important to get a kit, make a plan and be informed. Natural disasters in the north west are winter storms, earthquakes, tsunamis, flooding, landslides, heat issues and volcanoes. Kits can be personalized. Water, food, flashlights and other tools should go into a kit in your car, along with chains in winter weather. Kits for the home should be made as well. Food is an individual choice but it needs to be non perishable. One gallon of water per person per day along with water for your pets is the recommendation. Having a person of contact in a in case of a disaster is important. Businesses should have kits on hand in case employees have to stay over night. Presumption involving electricity and driving into flood zones have caused problems and injury. Always have a back up plan if you have invalid loved ones and have a list of their medications. Disasters due to terrorism is a possibility but people should not get into fear. Know what the chemical hazards are in your community. Leave a lot of rescue efforts to the public officials who are trained to respond. Staying calm is important and talk about a safety plan with your family. Preparedness is something we must continue to focus on.