

Trinity Broadcasting of Arizona Quarterly Report

KPAZ

PHOENIX, ARIZONA

PROGRAM PERTAINING TO

LEADING COMMUNITY ISSUES FOR

JANUARY, FEBRUARY, MARCH 2011

REPRESENTING SAMPLING ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES BY TELEPHONE FROM TBA VIEWERS, THE PRINTED MEDIA, COMPRISING NEWSPAPERS, MAGAZINES, PUBLICATIONS, TELEVISION AND RADIO, WHENEVER POSSIBLE.

HEALTH

YOUTH

FAMILY

SENIORS

EDUCATION

CIVIC AFFAIRS

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF
TBA PROGRAMMING ADDRESSING THE ISSUES/PROBLEMS
NAMED ON THE ASCERTAINMENT LIST AS WELL AS
OTHER ISSUES TO BE IMPORTANT, FOLLOWING FCC
REQUIREMENTS FOR THE QUARTERLY REPORT TO BE
KEPT IN THE PUBLIC FILE FOR THE **FIRST QUARTER**
JANUARY, FEBRUARY, MARCH 2011

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
HEALTH							
Joy In Our Town	#203	28:30	12:00	L	PA/O	1/14/11	11:00 am
						1/15/11	1:30 am
						1/17/11	9:30 am
						1/18/11	1:30 am
						1/20/11	1:30 am
						2/01/11	2:00 am

Bob Waggoner welcomes and introduces Dr. Dan Koontz-Clinical Nutritionist. The first topic was about a very important subject, 'Obesity'. Two thirds of Americans suffer from obesity. Diets and exercise have changed dramatically, not only in America but around the world. Dr. Koontz suggested people switch from sugar and fructose corn syrup to Stevia. He also said that many people can lose ten pounds in one month by just eliminating bread and milk from their diet. Dr. Koontz discussed the importance of drinking two liters of water per day. He also shared about 'Leaky Gut Syndrome' and how it affects our bodies through lack of exercise, low thyroid, and toxic liver which all contributes to overweight. He also said that permanent weight management is an easy thing to do if we have the correct information. Dr. Koontz shared about Lap-Band Surgery and said there was 300,000 lap-band surgeries performed last year alone. It has been a very effective procedure however there has been reports of dangerous risks that have contributed to mal-nutrition. Several people have come to him who have had the surgery and lost about one hundred pounds and more but have gained it all back within a year. When asked how the weight gain came back they responded with 'milkshakes'. Without behavior modification people who have undergone this type of surgery could gain all the weight back.

Joy In Our Town	#203	28:30	12:00	L	PA/O	1/14/11	11:00 am
						1/15/11	1:30 am
						1/17/11	9:30 am
						1/18/11	1:30 am
						1/20/11	1:30 am
						2/01/11	2:00 am

Bob Waggoner welcomes back Dr. Dan Koontz who is a Clinical Nutritionist. The main topic discussed in the second half of the show was the difference between 'Cardiac Arrest's' and 'Heart Attack's'. Dr. Koontz said that over 300,000 Americans are going to die from 'Cardiac Arrest' this year. It's totally different than the typical heart attack most people are familiar with. That's why we need to know how to do CPR because a person can die within eight seconds from this attack. Dr. Koontz teaches classes on CPR every week and they discuss the different things people can do to lessen the risk of heart attacks. 1) Vitamin C 2) Check PLAC which measures the plaque in the arteries. 3) Take B-12. They discussed vitamins and minerals, and different types that are recommended for men and for women.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#207	28:30	12:00	L	PA/O	2/18/11	11:00 am
						2/19/11	1:30 am
						2/21/11	9:30 am
						2/22/11	1:30 am
						2/24/11	1:30 am

Bob Waggoner welcomes and introduces Fred Taylor and Dr. Robert Gear, Jr. In the first segment they discussed the importance of prostate health. Men are sometimes very reluctant to get help and tend to wait until the last minute. The top four major steps of prostate education are: 1) Annual Screening 2) Diet 3) Exercise 4) Spirituality. These are all important for a healthy life-style and Fred believes spirituality is one of the most important steps. Annual screenings are free of charge. Fred said there are two basic exams that men need annually, the PSA blood test and the DRE which is a digital rectal exam. He suggests getting both exams. Many are saying you only need the PSA blood test but they feel the DRE exam is very important also because the PSA test cannot detect nodules on the prostate. Changes have been made by certain organizations that they don't agree with so Fred and Dr. Gear are trying to get all men to understand the importance of getting both of these exam which they passionately expressed was very, very important. They recommend men to get screened beginning at age 35 to 40.

Joy In Our Town	#207	28:30	12:00	L	PA/O	2/18/11	11:00 am
						2/19/11	1:30 am
						2/21/11	9:30 am
						2/22/11	1:30 am
						2/24/11	1:30 am

Bob Waggoner welcomes back Fred Taylor and Dr. Robert Gear, Jr. In the second segment Fred and Dr. Gear spoke about how important a healthy lifestyle is. It starts in your head and then you have to start working on your body doing all the things necessary to maintain good health. Dr. Gear mentioned you have to have the will to get better. Nothing will cure you unless you have the will to get well. Dr. Gear talked about how to prevent illness. This includes eating habits and moderation which they feel is a major key. We need to eat up to the full line and then stop. They suggested a road to better health would be to eliminate white bread and white rice, cut back on eating beef, put more fish and chicken in the diet, eat plenty of vegetables and a juicing machine could be very beneficial. Dr. Gear talked about not eating more than the body can digest because it hard on the digestive system.

Joy In Our Town	#208	28:30	12:00	L	PA/O	2/25/11	11:00 am
						2/26/11	1:30 am

Bob Waggoner welcomes and introduces Becky Campos. In the first segment Becky talks about the law of nutrition and how her life has had three parts to it. 1) Her health crisis when she was diagnosed with breast cancer in 2001. 2) Becky turned her faith to God and health studies and reclaimed her health. 3) Then Becky applied the law of nutrition which means the process by which food is converted to living tissue. The human body requires nutrition to sustain life and to fight off diseases. Most people just eat for pleasure and that's why we have the health crisis in America. Many are eating things that are void of nutrition. Becky continues to explain about nutrition and what people should be eating for good health. Some healthy foods that contribute to healthy living tissue are grains, raw fruits and vegetables and plenty of fiber. Becky also emphasized the importance of digestion and elimination and said it is very crucial to make sure everything in the body is operating properly and regularly.

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Joy In Our Town	#208	28:30	12:00	L	PA/O	2/25/11	11:00 am
						2/26/11	1:30 am

Bob Waggoner welcomes back Becky Campos. In the second segment of the program Becky explains what Omega 3, 6, & 9 Factor is and the importance it has on the body. They are nutrients that are found in food sources. Omega 3 & 9 are healthy. Omega 6 is dangerous because we consume too much of it; like sugar and fats, etc. The Omega 3, 6, & 9 Factor has to do with understanding them, how to consume them, how not to over-consume them, where they come from and how to apply them to keep our bodies healthy. The important key to health is having consistency in our daily diets.

Joy In Our Town 203 – Roll in Clip	0:30	L	PA/O	1/14/11	11:00 am
				1/15/11	1:30 am
				1/17/11	9:30 am
				1/18/11	1:30 am
				1/20/11	1:30 am
				2/01/11	2:00 am

Roll-In Clip PSA from WestGlen Communications. COPD is the 4th leading cause of death in the U.S. (Check breathing) If your over 35 and have ever smoked, you could be at risk. For more information go to www.DRIVE4COPD.COM

Joy In Our Town 207 – Roll in Clip	0:30	L	PA/O	2/18/11	11:00 am
				2/19/11	1:30 am
				2/21/11	9:30 am
				2/22/11	1:30 am
				2/24/11	1:30 am

Roll-In Clip from American Lung Association of Orthodontists "The Protector". They are working to create cleaner air and clearer skies over every city. They aren't just fighting for air, but for all things that make it worth breathing. For more information go to www.Fightingforair.org

Joy In Our Town 208– Roll in Clip	0:30	L	PA/O	2/25/11	11:00 am
				2/26/11	1:30 am

Roll-In Clip PSA from the American Academy of Orthopedic Surgeons "Alone." It's about seniors' risk of falling in their homes and getting injured. Their website is: www.Orthoinfo.org/falls

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	700 Club CBN NewsWatch	1:00:00	6:00	REC	PA/O/E	01/06/2011 12:00 PM
	#010611					

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

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>
700 Club CBN NewsWatch #020811		1:00:00	5:00	REC	PA/O/E	02/08/2011 12:00 PM

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

700 Club CBN NewsWatch #032211		1:00:00	5:00	REC	PA/O/E	03/22/2011 12:00 PM
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Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly drinks them. Energy drinks burst on the scene 20 years ago. They are now so popular, Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market. What's in these energy drinks that has them flying off the shelves? Mainly caffeine, at least the amount found in a strong cup of coffee, sometimes much more. The U.S. Food and Drug Administration only requires that manufacturers list the presence of caffeine in a product, not how much. Energy drinks can also be loaded with sugar -- a quarter-cup on average. Also, since they're marketed as dietary supplements, they often contain unregulated herbal stimulants like Taurine, Guarana, Creatine and B vitamins. Doctors say this can be a dangerous mix. In fact, the medical journal Pediatrics warns energy drinks can cause kids to suffer heart palpitations, seizures, strokes, and even sudden death. The pediatrician also tells his patients not to even drink one because they can be highly addictive. Energy drinks are often marketed to athletes for that extra boost. But they can pose even more problems for athletes than non-athletes, including increased blood pressure and serious dehydration. Because of that risk, many athletes who shy away from the energy drinks choose the sports drinks instead. But doctors warn that while sports drinks don't have the caffeine that energy drinks contain, they do have their own set of problems. For instance, sports drinks can corrode teeth even more than soda. The acid in sports drinks erodes the teeth from the first sip until 45 minutes after the last sip, when the saliva returns the mouth to its normal pH balance. So how many carbohydrates are in what you're drinking? It's on the bottle. But watch out -- that number is carbohydrates per serving. Many bottles contain two or more servings. So if you drink the whole bottle, you're consuming at least twice the number of carbohydrates on the label. So while Americans have more beverage choices than ever, doctors say don't be fooled. Just because a drink has a healthy image, that doesn't mean it's good for you.

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	Doctor to Doctor #280	28:30	28:30	REC	PA/O/E	1/04/2011 9:30 AM

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

	Doctor to Doctor #284	28:30	28:30	REC	PA/O/E	1/11/2011 9:30 AM
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Dr. Dan Collins talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. Dr. Clark Gerhert talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. Dr. Thomas Distefano talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest. There can be additional years of specialized study. It can take quite a few years to become a doctor.

	Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	1/18/2011 9:30 AM
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Dr. James Krystosik talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or a food intolerance. It's important to identify the food and eliminate it from the diet. Dr. John Fischer talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. Dr. Martin Finkelstein talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.

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Doctor to Doctor #286		28:30	28:30	REC	PA/O/E	1/25/2011	9:30 AM

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

Doctor to Doctor #287		28:30	28:30	REC	PA/O/E	2/01/2011	9:30 AM
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Dr. Jessica Setnick talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. Dr. Teresa Carlson talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. Dr. Karen Bierman talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.

Doctor to Doctor #288		28:30	28:30	REC	PA/O/E	2/8/2011	9:30 AM
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Dr. Bettye Alston talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. Dr. James Mittelberger talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. Dr. David Cawley talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

Doctor to Doctor #289		28:30	28:30	REC	PA/O/E	2/15/2011	9:30 AM
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Dr. Mike Ronsivalle talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. Kay Spears talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. Dr. Dale Peterson talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Doctor to Doctor #290		28:30	28:30	REC	PA/O/E	2/22/2011	9:30 AM

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

Doctor to Doctor #291		28:30	28:30	REC	PA/O/E	3/08/2011	9:30 AM
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Dr. Brian Nimphius talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. Dr. Bob DeMaria talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. Dr. Bernice Gonzalez talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.

Doctor to Doctor #292		28:30	28:30	REC	PA/O/E	3/15/2011	9:30 AM
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Dr. Don Colbert talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. Dr. Malcolm Hill talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. Dr. Kelafo Collie talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

Doctor to Doctor #293		28:30	28:30	REC	PA/O/E	3/22/2011	9:30 AM
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Dr. Tonya Lyons talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. Dr. Gerard Guillory talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. Dr. Chris Lewis talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.

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YOUTH							
Joy In Our Town	#202	28:30	12:00	L	PA/O	1/04/11	2:00 am
						1/07/11	11:00 am
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						1/20/11	2:30 am
						1/25/11	2:30 am
						2/08/11	12:00 am

Bob Waggoner welcomes and introduces Vanessa Rose who was the former 2009 Miss Arizona. In the first segment Vanessa Rose shared about the importance of parental involvement and how her parents were involved in her adolescent life. She explained that the way her parents shared a real relationship with her was they were involved in the things she was doing. Even as a young teen-ager working as a nanny she saw how difficult it was for parents of the families she worked for to stay involved with their kids when both parents worked. She encouraged parents to spend quality time with their children that will show the child that they matter, are loved and that the parent really does care about them. They discussed the lack of respect the youth seems to be showing their parents and older adults. She feels that is because of the break down of communication and not teaching them to respect others. Vanessa shared about her passion of working with the youth and encouraging others to acquire a passion for 'something' other than their own selves and passing this on to their children. It makes for happier children, families and homes.

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						1/25/11	2:30 am
						2/08/11	12:00 am

Bob Waggoner welcomes back Vanessa Rose the former 2009 Miss Arizona. This topic covered all the aspects of electronic devices taking the place of the parents. Suddenly there's a lack of communication between parents and children. Vanessa talked about how children don't know how to interact with people anymore. Also, kids don't know how to study because of too much time on the computer and electronic devices that are not being monitored. Vanessa encouraged parents to get their children out of the house to help in various community projects. This will help them to learn people skills while being a blessing to others. Vanessa mentioned the Children's Hospital would be a great place to go and visit sick children and also by maybe making hand made cards to take to the children would bring happiness into their lives. Things like this will get children out and away from the computer and will also be very fulfilling for themselves, when they have reached out to help someone else in need. Vanessa also reiterated about getting and staying involved in a child's life by spending quality time with a child, talking with them, taking time to love them and always let them know how much they mean to you. Vanessa's last word to parents was, to not never give up on their kids, stick with them, have faith in them, and keep loving them because eventually they will come back around.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#209	28:30	12:00	L	PA/O	3/07/11	9:30 am
						3/08/11	1:30 am
						3/10/11	1:30 am

Bob Waggoner welcomes and introduces Daniel Santiago. Daniel explained how he helps 'At Risk' kids to graduate from high school, and helps the educators to be able to reach these kids with different strategies. He's been in the education business for ten years. He gave his personal experience about the trouble he had in his own life, and how it led him into what he is today. In the first segment, he spoke about a risk kids and how kids are in a whole different spectrum today. They have to deal with several different issues. 1) Their Identity 2) What Direction They Are Heading? 3) How Will They Make It In This World? How can we reach the youth? By finding out what is the root of their behavior or understanding where they're coming from. To educate means 'To Draw Out From Within'. True educators can lock arms with the students and say 'Hey, where are you at?' Also, show enough compassion, empathy and courage, to really be able to stand side by side with that youth regardless of what their report card says, and say, 'What do you want?' Being compassionate and respectful is so important to give that youth a sense of self-worth. They need someone who can believe in them, challenge them, and encourage them regardless of their behavior or patterns in their life and somebody who knows how to love them unconditionally.

Joy In Our Town	#209	28:30	12:00	L	PA/O	3/07/11	9:30 am
						3/08/11	1:30 am
						3/10/11	1:30 am

Bob Waggoner welcomes back Daniel Santiago. In the second segment Daniel talked about alternative education. Daniel explained that alternative education includes everything that is not traditional or orthodox. It is everything outside the box that educators try to put kids into by trying to keep everyone at one pace. It's educators who believe in teaching a whole child, loving them unconditionally, and doing whatever it takes to reach and teach that student. Daniel notes that kids that drop out of school physically have already dropped out mentally years before that. Alternative Education is an approach to education that is outside of the box. Role models are crucially important. Education is the key to success. Kids don't have a passion that motivates them from within and that's one reason why they drop out of school. Twenty-first century education is going to include technology, where every student has a laptop and internet access where they can learn online, offline or in group settings and giving them the leadership that supports that environment. The baby-boomers type of leadership is starting to retire. We will probably start to see a huge shift in education.

Joy In Our Town 202 – Roll in Clip		0:30		L	PA/ O	1/04/11	2:00 am
						1/07/11	11:00 am
						1/08/11	1:30 am
						1/10/11	9:30 am
						1/11/11	1:30 am
						1/13/11	1:30 am
						1/18/11	2:30 am
						1/20/11	2:30 am
						1/25/11	2:30 am
						2/08/11	12:00 am

Roll-In Clip PSA is from United States Marine Corps "For Us All" about Marines in action, fighting for us all. Your Marine Corps way of life is to defend the American way of life. Everyday they take a stand for our nation, for each other, for us all. www.MARINES.com The Few and The Proud.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town 209 – Roll in Clip		0:30	L	PA/ O	3/07/11	9:30 am	
					3/08/11	1:30 am	
					3/10/11	1:30 am	

Roll-In Clip PSA from WestGlen Communications—Driver’s Edge “Tales from the Junkyard” warning us against texting and driving. www.SafetyScholars.com For more information, go to the website: www.DriversEdge.org

FAMILY

Joy In Our Town #201		28:30	12:00	L	PA/O	1/03/11	9:30 am
						1/04/11	1:30 am
						1/04/11	2:30 am
						1/18/11	2:00 am
						1/20/11	2:30 am
						1/25/11	2:00 am
						2/01/11	12:00 am
						2/08/11	2:30 am

Oralena Valero welcomes and introduces Dr. Randy Carlson of Family Life Communications. The first topic was about Parenting Intentionally. Whoever is the most intentional in the life of a son or daughter is going to win. Mom and dad have to be intentional. They are either overly controlling or inconsistent. He encourages parents not to nag but just teach children to obey, and make them aware of the consequences because leadership is not optional. If a parent tends to raise their voice and yell Dr. Carlson suggests to breathe through the nose slowly and don’t threaten. Training children means to discipline them by being a trainer and not a prison warden. Children are individuals and each different. Each person should ask themselves, what one thing if I had to do it for thirty days would bring the most glory to God? Dr. Randy mentioned his family has written the ten commandments for their personal family. The first commandment is they will protect each other from harm. If a person wants to be intentional.....speak encouragement to a child and speak into their life. You can see early on what makes each child unique. Train them up in the way they individually should go, build up the good and downplay the bad.

Joy In Our Town #201		28:30	12:00	L	PA/O	1/03/11	9:30 am
						1/04/11	1:30 am
						1/04/11	2:30 am
						1/18/11	2:00 am
						1/20/11	2:30 am
						1/25/11	2:00 am
						2/01/11	12:00 am
						2/08/11	2:30 am

Oralena Valero welcomes back Dr. Randy Carlson of Family Life Communications. The second topic was about Marriage Matters. Dr. Carlson said fifty percent of marriages end in divorce. He discusses what happens after the wedding day. He shared how he had to learn his wife is different from any other woman on earth. He encouraged the male viewers to love their wife intentionally and love them with all their heart. One way to be respectful in our marriage is to hold our mate accountable respectfully. Dr. Carlson recommended that couples seek out pre-marital counseling and said it is vital and very important to the making of a good marriage. He also recommended couples to get a Christian counselor for at least six sessions of counseling with in the first year of marriage. Intentional marriage is getting to know your spouse enough to understand what makes them tick and loving your marriage enough to invest in it.

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

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#206	28:30	12:00	L	PA/O	2/11/11	11:00 am
						2/12/11	1:30 am
						2/14/11	9:30 am
						2/15/11	1:30 am
						2/17/11	1:30 am

Bob Waggoner welcomes and introduces Steve & Marie Sanchez. The first topic discussed was how divorces are affecting the families. Steve & Maria went through a difficult time six years ago and it seemed divorce was inevitable. Over 50% of marriages end in divorce. People want to think that their own happiness is the most important thing but it is not. The most important thing is the happiness of your spouse. They discussed how children are affected by divorce. Steve and Maria talked about their own experience, how six years ago they were through with their marriage, Maria moved out and they filed for divorce. Then they found a good biblically based marriage class that helped them. Their lives changed but the kids still struggle with feelings that mommy might leave again. Steve and Maria now give fifteen week marriage courses because they have seen the need and realize it is time for couples to begin working together again towards their original hopes, goals and dreams. Staying together is a choice and not a feeling and couples need to re-focus and walk through their commitment and their covenant they made on their wedding day. Steve mentioned parents try to make things up to their children by giving them too much stuff, trying to replace the comfortable intimacy that the parents should be engaging their children in together. Steve encourages viewers to get wise counsel from a clinically approved counselor, a priest, a pastor or a rabbi. Steve mentioned getting around people that love you, and won't judge you. Marie talked about how they took a complete year and spent quality time together to work on their marriage and how that saved their marriage. They talked about having a 'Date Night' which is a special time set aside to spend quality time together as a couple. It doesn't have to be expensive just a special cup of coffee & time spent together, a movie, or watching a DVD together.

Joy In Our Town	#206	28:30	12:00	L	PA/ O	2/11/11	11:00 am
						2/12/11	1:30 am
						2/14/11	9:30 am
						2/15/11	1:30 am
						2/17/11	1:30 am

Bob Waggoner welcomes back Steve and Maria Sanchez. In the second segment Steve discussed the topic of family finances. Steve had worked in the financial world for twenty years and was involved in all kinds of situations. He said that 'The Steve Sanchez Show' on the radio encompasses a variety of topics, including money, family, and marriage. They believe in what they call "The Seven Mountains." The Seven Mountains are; 1) Academics, 2) Government, 3) Business, 4) Family, 5) Ministry, 6) Arts & Entertainment, and 7) Media. We need to influence mankind in each of these areas. In the present economy, Steve advised that people should think about paying off their credit cards, and after they are paid off check out maybe investing in a savings plan. He said it's never too late to start, and to stop trying to keep up with the Jones's but to live within your means. Things will turn around and people will always have a chance to build again. They discussed what people can do after a foreclosure on their home. On Steve's website, there are reputable companies that can help but warned that there are a lot of scams out there, also. He encourages people to find a reputable seminar or class that could give them direction and help. Steve addressed the young people just starting out in college and encouraged them to stay out of the credit realm. Steve shared a principle that has helped his family and that is called the Triple Ten Principle, which is, ten for tithing, ten for investing, and ten for saving, and living off the remaining seventy percent.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town 201 – Roll in Clip			0:30	L	PA/ O	1/03/11	9:30 am
						1/04/11	1:30 am
						1/4/-11	2:30 am
						1/18/11	2:00 am
						1/20/11	2:30 am
						1/25/11	2:00 am
						2/01/11	12:00 am
						2/08/11	2:30 am

Roll-In Clip about Children of Incarcerated Parents “#1” It’s about helping children of incarcerated parents.
www.myKairoscommunity.org 1-800-298-2730 Ext. 22

Joy In Our Town 206– Roll in Clip			0:30	L	PA/ O	2/11/11	11:00am
						2/12/11	1:30 am
						2/14/11	9:30 am
						2/15/11	1:30 am
						2/17/11	1:30 am

Roll-In Clip from IRS called “Free File” Filing your taxes can be taxing. This PSA is about being able to file your taxes for free in the IRS website. www.freefile.irs.gov

SENIORS

Joy In Our Town #204		28:30	12:00	L	PA/O	1/21/11	11:00 am
						1/22/11	1:30 am
						1/24/11	9:30 am
						1/25/11	1:30 am
						1/27/11	1:30 am

Bob Waggoner welcomes and introduces Chaplain Donna Kafer of the Arizona Legislative Chaplaincy. Chaplain Donna has served in the AZ State Legislature for 13 years. The first topic discussed was about seniors in transition and is very close to Chaplain Donna’s heart, as her own mother is in an assisted living home. There are many assisted living homes, care homes, nursing home, and group homes in Arizona and they all have ratings. There are also a huge number of people in these homes because of disabilities, so it’s not only the mature seniors who are living in these homes. Chaplain Donna encouraged families to go and check out these facilities not only for a first time visit but to go back unannounced. If they say ‘no’ it might be an indication to look further and a person can always ask ‘why not?’ Chaplain Donna said it’s very important to visit your loved one regularly and if they’re moving from their home to take some things that have special meaning to the loved one. Transition can be very difficult for seniors. Seniors really need to be respected and valued. They discussed that a lot of the people running the senior care homes are from another country. There are a lot of Romanian people in charge of care homes in the West Valley and they are very family oriented people. The biggest need in seniors who are transitioning from their home into a care home is reassurance from their family that they will be with them and help them, and stay connected. Also, Chaplain Donna mentioned that if a person has a loved one and they choose to have them stay in their home, there are services that can help, like day care for seniors, etc.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#204	28:30	12:00	L	PA/O	1/21/11	11:00 am
						1/22/11	1:30 am
						1/24/11	9:30 am
						1/25/11	1:30 am
						1/27/11	1:30 am

Bob Waggoner welcomes back Chaplain Donna Kafer of Arizona Legislative Chaplaincy. The second topic was about Advance Directives and the importance of making sure everything is in order for end of life decisions. Advance Directives is a program put together to let people know what you want done in the event of for instance a person has a heart attack or if they would become incapacitated. It's for the fire department, doctors, caregivers and even family members to know what to do in a life or death situation. Paperwork needs to be filled out with each person's information. There is a free website you can go to with information how to put these advanced directives in place found at www.azsos.gov/advdir. Chaplain Donna explained what DNR means. It means, do not resuscitate or attempt to bring life back if that is a person's choice. If they do not want any heroic measures done on their self, they can fill out a form called DNR and it needs to be in plain view for doctors or fire department to see. These are some of the issues each person needs to decide on. If a person changes their mind they can at anytime fill out another form. Also needed is a medical power of attorney, so there won't be any confusion at time of death. Bob also mentioned the 'Five Wishes' which is a form available to fill out which includes advanced directives. Chaplain Donna also said that the ends of life issues are not always just for the elderly. In case of accident or unfortunate circumstances, younger people may not want heroic measures taken for them. Anyone and everyone should take advantage of this very wonderful program which is free of charge on the website listed above. Dignity is a key word in the 'end of life' issues.

Joy In Our Town	#205	28:30	12:00	L	PA/O	1/28/11	11:00 am
						1/29/11	1:30 am
						1/31/11	9:30 am
						2/01/11	1:30 am
						2/03/11	1:30 am
						2/08/11	2:00 am

Bob Waggoner welcomes and introduces Senior Pastor Duff Gorle of Phoenix Light and Life Church. The first topic of discussion was about why Hospice is a good idea. Pastor Gorle is a Hospice Chaplain. They talked about how Hospice originated. Hospice has been an amazing development here in our country the last 40-50 years. Pastor Gorle said people need to know about Hospice. 'Comfort' has always been the theme in the Hospice philosophy and Hospice is funded by Medicare. There are many positive aspects for the patient and even the family that needs support. Hospice has palliative care which means choosing non-aggressive treatment using comfort and dignity. Even some physicians are specializing in palliative care, a very new idea. Hospice helps with lining peoples lives up and putting everything in the proper place and prospective. People should live with no regrets and be able to go to the next life with dignity. Pastor Gorle mentioned that with Hospice there usually aren't any out of pocket expenses and that most of the time Medicare takes care of the medications, medical equipment, hospital bed, and the care takers coming in to check on the patient. Pastor Gorle said people should check out different Hospice cares and that they usually work under the same parameters of care. He encourages viewers to find a Hospice Company that shows a high level of compassion, warmth and kindness. Hospice is there for not only the patient, but family and friends.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#205	28:30	12:00	L	PA/O	1/28/11	11:00 am
						1/29/11	1:30 am
						1/31/11	9:30 am
						2/01/11	1:30 am
						2/03/11	1:30 am
						2/08/11	2:00 am

Bob welcomes back Pastor Duff Gorle, Senior Pastor of Phoenix Light & Life Church. The second topic was about how seniors can deal with loss and grief. Pastor Duff said the hardest thing in life is dealing with losses in life. He said every single loss needs to be grieved. The greatest grief is losing a loved one. Usually after the death of a loved one there's a period of numbness, or a time of being detached from your emotions. The family has to deal with the grief. The grieving person has to find their own way. Just someone being there brings great support. You don't have to say anything but just be there. Just our being there shows the griever that someone cares. All families seem to have their own culture, so each family has their way of dealing with these issues. Pastor Duff advised folks to be honest with each other. The families are worried and fearful of the unknown for the person who is about to pass on and the person about to go to the next life is worried about the family being left behind. It's good to be truthful about the whole situation especially with the children. They need to hear it straight because most kids want to know. Kids are more resilient than what we think as well as this will help kids to not fear the next life if we teach them and help them to understand one day all will have their turn.

Joy In Our Town 204 – Roll in Clip	0:30	L	PA/O	1/21/11	11:00 am
				1/22/11	1:30 am
				1/24/11	9:30 am
				1/25/11	1:30 am
				1/27/11	1:30 am

Roll-In Clip PSA called "Free File" is about being able to file your taxes free of charge in the IRS website. Free File does all the hard work for you. www.freefile.irs.gov

Joy In Our Town 205 – Roll in Clip	0:30	L	PA/O	1/28/11	11:00 am
				1/29/11	1:30 am
				1/31/11	9:30 am
				2/01/11	1:30 am
				2/03/11	1:30 am
				2/08/11	2:00 am

Roll-In Clip PSA from Harvard School of Public Health. "A Nation of Graduates" Gen. Colin Powell talking about our nations future. Preparing young men and women today for productive and fulfilling lives. Be a mentor. www.serve.gov/mentor

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
EDUCATION							
Joy In Our Town	#128	28:30	12:00	L	PA/O	3/11/11	11:00 am
						3/12/11	1:30 am
						3/14/11	8:30 am
						3/15/11	12:30 am
						3/17/11	12:30 am

Oralena Valero welcomes and introduces Dr. Heather Carter who is the founder of Arizona Community Engagement in Education (A.C.E.E.) The question being answered during the first segment of the program was "How can the community help to overcome challenges and barriers in Arizona education?" Dr. Carter was a fifth grade teacher for five years and now works at Arizona State University so she is very familiar with the Arizona State education system. Recently, Dr. Carter saw a great opportunity to help the public education in her community by starting a non-profit organization named Arizona Community Engagement in Education (A.C.E.E.) Their mission is to help connect various community organizations to schools in order to bring in additional resources, services, and expertise. She explained how Arizona does have some fabulous schools, but our state is in an economic crisis and many great programs and services have had budget cuts. A.C.E.E. helps bridge the gap between what is able to be afforded and what is needed for our students and teachers. Dr. Carter talked about the importance of ensuring that every child has a great foundation for learning. She said that the projections for the amount of jail space we will need in the future is actually determined by 3rd grade reading levels. Students who cannot ready by 3rd grade have a high risk of dropping out of school and ending up in jail. Dr. Carter looks forward to working with people in the community to improve the quality of education in Arizona.

Joy In Our Town	#128	28:30	12:00	L	PA/O	3/11/11	11:00 am
						3/12/11	1:30 am
						3/14/11	8:30 am
						3/15/11	12:30 am
						3/17/11	12:30 am

Oralena Valero welcomes back Dr. Heather Carter who is the founder of Arizona Community Engagement in Education (A.C.E.E.) The question being asked during the second segment was "How can parents help to enhance learning skills?" Dr. Carter began by stating that parents are the first educators of their children. She has also seen how many parents start off being very involved in preschool and kindergarten, but then the involvement weans off around 3rd or 4th grade. Dr. Carter stated that successful students always have active, involved parents who show an interest in their child's education. She spoke about the various points in the day when parents can really engage their children in learning. Learning doesn't just occur in the classroom between 8:00 am and 2:30 pm; it occurs all throughout the day, in every activity occurring. She encouraged parents to really take advantage of teachable moments, and to try to ask open questions about their child's day at school. (Ex: What did you enjoy learning about? What do you wish you had more information on?) She also warned parents against jumping to give your children a quick answer to a

question. Instead, do research together to find a good answer. Also be sure to make time every day that is "cell phone free" family time. Great opportunities for this are at the breakfast table, in the car, and at bedtime. These are some practical, everyday tips to help parents really enhance their child's learning skills.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#210	28:30	12:00	L	PA/O	3/18/11	10:00 am
						3/19/11	12:30 am
						3/21/11	8:30 am
						3/22/11	12:30 am
						3/24/11	12:30 am

Bob Waggoner welcomes and introduces Superintendent John Huppenthal of Arizona Department of Education. In the first segment Mr. Huppenthal talked about school choice and he explained how he decided to go into the education field. He said the responsibilities are enormous and there are great assets along with enormous challenges. He talked about open enrollment which gives parents choices where their child can go to school and 15% to 40% take advantage of the open enrollment advantage. Public school's are allowed to open up anywhere. They also discussed charter schools. Charter schools can be funded by anyone, non-profit entities, profit entities, foundations, etc. Teachers seem to be passionate about teaching the children in these types of schools. In the top ten schools, in academic gains, most of them are charter schools in Arizona. For people who want to donate to these schools, they can also get a dollar for dollar tax credit. They also discussed what's happening for the special needs children. They closed this segment by talking about the funding for education.

Joy In Our Town	#210	28:30	12:00	L	PA/O	3/18/11	10:00 am
						3/19/11	12:30 am
						3/21/11	8:30 am
						3/22/11	12:30 am
						3/24/11	12:30 am

Bob Waggoner welcomes back Superintendent John Huppenthal. In the second segment, Mr. Huppenthal talked about discipline in the classroom which is an important focus of everything you do in education. All the administrative efforts and the reform efforts are designed around a disciplined, organized classroom. We need both discipline and organization. We have to have an energized teacher that knows they have the support of the principal, and the laws that also support them. Teachers have to command respect and be well organized. There has to be accountability at the teacher level, and you need accountability at the principal level. The Department of Education is going to start a new concept for accountability of principals. The teachers will evaluate the quality of the leadership. They also discussed how the discipline at home affects the discipline at school. The Department of Education is also going to do some reading initiatives. It will help young children to stay out of the gang culture because they will be reading and have a good identity about themselves because they know how to read. They will be going into high crime areas with the reading initiatives. They've done this in Florida and it has raised the literacy rates 30% and they want this to happen in Arizona. Mr. Huppenthal talked about moving the accountability issue up to the School District Level. When that happens, things change. They also talked about performance in the classroom, and how important that is. It creates more opportunities for the students.

Joy In Our Town 128 – Roll in Clip		0:30		L	PA/O	3/11/11	11:00 am
						3/12/11	1:30 am
						3/14/11	8:30 am
						3/15/11	12:30 am
						3/17/11	12:30 am

Roll-in Clip PSA from the National Endowment for Financial Education. This clip shows people asking themselves "Is the American dream out of reach?" "Will I be able to pay for our kid's college education?" Get smart about your money and start taking control of your financial life.

www.smartaboutmoney.com

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	210– Roll in Clip		0:30	L	PA/O	3/18/11	10:00 am
						3/19/11	12:30 am
						3/21/11	8:30 am
						3/22/11	12:30 am
						3/24/11	12:30 am

Roll-In Clip PSA from IRS called "Free File". Filing your taxes can be taxing. This is a PSA about being able to file your taxes for free in the IRS website. www.freefile.irs.gov

CIVIC AFFAIRS

Joy In Our Town	#121	28:30	12:00	L	PA/O	2/04/11	11:00 am
						2/05/11	1:30 am
						2/07/11	9:30 am
						2/08/11	1:30 am
						2/10/11	1:30 am

Oralena Valero welcomes and introduces the Honorable Ken Bennett, Arizona Secretary of State. The first segment was dedicated to discussing the importance of one vote. Secretary Bennett reminded viewers about the importance of playing an active role in OUR government, and that voting is one of the greatest and simplest ways to do just that. To illustrate his point that every vote matters, he recapped several past state and national elections in which the deciding factor came down to just a handful of votes. Secretary Bennett stressed that all votes do get counted, whether they are by mail-in ballots, early ballots, or late evening ballots from the polling stations. To vote in-person at a polling station you must either bring one form of ID that has both your picture and address on it, OR two forms of ID proving your address and legal name (Such as a utility bill, vehicle registration, etc.) This ensures that everyone who is voting is qualified to participate. One ballot can make a difference, so get out and exercise your right to vote!

Joy In Our Town	#121	28:30	12:00	L	PA/O	2/04/11	11:00 am
						2/05/11	1:30 am
						2/07/11	9:30 am
						2/08/11	1:30 am
						2/10/11	1:30 am

Oralena Valero welcomes back the Honorable Ken Bennett, Arizona Secretary of State. During the second half of the program, the function of the office of the Arizona Secretary of State was discussed. Secretary

Bennett said that there are 4 main responsibilities of his office: 1) He (The Secretary of State) serves as the Lieutenant Governor when the Governor is either out of the state or incapacitated. 2) He serves as the Chief Elections Officer for the State of Arizona. 3) The office of the Secretary of State is the one which issues trade marks and trade names. 4) It is the office through which all notaries receive their certification. So there are many various tasks for the office of the Secretary of State, and it is essential that the office be kept running smoothly and efficiently. They also work to maintain and preserve many historical state documents and artifacts. They also run a research library which is open to the public. The Secretary of State's Office employs 140 people and strives to meet the demands of the Arizona people in a helpful and timely manner.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#211	28:30	12:00	L	PA/O	3/25/11	10:00 am
						3/26/11	12:30 am
						3/28/11	8:30 am
						3/29/11	12:30 am
						3/31/11	12:30 am

Bob Waggoner welcomes and introduces The Honorable Tom Horne who is the Arizona Attorney General. In the first segment Attorney Horne talks about Obama Care. He first spoke about the four priorities as Attorney General. 1) Protect Our Borders 2) To Strictly Enforce The Law 3) Create A Legal Environment That's Conducive To Business Growth and 4) Emphasize Consumer Protection and Related Issues. Attorney Horne has joined in the law-suit to declare Obama Care as unconstitutional. It will not be final until the United States Supreme Court rules. No where in the constitution does it say you have to buy things you don't want to buy. We don't want our health care decisions made by the federal government. It would also cost everyone an extra billion dollars a year to implement this program. Mr. Horne said that 26 states are represented in declaring Obama Care as unconstitutional. This is a very serious challenge.

Joy In Our Town	#211	28:30	12:00	L	PA/O	3/25/11	10:00 am
						3/26/11	12:30 am
						3/28/11	8:30 am
						3/29/11	12:30 am
						3/31/11	12:30 am

Bob Waggoner welcomes back The Honorable Tom Horne. In the second segment Attorney Horne talked about ethnic studies. He mentioned notifying the Tucson Unified School district to stop dividing students by race in what they call ethnic studies, if not, they could lose 10 percent of their budget under a bill he had written and with help of the legislature had gotten passed. He said there was a group of very radical teachers that teach the kids that they live in occupied Mexico that we should give back to Mexico the states we took in 1848 which includes California, Arizona, New Mexico, Texas, etc., and that they are oppressed by white racist imperialist power structure that want to oppress Latinos. Most of these parents and grandparents came here because they believe this is the land of opportunity and when they go to school we should teach them that this IS the land of opportunity and if they work hard they too can achieve whatever they want and not teach them that they are oppressed. Attorney Horne believes teachers should teach students to be proud Americans and to treat each other as individuals. Also they spoke about our state being diverse, and a state of many races. There are a lot of immigrants who have come here legally and have had to wait ten years to become legal citizens and believe the law should be enforced. They are angry that people are coming across the borders on their own and breaking the law. Senate Bill 1070 is not against immigration, just illegal immigration. That's what the United States is all about. They also discussed the situation with the school board in the Tucson Unified School District.

Joy In Our Town 121 – Roll in Clip			0:30	L	PA/O	2/04/11	11:00 am
						2/05/11	1:30 am
						2/07/11	9:30 am
						2/08/11	1:30 am
						2/10/11	1:30 am

Roll-In Clip from Corporation for National and Community Service “Get Involved” 1 (800) 424-8867 www.GetInvolved.gov. Make a difference today. Use your talents and experiences to help others. This is about helping children & seniors in the community.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town 211– Roll in Clip			0:30	L	PA/O	3/25/11	10:00 am
						3/26/11	12:30 am
						3/28/11	8:30 am
						3/29/11	12:30 am
						3/31/11	12:30 am

Roll-In Clip PSA from United States Marine Corps "For Us All" Public Service Announcement about Marines in action. Your Marine Corps way of life is to defend the American way of life. Everyday they take a stand for our nation, for each other, for us all. MARINES. The Few. The Proud. www.MARINES.com

Trinity Broadcasting of Arizona Quarterly Report

KPAZ

PHOENIX, ARIZONA

PROGRAM PERTAINING TO

LEADING COMMUNITY ISSUES FOR

APRIL, MAY, JUNE 2011

REPRESENTING SAMPLING ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES
BY TELEPHONE FROM TBA VIEWERS, THE PRINTED MEDIA, COMPRISING
NEWSPAPERS, MAGAZINES, PUBLICATIONS, TELEVISION AND RADIO,
WHENEVER POSSIBLE.

HEALTH

CRIME

YOUTH

FAMILY

ECONOMY

CIVIC AFFAIRS

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF
TBA PROGRAMMING ADDRESSING THE ISSUES/PROBLEMS
NAMED ON THE ASCERTAINMENT LIST AS WELL AS
OTHER ISSUES TO BE IMPORTANT, FOLLOWING FCC
REQUIREMENTS FOR THE QUARTERLY REPORT TO BE
KEPT IN THE PUBLIC FILE FOR THE **SECOND QUARTER**
APRIL, MAY, JUNE 2011

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
<u>HEALTH</u>							
Joy In Our Town	#141	28:30	12:00	L	PA/O	4/08/11	10:00 am
						4/09/11	12:30 am
						4/11/11	8:30 am
						4/12/11	12:30 am
						4/14/11	12:30 am

Oralena Valero welcomes and introduces Dr. Chris Lewis and Dr. Lela Lewis of the Medical and Surgical Health and Healing Institute. Preterm Labor was the topic for the first segment of the program. Dr. Lela Lewis is an OB/GYN and said that there is a growing trend of women suffering from preterm labor, which now affects over 500,000 women every year. Dr. Lela said that preterm labor can be defined as any contractions and dilation of the cervix before 37 weeks gestation. Babies who are born before 37 weeks have an increased risk of suffering from physical and mental disabilities. Dr. Lela shared that some of the causes of preterm labor are: extreme ages (teenage pregnancies or pregnant women over age 35), diabetes, preeclampsia, low weight gain during pregnancy, and infection. Recently, researchers have discovered that inflammation is one of the leading causes of preterm labor and delivery. Dr. Lela said that by ingesting water, or by receiving it through an IV, many women can stop their contractions and delay labor for at least another week. Every day that the baby can stay inside the mother and continue to mature, increases their chances of survival and health.

Joy In Our Town	#141	28:30	12:00	L	PA/O	4/08/11	10:00 am
						4/09/11	12:30 am
						4/11/11	8:30 am
						4/12/11	12:30 am
						4/14/11	12:30 am

Oralena Valero welcomes back Dr. Chris Lewis and Dr. Lela Lewis of the Medical and Surgical Health and Healing Institute. During the second segment of the show, the host and guests discussed Chron's disease. Dr. Chris shared the symptoms of Chron's disease. Some are abdominal pain, diarrhea, loss of appetite, fatigue, and anxiety. In some extreme cases, surgery is required to correct some of the damage to the intestine. A great solution that Dr. Chris has shared with his patients is the use of probiotics, aloe vera, and a dairy-free diet. Many of his patients have made complete recoveries after being on this regimen for 3 weeks or more. For best results Dr. Chris recommends that people take 1/3 cup of aloe vera 3 times a day. Dr. Lela said that aloe vera can also help in decreasing inflammation of the bladder which many women suffer from.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#130	28:30	12:00	L	PA/ O	4/22/11	10:00 am
						4/25/11	8:30 am
						4/26/11	12:30 am
						4/28/11	12:30 am
						6/21/11	1:30 am
						6/30/11	1:00 am

Oralena Valero welcomes and introduces Kelly Turner, a licensed medical aesthetician and certified laser technician. During the first half of the show, Oralena and Kelly talked about tattooing and permanent makeup. Kelly explained that many women look to permanent makeup because of skin allergies, convenience while traveling and quick-fixes after gym workouts. Many men also have permanent makeup done on eyes and eyebrows. Kelly described the various application methods and how the face tattooing uses milder ink than regular body tattoos, but is subject to fading over time (depending on sun exposure, chemical peels, etc.) She also talked about how women who have had mastectomies because of breast cancer can enjoy reconstructed breasts, with tattooed areolas to help boost their self confidence again. Permanent makeup tattooing can allow you to have a flawless finish that lasts years.

Joy In Our Town	#130	28:30	12:00	L	PA/ O	4/22/11	10:00 am
						4/25/11	8:30 am
						4/26/11	12:30 am
						4/28/11	12:30 am
						6/21/11	1:30 am
						6/30/11	1:00 am

Oralena Valero welcomes back Kelly Turner, a licensed medical aesthetician and certified laser technician. Skin problems were the main topic for the second segment of the program. Kelly talked about hyper-pigmentation which is dark spots on the skin caused by sun damage or hormonal issues. Kelly also talked about the importance of wearing sunscreen. She explained the differences between UVA protection and UVB protection. UVA helps guard against the signs of aging while UVB protects your skin from getting burned by the sun. The host and guest discussed the dangers of tanning in both tanning beds and natural sunlight. People need to be very careful about the products they put on their skin because 19 seconds after you put something onto your skin, it enters your bloodstream.

Joy In Our Town	#122	28:30	12:00	L	PA/O	6/17/11	10:00 am
						6/18/11	12:30 am
						6/20/11	8:30 am
						6/21/11	12:30 am
						6/23/11	12:30 am

Oralena Valero welcomes and introduces Dr. Robert Lee Gear, a naturopathic and chiropractic doctor. The topic for the first segment of the program was the poisonous effects of smoking. Dr. Gear said that in primary smoking the smoker is filtering the chemicals through both the tobacco itself and a filter on the cigarette. The secondhand smoker, on the other hand, receives the full amount of toxins. There are more than 2,000 harmful chemicals in a burning cigarette. Nicotine is only one of the chemicals, and is the one that makes smoking so addicting. Some of the physical effects of smoking are: nausea, giddiness, vomiting, cold sweats, and decreased blood flow. Smoking also negatively affects the kidneys, liver, and thyroid. Dr. Gear explained that menthol was added to cigarettes in order to poison and numb the nerves in the mucus lining of the lungs and sinuses. Menthol is not good for you; it just disallows the feelings of inflammation and agitation in your body. Smoking also causes the skin to lose elasticity and become dried out. Dr. Gear said that the average smoker tries between 6 and 11 times to quit smoking before they are successful.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town #122		28:30	12:00	L	PA/O	6/17/11	10:00 am
						6/18/11	12:30 am
						6/20/11	8:30 am
						6/21/11	12:30 am
						6/23/11	12:30 am

Oralena Valero welcomes back Dr. Robert Lee Gear, who is a naturopathic and chiropractic doctor. Post traumatic stress disorder, also known as PTSD, was the main topic for the second segment. Dr. Gear took time to explain the mental, emotional, and physiological effects of trauma on the body. He explained how all mammals have developed a "freeze response" over the centuries, and how we respond to traumatic situations. When we feel a threat to our lives, our natural response is to freeze, in order to go unnoticed or to think about how to retaliate or respond. The "fight of flight" adrenaline rush kicks in, and that chemical level rises in our brains. If it is not properly discharged, that build up can lead to post traumatic stress disorder later on. We all need to process stressful situations and allow our bodies time to grieve, cope, adjust, and move on. Then we can live a healthy life without bondage and burdens weighing us down.

Joy In Our Town- 141 Roll in Clip		0:30		L	PA/O	4/08/11	10:00 am
						4/09/11	12:30 am
						4/11/11	8:30 am
						4/12/11	12:30 am
						4/14/11	12:30 am

Roll In Clip PSA: Protect Tomorrow www.protecttomorrow.org

Joy In Our Town- 130 Roll in Clip		0:30		L	PA/O	4/22/11	10:00 am
						4/25/11	8:30 am
						4/26/11	12:30 am
						4/28/11	12:30 am
						6/21/11	1:30 am
						6/30/11	1:00 am

Roll-In Clip PSA: American Lung Association "Voice of Change" www.fightingforair.org

Joy In Our Town – 122 Roll in Clip		0:30		L	PA/O	6/17/11	10:00 am
						6/18/11	12:30 am
						6/20/11	8:30 am
						6/21/11	12:30 am
						6/23/11	12:30 am

Roll-In Clip PSA American Lung Association "Voice of Change" www.fightingforair.org

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>
700 Club Watch	CBN News	1:00:00 6:00		REC	PA/O/E	06/16/2011 12:00 PM
#061611						

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

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>
Doctor to Doctor #295	28:30	28:30		REC	PA/O/E	4/05/2011 9:30 AM

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

Doctor to Doctor #296	28:30	28:30		REC	PA/O/E	4/12/2011 9:30 AM
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Dr. Scott Hannen talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. Dr. John Fisher talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. Dr. Ross Dorsett talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.

Doctor to Doctor #297	28:30	28:30		REC	PA/O/E	4/26/2011 9:30 AM
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Dr. Mike Ronsisvalle talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. Dr. James Mittelberger talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. Dr. Glen Steele talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Doctor to Doctor #298		28:30	28:30	REC	PA/O/E	5/03/2011	9:30 AM

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

Doctor to Doctor #299		28:30	28:30	REC	PA/O/E	5/10/2011	9:30 AM
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Dr. Christopher Chen talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. Dr. Bob DeMaria talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. Dr. Carl Schmidt talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

Doctor to Doctor #300		28:30	28:30	REC	PA/O/E	5/17/2011	9:30 AM
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Dr. Marc Unterman talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. Kay Spears talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. Dr. Mark Sheehan talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Doctor to Doctor #301	Doctor	28:30	28:30	REC	PA/O/E	5/24/2011	9:30 AM

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

Doctor to Doctor #302	Doctor	28:30	28:30	REC	PA/O/E	5/31/2011	9:30 AM
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Eric Braverman talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. Dr. Nicole Gordon-Moton talked about colon cancer. It is the 3rd most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. Dr. David Cawley talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.

Doctor to Doctor #303	Doctor	28:30	28:30	REC	PA/O/E	6/07/2011	9:30 AM
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Dr. Tonya Lyons Anderson talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. Dr. Randy Burden talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. Dr. Bernice Gonzalez talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>
Doctor to Doctor #304		28:30	28:30	REC	PA/O/E	6/14/2011 9:30 AM

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

Doctor to Doctor #305		28:30	28:30	REC	PA/O/E	6/21/2011 9:30 AM
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Dr. Valerie Saxon talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. Dr. Bill Williams talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. Dr. Dale Peterson talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
<u>YOUTH</u>							
Joy In Our Town	#212	28:30	12:00	L	PA/O	4/01/11	10:00 am
						4/02/11	12:30 am
						4/04/11	8:30 am
						4/05/11	12:30 am
						4/07/11	12:30 am
						5/17/11	1:30 am

Bob Waggoner welcomes and introduces Vince & Missey Como who are with AZ Families for Home Education. In the first segment, the topic was about home schooling. Missey explained that while she was going through school to be a public school teacher, she saw many kids falling through the cracks. She began seeing children being left out and began feeling that she wanted to home-school. Their children are in the forth and sixth grades now and she's still home-schooling. The resources are available, and today, many parents are home-schooling their children. It is a huge misconception that parents are not qualified to teach their children. Parents know their children better than anybody. Vince voiced his concern about what the children are being taught. He mentioned a network of families that are home-schooling, and that there are plenty of wonderful resources.

Joy In Our Town	#212	28:30	12:00	L	PA/O	4/01/11	10:00 am
						4/02/11	12:30 am
						4/04/11	8:30 am
						4/05/11	12:30 am
						4/07/11	12:30 am
						5/17/11	1:30 am

Bob Waggoner welcomes back Vince & Missey Como who are with AZ Families for Home Education. In the second segment, Vince talked about bringing back the youth's focus to our countries grass roots. He emphasized having children serve the community and teaching them how to have a servant's heart. That is the first step in training children to be leaders. He spoke about focusing on what the founders of our country believed and the need to educate young people about the truth. He mentioned the history of our country and getting back to our grass roots, people helping people. Vince & Missey encouraged parents to have trust in their children, let them make decisions, and teach them to respect other people, whether they agree with them or not. Missey loves our country and it comes across when she teaches her children. He emphasized the fact of where America came from and appreciating those who have given their lives for our freedom. He stated that children need to know and remember that. Hope and freedom needs to be brought back to America.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#113	28:30	12:00	L	PA/ O	4/05/11	1:30 am
						4/07/11	1:00 am
						4/14/11	1:00 am
						5/03/11	1:30 am
						5/05/11	1:00 am
						5/17/11	1:00 am
						5/27/11	12:30 am
						5/28/11	12:30 am
						6/02/11	1:00 am
						6/07/11	1:00 am
						6/09/11	1:00 am
						6/21/11	1:00 am
						6/30/11	1:30 am

Oralena Valero welcomes and introduces Mr. Tommy Lasorda of the Los Angeles Dodgers. How technology is impacting the youth was the main topic for the first segment. Mr. Lasorda spoke about how major league players have such an influence and impact on the lives of the youth in America. He believes that kids look up to them and follow in their footsteps; this is why it is so important for professional baseball players to set a good example. Mr. Lasorda encourages the players he works with to go speak to the youth in schools and tell them about how important it is to get an education and to stay away from all illegal drugs. He also spoke about the importance of doing what is right for both yourself and others. He tells baseball players to play for the name on the front of their jersey (the team name) rather than for the name on the back of their jersey (personal name). If you work together as a team you can win championships. He also tells the youth to listen to their parents, teachers, and other older members of society because they have a lot of wisdom and have learned a lot of lessons in their lifetime.

Joy In Our Town	#113	28:30	12:00	L	PA/ O	4/05/11	1:30 am
						4/07/11	1:00 am
						4/14/11	1:00 am
						5/03/11	1:30 am
						5/05/11	1:00 am
						5/17/11	1:00 am
						5/27/11	12:30 am
						5/28/11	12:30 am
						6/02/11	1:00 am
						6/07/11	1:00 am
						6/09/11	1:00 am
						6/21/11	1:00 am
						6/30/11	1:30 am

Oralena Valero welcomes back Mr. Tommy Lasorda of the Los Angeles Dodgers. The second topic was discussing how being a mentor, role model, and/or point of accountability can positively affect the youth of today. Mr. Lasorda addressed this issue during the first segment as well, but focused on the ways of learning during this second segment. He said there are three ways we learn in life: through conversation, observation, and participation. He spoke again about the importance of setting a good example for youth to follow, and about spending quality time with family. He said that kids owe it to their parents to love them and respect them, since parents do so much to love and provide for their kids. He gave a special tribute to teachers and feels that teachers need to be compensated for all the love and information that they pour into the youth today. By having positive adults such as parents, teachers, and role models the youth of today can lay a good foundation to achieving their dreams in the future.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town # 212 - Roll in Clip			0:30	L	PA/O	4/01/11	10:00 am
						4/02/11	12:30 am
						4/04/11	8:30 am
						4/05/11	12:30 am
						4/07/11	12:30 am
						5/17/11	1:30 am

Roll In Clip PSA from WestGlen Communications "Rating System" It's about a mom and boys shopping for video games—parents use rating system. www.ESRB.org mobile

Joy In Our Town # 113– Roll in Clip			0:30	L	PA/ O	4/05/11	1:30 am
						4/07/11	1:00 am
						4/14/11	1:00 am
						5/03/11	1:30 am
						5/05/11	1:00 am
						5/17/11	1:00 am
						5/27/11	12:30 am
						5/28/11	12:30 am
						6/02/11	1:00 am
						6/07/11	1:00 am
						6/09/11	1:00 am
						6/21/11	1:00 am
						6/30/11	1:30 am

Roll-In Clip PSA from WestGlen Communications "Rating System" (It shows Mom and Boys shopping for video games—Parents using rating system) ESRB.org/mobile

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
<u>CRIME</u>							
Joy In Our Town	#219	28:30	12:00	L	PA/O	6/03/11	10:00 am
						6/04/11	12:30 am
						6/06/11	8:30 am
						6/07/11	12:30 am
						6/09/11	12:30 am

Bob Waggoner welcomes and introduces C. Anthony Williams who has been in law enforcement for seventeen years. He is now the owner of Orion International Group, L.L.C. In the first segment of the program the discussion was about crime and how to avoid becoming a victim. Mr. Williams spoke of seven ways to avoid becoming a crime victim. He specified that women are more susceptible than men. Here are several ways to avoid a crime. 1) Be aware who's around in the parking lot. Have car keys ready to get in the car. 2) A person should walk as though they know where they're going. Predators are looking for an easy target. 3) Always have someone with you. Don't go out jogging at night by yourself. 4) Don't leave anything of value in the car where people can see it. Lock it in the trunk or put it in the floor in the back seat if you have dark tinted windows. 5) Use pepper spray or scream loudly. 6) Run as fast as possible. 7) Avoid buying gas late at night. Also, when gone from home, halt mail and newspaper delivery. Timers can be set for lights and television, etc. Having a neighborhood watch is a good thing. Have someone collect the little door hangers that advertisers put on the front door. Mail piling up in the mailbox and newspapers on the porch are dead giveaways.

Joy In Our Town	#219	28:30	12:00	L	PA/O	6/03/11	10:00 am
						6/04/11	12:30 am
						6/06/11	8:30 am
						6/07/11	12:30 am
						6/09/11	12:30 am

Bob Waggoner welcomes back C. Anthony Williams who has been in law enforcement for seventeen years. In the second half of the program the discussion was about the difference between uniformed security guards vs video cameras. Mr. Williams explained how video cameras capture the crime, but they can't prevent the crime. If a robber sees a uniformed security officer, he knows he's going to be challenged and in many cases they stop the crime from happening. Mr. Williams talked about how crime is increasing and how the economy affects the amount of crime committed. He encouraged having a live uniformed security guard in some cases. The positive of having a security guard in addition to a video camera is that a live security guard is an authority figure and would strongly discourage a thief. With a video camera, it may or may not be working and the thief may decide to just take their chances. There are video cameras that detect movement and can see details in a persons face. A hired uniformed security officer should be licensed and trained and also meet state standards. One last word from Mr. Williams is; 1) You need to be aware 2) Know your surroundings 3) Listen to the news to know what's going on in your area.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#220	28:30	12:00	L	PA/O	6/10/11	10:00 am
						6/11/11	12:30 am
						6/13/11	8:30 am
						6/14/11	12:30 am
						6/16/11	12:30 am

Oralena Valero welcomes and introduces Joe Arpaio who is the Sheriff of Maricopa County. The first topic discussed was about Illegal Immigration. Sheriff Joe is enforcing Federal and State Immigration laws and explained he's here to enforce the law and human smuggling period. It doesn't matter what nationality. He mentioned raiding 43 different businesses and they have arrested five hundred persons here ILLEGALLY. He said the reason he likes doing this is because it opens up vacancies so people here LEGALLY in our own country, can get work and find a job. He said it's an insult to our country to say that we don't have people to do the job because we do. Sheriff Joe talked about how this problem can be solved of securing the border and offered his solution. 1) Become operational 2) Take the US Border Patrol and put them on the other side, work with the army and federal police and we'll solve the problem but not without cooperation. We need to send some of our resources to help—and suggested our military or border patrol.

Joy In Our Town	#220	28:30	12:00	L	PA/ O	6/10/11	10:00 am
						6/11/11	12:30am
						6/13/11	8:30 am
						6/14/11	12:30 am
						6/16/11	12:30 am

Oralena Valero welcomes back Joe Arpaio, who is the Sheriff of Maricopa County. In the second half of the program the discussion was about life in prison. Sheriff Joe took away their porn, R rated movies, their coffee and cigarettes, and salt. He put up tents for the ones found guilty. The other eight thousand are in the other jails. They also go to the cemetery to help bury the deceased. They learn how important life is so they'll be good parents when they get out. He puts them on the chain-gang on the streets of Scottsdale where everybody can see them, so the parents can show their children that if they disobey the law that's where they'll be. He has a method to his operation to help not only the inmates but to help families. They have several programs to help. 1) Drug prevention programs 2) A high-school, the only one under a sheriff 3) Religious programs with over 500 volunteers 4) Parenting programs 5) Read to Me Mommy program 6) Girl Scouts Behind Bars. These programs haven't been mentioned very much which Sheriff Joe says is OK, because they're training the inmates for when they get out of jail. He knows he runs a tough jail situation, with over two million having gone through it since he's been the Sheriff, but he likes the phone calls he gets when parents call and say 'thank you' my kid will never go back. They hated it! Sheriff Joe doesn't want them coming back. Sometimes people complain and accuse him of separating their loved one in jail from their children and their families. He said, why don't we talk about everyone in jail being separated from their children and families? Yes, they're separated. They're in jail. So let's feel sorry for all the inmates in jail. Sheriff said if the drug problem could be stopped, crime would be eliminated by 60%.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town 219 – Roll in Clip			0:30	L	PA/ O	6/03/11	10:00 am
						6/04/11	12:30 am
						6/06/11	8:30 am
						6/07/11	12:30 am
						6/09/11	12:30 am

Roll-In Clip PSA WestGlen Communications—Driver's Edge "I'm A Killer" It's a warning for Teens against drinking and driving. www.DriversEdge.com

Joy In Our Town 220– Roll in Clip			0:30	L	PA/ O	6/10/11	10:00 am
						6/11/11	12:30 am
						6/13/11	8:30 am
						6/14/11	12:30 am
						6/16/11	12:30 am

Roll-In Clip PSA from U.S. Air Force "Health Voss". It's about a Motocross star telling youth to make good choices and prepare for the future.

FAMILY

Joy In Our Town #216		28:30	12:00	L	PA/O	4/29/11	10:00 am
						4/30/11	12:30 am
						5/02/11	8:30 am
						5/03/11	12:30 am
						5/05/11	12:30 am

Bob Waggoner welcomes and introduces Eddie & Sandra Robinson who are the Pastors of Word of Life Christian Center. The first topic in the program was; are you parenting without a compass? Pastors Eddie & Sandra have been married forty years and have grown children and four grandsons. They talked about what parenting without a compass means. Pastor Eddie said a compass shows a person exactly what direction they're going. It also shows when one is off course. Pastor Sandra mentioned writing down specific goals and topics to teach children. These things help children get on the right path. It's all about being in society and being able to make a difference. All the technical devices and internet sights available to kids today can be a hindrance or problem. They cannot take the place of parenting. Things cannot take the place of quality time spent with ones children. Children are brilliant, but they need to be channeled in the right direction. Situations need to be met head-on. Pastor Eddie encouraged both parents to be involved in their children's activities. Kids need a mom and a dad. Pastors Eddie and Sandra encouraged viewers to work with each of their children according to their own personalities.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#216	28:30	12:00	L	PA/O	4/29/11	10:00 am
						4/30/11	12:30 am
						5/02/11	8:30 am
						5/03/11	12:30 am
						5/05/11	12:30 am

Bob Waggoner welcomes back Eddie & Sandra Robinson who are the Pastors of Word of Life Christian Center. In the second segment of the program Pastor Eddie explained what is meant by "Toxic Communication." It means, words that damage, that cause low self-esteem, words that cause hurt and pain. Just like natural toxins are hurtful to the body, so are words. Toxic words damage a child's potential. Pastors Eddie and Sandra talked about using words that encourage and affirm and words that will cause children to strive and accomplish something instead of withdrawing. Even a look or a glance can send a toxic message. They discussed discipline in school. It's the parents' responsibility to train the child up. It cannot be left to their teachers. We need parental control. Monitor the TV and Internet. Parents need to know what their children are looking at. If children see lack of respect in their parents, they won't have respect either. Children need to respect their elders and they will emulate their parents. Pastor Sandra said that it's important to communicate not only verbally, but through hugging, touching, and also suggested taking advantage of our latest electronics, and use the messaging and texting to our advantage. Email and Facebook are also great ways parents can communicate with their children with short, loving, and encouraging messages when they're not with them.

Joy In Our Town	#105	28:30	12:00	L	PA/O	6/24/11	10:00 am
						6/25/11	12:30 am
						6/27/11	8:30 am
						6/28/11	12:30 am
						6/30/11	12:30 am

Oralena Valero welcomes and introduces Michael W. Smith who is a Christian Counselor. The first topic discussed was depression and anxiety. Michael reported that the number one illness in America is depression. He also shared that three of the top ten disabling conditions in the United States are mental conditions. Michael talked about how he has seen an increase in the number of referrals of people coming in to receive counseling since the economy has worsened. He said the top reasons for depression and anxiety can result from any of the following: a recent lay-off from work, a death in the family, sudden illness, severe financial hardship, separation or divorce. Michael explained that when he works with people the first step is to build a relationship of trust; he lets the person know that he does not judge or condemn anything for anything they have done, and that they can be open and honest with him in sharing their thoughts and feelings. Next, he works to help them isolate the stressors in their life and to observe how those stressors are affecting them. Michael helps people overcome depression and anxiety by helping them discover both spiritual and emotional healing. Each day is a fresh start and a clean slate to begin building new life upon.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#105	28:30	12:00	L	PA/O	6/24/11	10:00 am
						6/25/11	12:30 am
						6/27/11	8:30 am
						6/28/11	12:30 am
						6/30/11	12:30 am

Oralena Valero welcomes back Michael W. Smith who is a Christian Counselor. The main topic for the second segment was marital discord. Michael said that people who cohabit (live together before marriage) statistically have a higher divorce rate than those who do not cohabit. He said that the number one reason for divorce in the United States is finances; Number two is infidelity. He also shared that there is a growing number of marriages suffering because one spouse is addicted to pornography. Addictions of any kind (drugs, alcohol, etc.) can cause major trouble in marriages and families. It is important for people to seek professional help in overcoming their addictions. In this modern day when divorce rates are so high, it is really important for husbands and wives to come together and work on strengthening their relationship.

Joy In Our Town 216 – Roll in Clip	0:30	L	PA/O	4/29/11	10:00 am
				4/30/11	12:30 am
				5/02/11	8:30 am
				5/03/11	12:30 am
				5/05/11	12:30 am

Roll-In Clip PSA from WestGlen Communications “Knowledge-African American” (Mom and boys shopping for video games—pick a safe one) [www. ESRB.org/mobile](http://www.ESRB.org/mobile)

Joy In Our Town 105 – Roll in Clip	0:30	L	PA/O	6/24/11	10:00 am
				6/25/11	12:30 am
				6/27/11	8:30 am
				6/28/11	12:30 am
				6/30/11	12:30 am

Roll-In Clip PSA www.Depressionisreal.org It talks about the symptoms of depression.
1-800-Suicide 1-800-784-2433

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
<u>ECONOMY</u>							
Joy In Our Town	#138	28:30	12:00	L	PA/O	4/05/11	1:00 am
						4/07/11	1:30 am
						4/12/11	1:00 am
						5/03/11	1:00 am
						5/05/11	1:30 am
						5/13/11	10:00 am
						5/14/11	12:30 am
						5/16/11	8:30 am
						5/17/11	12:30 am

Oralena Valero welcomes and introduces Dean Wegner who is a Consumer Housing Expert. The first segment of the program focused on discussing distressed homeowners. Dean said that our state of Arizona is at the center of this national housing crisis; we have been hit pretty hard. He reported that over 50% of homes in Arizona are upside down in their loans. Hardworking Americans are being forced to either face foreclosure or do a short sale. Dean highly recommends trying to negotiate with your bank to do a short sale before the home goes into foreclosure. He encouraged people to be proactive; don't just sit back and get paralyzed by the stress of it all. Dean reminded people that a home is where your family and your belongings are – a house is just a house. There is no shame in defaulting on your mortgage if you are either unable to pay or if it no longer makes sense financially. Dean told people to run their households like a business; you should be turning a profit at the end of each month. If you are not, it is time to restructure you life and makes some changes. When looking for a housing counselor, Dean recommends that you work ONLY with a HUD certified housing counselor. You may also want to see legal advice from an attorney if you decide to do breach of contract on your mortgage. The bottom line is to take action and make the tough decisions now, so you can move your family into a great financial future.

Joy In Our Town	#138	28:30	12:00	L	PA/O	4/05/11	1:00 am
						4/07/11	1:30 am
						4/12/11	1:00 am
						5/03/11	1:00 am
						5/05/11	1:30 am
						5/13/11	10:00 am
						5/14/11	12:30 am
						5/16/11	8:30 am
						5/17/11	12:30 am

Oralena Valero welcomes back Dean Wegner who is a Consumer Housing Expert. The second topic addressed the question "Are Banks Loaning?" and looked at how to buy a home in today's market. Dean went over the basics of what is required for those seeking to get an FHA loan. It will require at least a 620 fico score and a down payment of at least 3 ½ %. They may also require that you have proof of employment for the past 2 years and be able to provide your W2's and pay stubs. Dean said that people needing to boost their credit scores need to do their research and dispute multiple claims. He also recommended people getting secure credit cards to start building back up good credit. He has seen success stories even in these tough economic times, and was happy to report that currently 7,000-8,000 homes are being bought each month in Maricopa County.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#214	28:30	12:00	L	PA/O	4/15/11	10:00 am
						4/16/11	12:30 am

Bob Waggoner welcomes and introduces Dale Prost who is with Alliance Financial Resources.

Mr. Prost has been in the mortgage industry for thirty five years. He talked about the foreclosures impacting Maricopa County. Arizona ranks number two in the country in foreclosures, and will continue into 2011. He also explains that this all began back in 2001 when bills were passed to soften up credit to allow more people to own a home. When they loosened up credit so virtually everybody could get a loan, it created a lot of problems. There was a huge inflation. It was an artificial supply and demand and Washington wasn't doing anything to stop it. Mr. Prost explained what a short sale is: It's when the value of the property is less than the loan balance. He encouraged people to always seek the advice of an attorney and a CPA when selling a home. Mr. Prost said that Phoenix ranks number one in home value decreases right now. He advised people to do it right and get good legal advice.

Joy In Our Town	#214	28:30	12:00	L	PA/O	4/15/11	10:00 am
						4/16/11	12:30 am

Bob Waggoner welcomes back Dale Prost, who is in the mortgage industry. In the second half of the program Mr. Prost talked about the future of our housing market. Mr. Prost explained that the foreclosures first started out with toxic loans or sub-prime loans that really propelled the devaluation of property that caused homes to be foreclosed on and caused people to lose jobs. He spoke about the slow job growth right now, so now is the time to buy while interest rates are still low. Your credit can be repaired, it's not destroyed. Mr. Prost said; don't wait for homes to go up. If a person is interested in buying a home, and can afford it, now is a good time to buy. He also spoke about a few things that can get us on the road to recovery. 1) Government has to give tax incentives 2) Loosen underwriting a little bit in some of the residential homes for people to purchase. He said it's all about making common-sense decisions.

Joy In Our Town 138 – Roll in Clip			0:30	L	PA/O	4/05/11	1:00 am
						4/07/11	1:30 am
						4/12/11	1:00 am
						5/03/11	1:00 am
						5/05/11	1:30 am
						5/13/11	10:00 am
						5/14/11	12:30 am
						5/16/11	8:30 am
						5/17/11	12:30 am

Roll-in Clip PSA from the National Foundation for Credit Counseling "Should Not Be Shopping" It's about women unable to shop because of their poor financial state. 1-866-687-6322 www.MortgageHelpNow.org

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town 214 – Roll in Clip		0:30		L	PA/O	4/15/11	10:00 am
						4/16/11	12:30 am

Roll-In Clip PSA: The Campaign for Disability Employment "I Can" (People with disabilities can perform many jobs and should be given the opportunity to do so) www.whatcanyoudocampaign.org

CIVIC AFFAIRS

Joy In Our Town #217		28:30	12:00	L	PA/O	5/06/11	10:00 am
						5/07/11	12:30 am
						5/09/11	8:30 am
						5/10/11	12:30 am
						5/12/11	12:30 am

Bob Waggoner welcomes and introduces Dr. Heather Carter who is the AZ State Representative for District 7. In the first segment of the program Dr. Heather explained each one of the Anti Abortion Bills. There are three bills that have been passed out of the House of Representatives. 1) House Bill 2416 Mother's Health and Safety Ultra Sound Provision that allows themselves to see an ultra sound and listen to the baby's heartbeat. This sometimes changes a mothers' mind about having an abortion. The bill is now making its way over to the Senate. 2) House Bill 2384 is also a pro-life bill. It prohibits public tax dollars from going to pay for public instruction or the actual abortion. This bill keeps the abortion center from accessing tax money to teach and/or administer abortions. 3) House Bill 2443. This bill out-laws the ability of a woman to abort a baby based on race or gender. These bills are on their way to the Senate, and if passed, will then go to the Governor's desk to be or not to be signed. Just recently the bill was passed to honor the Pregnancy Care Centers and the important work that helps pregnant women to be able to decide if they do or do not want an abortion. The next bill was about Public Safety. 5) House Bill 2246 is a very important safety concern. Dr. Heather shares a personal experience that involved her 31 year old nephew. This bill involves the need for emergency vehicles access plan and the need to communicate those plans to emergency responders.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#217	28:30	12:00	L	PA/O	5/06/11	10:00 am
						5/07/11	12:30 am
						5/09/11	8:30 am
						5/10/11	12:30 am
						5/12/11	12:30 am

Bob Waggoner welcomes back Dr. Heather Carter who is the AZ State Representative for District 7. In the second segment of the program, Religious Academic Freedom was the main topic. As a professor at the university, Dr Heather has seen many times where students hold very near and dear conservative beliefs and sometimes they are graded more harshly on papers, etc. 4) House Bill 2565 -Religious House Liberty Act. If this bill passes it will give students the freedom to write about the topic of their choice, if they abide with all the rules. Dr. Heather also talked about her many responsibilities. She's a wife, a mother, a professor, and is now serving as State Rep. for Dist. 7. She explained she became involved in the legislature because she wanted to be a part of the solution for the state of AZ. Dr. Heather explained the process in which house bills are passed. The public can observe Cox Cable, channel 123 where it shows exactly what's happening on the floor and it's also on the internet. Dr. Heather said there is nothing hidden. They are on film and microphone almost the entire day during those meetings. All the work is done either in committee, caucus, or on the floor. She explained that there are thirty districts in the state of AZ. They are very crucial to process. Two Reps, and one Senator for each district. These are completely different from the Federal Offices. The boundaries of the districts can be changed at the appropriate time. Dr. Heather explained to the viewers that if someone has a great idea and wants to get a bill implemented, they go about it by telephone or email.

Joy In Our Town	#218	28:30	12:00	L	PA/O	5/20/11	10:00 am
						5/21/11	12:30 am
						5/23/11	8:30 am
						5/24/11	12:30 am
						5/26/11	12:30 am

Bob Waggoner welcomes and introduces The Honorable Jim Lane who is the Mayor of the City of Scottsdale. In the first segment of the program, The West's Most Western Town 60th Birthday Year and Tourism were the topics of discussion. Mayor Jim has lived in Scottsdale for thirty eight years. He's married and has three grown children and three grandchildren. He's been mayor of Scottsdale for two years. They mentioned the great growth of Scottsdale in recent years. Scottsdale is alluded to as "The West's Most Western Town." It really wasn't supposed to portray cattle & cowboys as such, but they want to keep the positive things that are represented by western tradition hospitality. It's the 60th year since being incorporated in 1951. They want the communities to step up to celebrate the centennial with some traditional events, like Parada Del Sol, the largest horse-drawn parade in the world and the rodeos. This celebration culminates on February 14th with the Centennial, the anniversary of our state. Mayor Jim mentioned the diversity of living in Scottsdale. Mayor Jim told the viewers about the orchards and farming in Scottsdale when it was first incorporated. It then became an artist community that brought about much tourism. Scottsdale is known for world class golfing, and world class resorts. The horseshows, parades, automobile auction shows, and the Fiesta Bowl are just some of the Scottsdale Experience.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#218	28:30	12:00	L	PA/O	5/20/11	10:00 am
						5/21/11	12:30 am
						5/23/11	8:30 am
						5/24/11	12:30 am
						5/26/11	12:30 am

Bob Waggoner welcomes back The Honorable Jim Lane who is the Mayor of the City of Scottsdale. In the second segment of the program, Mayor Jim talked about the declining economy in Scottsdale. For thirty nine straight months they've had year over year reductions. They're still working through that. Now the question is; how do we generate more revenue to support city services? They've passed some great reforms that have set the stage for greater transparency and accountability for both the council and their staff. Mayor Jim said it has helped immensely in going forward to do things as close to right as they possibly can. Mayor Jim thanked the people for voting those reforms in. He also said the economic engine that they have, and increasing economic activity, is the only real way to go forward without overburdening an already depressed economy. They don't want to put an additional burden on a sustainable way. They have put together several programs to generate better instances for businesses to come to Scottsdale.

Joy In Our Town 217 – Roll in Clip	0:30	L	PA/O	5/06/11	10:00 am
				5/07/11	12:30 am
				5/09/11	8:30 am
				5/10/11	12:30 am
				5/12/11	12:30 am

Roll-In Clip PSA: Corporation for National & Community Service "Get Involved" This PSA talks about using your talents and experiences to help others in the community. 1-800-424-8867 www.GetInvolved.gov

Joy In Our Town 218– Roll in Clip	0:30	L	PA/O	5/20/11	10:00 am
				5/21/11	12:30 am
				5/23/11	8:30 am
				5/24/11	12:30 am
				5/26/11	12:30 am

Roll-In Clip PSA: Peace Corps "What Will You Do" What will you do to make a difference in the world? Serve locally or overseas. 1-800-424-8580

Trinity Broadcasting of Arizona Quarterly Report

KPAZ

PHOENIX, ARIZONA

PROGRAM PERTAINING TO

LEADING COMMUNITY ISSUES FOR

JULY, AUGUST, SEPTEMBER 2011

REPRESENTING SAMPLING ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES
BY TELEPHONE FROM TBA VIEWERS, THE PRINTED MEDIA, COMPRISING
NEWSPAPERS, MAGAZINES, PUBLICATIONS, TELEVISION AND RADIO,
WHENEVER POSSIBLE.

HEALTH

CRIME

YOUTH

FAMILY

ECONOMY

CIVIC AFFAIRS

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF
TBA PROGRAMMING ADDRESSING THE ISSUES/PROBLEMS
NAMED ON THE ASCERTAINMENT LIST AS WELL AS
OTHER ISSUES TO BE IMPORTANT, FOLLOWING FCC
REQUIREMENTS FOR THE QUARTERLY REPORT TO BE
KEPT IN THE PUBLIC FILE FOR THE **THIRD QUARTER**
JULY, AUGUST, SEPTEMBER 2011

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
HEALTH							
Joy In Our Town	#222	28:30	12:00	L	PA/O	07/01/11	10:00 am
						07/02/11	12:30 am
						07/07/11	12:30 am
						07/12/11	1:30 am
						07/14/11	1:00 am
						07/26/11	1:30 am
						07/28/11	1:00 am
						08/16/11	1:30 am
						08/18/11	1:00 am
						08/30/11	1:30 am
						09/20/11	1:00 am
						09/22/11	1:30 am
						09/27/11	1:00 am
						09/29/11	1:30 am

Vanessa Rose introduces and welcomes Dr. Rodney Ray, who is a D.C. The first topic was about the very important subject of 'Staying Healthy'. Dr. Ray mentioned the 'Big Four' major diseases today. They are, Cancer, Heart Disease, Diabetes & Strokes. Exposure to food additives, preservatives, hormones, bad air, bad water are such, that the immune systems can't keep up with it, and anti-oxidant levels are usually too low. These two things are key factors in trying to stay well. Dr. Ray explained that a person really can't stop being exposed to radiation and these things mentioned above. An individual has to be protected internally. The system has to be efficient and work optimally so it can be exposed and not get sick. When everyone stopped using salt with iodine is when people started having more problems with the thyroid. It takes a little extra effort now to get enough iodine in the diet. There needs to be a balance of anti-oxidants, enzymes, & minerals, in the diet. Dr. Ray said we were blessed to be able to digest all kinds of things. Because one certain thing is bad for one person, it may not be bad for another. Dr. Ray said it doesn't matter the exposure, it matters what 'YOU' are. Food has to be digested and one needs proper anti-oxidants to keep them well. If the body is strong, it won't get everything that comes along. Keep moving and get enough exercise. Prevention is much easier than trying to get well. Dr. Ray explained what 'Super-Bugs' are. Super-Bugs are bacteria that are now antibiotic resistant. They don't respond very well. They do not treat well medically and cause incredible damage to organs and the bodies system. Our first line of defense is our own actions. Proper prevention will keep the body healthy. There is a time for medical intervention, but proper prevention can keep it to a minimum.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#222	28:30	12:00	L	PA/O	07/01/11	10:00 am
						07/02/11	12:30 am
						07/07/11	12:30 am
						07/12/11	1:30 am
						07/14/11	1:00 am
						07/26/11	1:30 am
						07/28/11	1:00 am
						08/16/11	1:30 am
						08/18/11	1:00 am
						08/30/11	1:30 am
						09/20/11	1:00 am
						09/22/11	1:30 am
						09/27/11	1:00 am
						09/29/11	1:30 am

Vanessa Rose welcomes back Dr. Rodney Ray D.C. The second segment of the program was about allergies and how to deal with them. Dr. Ray explained what an allergy is. It's usually a form of protein which is inhaled or ingested. The body reacts improperly to it. The problem isn't the item; it's the specific body's reaction to that item. That's why two different people can eat the same thing and each react differently. Reaction levels have to be changed. Allergies come in all forms—weeds, pollen, flowers, foods, medications, etc. Again, we have to change ourselves and how our bodies react to different things. Sometimes over-the-counter medications can be very helpful. Dr. Ray is concerned about how to make our bodies less reactive so that the need for intervention goes down. In severe cases, Dr. Ray advised to seek medical attention immediately, but a person can start doing all the preventive things before it gets that serious. Dr. Ray explained that the number one way to reduce allergic responses is to raise ones anti-oxidant level. The immune system acts abnormally because the exposure to artificial chemicals is higher than the immune system's ability to keep a person well. It's necessary to bring that level up to match what the exposure is.

Joy In Our Town	#225	28:30	12:00	L	PA/ O	07/22/11	10:00 am
						07/23/11	8:30 am
						07/25/11	12:30 am
						07/26/11	12:30 am
						07/28/11	12:30 am

Vanessa Rose introduces and welcomes Dr. Russell Bartels, who is an MD, F.A.C.O.G. In the first segment of the program, the discussion was about 'Bio-Identical Hormones'. Dr. Bartels explained that Bio-Identical Hormones are hormones that are identical in their structure and function to the hormones produced by the body. They can be from plant materials like soy and yams, but they are chemically identical to what the body produces. The body recognizes it as its own and processes it more smoothly and efficiently with fewer side affects. Bio-Identical hormones are for anybody, male or female, who feels that they're not running on full steam. A person can have more energy and more zest for life by getting their hormones in balance. Good hormonal balance helps a body function better. Women have asked Dr. Bartels if bio-identical hormones will help them lose weight, and he said that it will give them back their energy so that they can get off the couch and exercise and that will help them lose weight. Men also go through a time of life similar to menopause, and Bio-identical hormones will help them too. Bio-Identical hormones come in crèmes, gels, patches, pellets and pill form, but he recommended the ones that take a trans-dermal approach or any of those that go through the skin because there's fewer side affects. Pellets are convenient and are placed right under the skin and are good for three or four months. Five things to watch for that might suggest unbalances in hormones are; 1) Energy level 2) Not sleeping very well 3) Moodiness 4) Low libido 5) Hot flashes or night sweats.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#225	28:30	12:00	L	PA/ O	07/22/11	10:00 am
						07/23/11	8:30 am
						07/25/11	12:30 am
						07/26/11	12:30 am
						07/28/11	1:30 am

Vanessa Rose welcomes back Dr. Russell Bartels, who is an MD, F.A.C.O.G. In the second segment of the program Dr. Bartels talked about 'women's health issues'. Some of women's most common health issues are birth-control options, leaky bladders, and bleeding irregularity. For birth-control there are some newer things available in addition to birth-control pills. There is a procedure called the E-Sure procedure which is a permanent procedure and non reversible. Heavy bleeding can be quite a problem and birth control pills can help with that problem, and it can minimize the bleeding and cramping. A permanent solution would be Endometrial Oblation which is done in the office with no incisions. This procedure cauterizes the inner surface of the uterine lining and is safe. Dr. Bartels said this is a great solution, and would be for someone who doesn't want any more children. The leaky bladder is very hard to prevent, but there is a very simple solution. It's called a Bladder Sling and it's a surgical procedure. They place a synthetic mesh support vaginally to uphold the urethra and the bladder. There's no down time and a patient can go home the same day. The results are very positive.

Joy In Our Town	#227	28:30	12:00	L	PA/O	08/05/11	10:00 am
						08/06/11	12:30 am
						08/08/11	8:30 am
						08/09/11	12:30 am
						08/11/11	12:30 am

Vanessa Rose introduces and welcomes Chris Wilson, who is a Physical Therapist Technician & Certified Personal Trainer. In the first segment of the program, the discussion was about what kind of weight should be lost. Chris first talked about people gaining an extra fifteen or twenty pounds and how it affects them health wise. Many young people are coming down with diseases like Type 2 Diabetes as a result of a really poor diet. Chris spoke about people that sit all the time or don't move alot having problems with their joints and their bones and said with that comes being stiff and less flexible. A good thing to do is to stretch the muscles first. Hiking, walking uphill on a treadmill are good habits to form. Chris said it's all about better choices; and better choices become better habits and better health. Chris addressed the question about what kind of weight should be lost. He explained the difference between lean body mass and fat. If a person doesn't eat the right foods, they could be losing lean body mass, so the best thing to do is to find out how much lean body mass a person has opposed to fat mass and that's how to base a diet. A person shouldn't feed what they want to lose but feed the lean body mass. There are three elements in the equation of changing the body composition and making sure it's being done right 1) Having a person's diet right 2) Having the right cardio workout 3) Weight training that's building muscle at the same time weight is being lost. Chris said that there is no such thing as a miracle diet or a short-cut. Steroids or fat drugs don't work either in his calculation. Chris said that most fat burners are caffeine in a pill form. If a individual wants to get results, the right diet, exercise and weight training is the way to go. Living healthy is the goal.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town #227		28:30	12:00	L	PA/O	08/05/11	10:00 am
						08/06/11	12:30 am
						08/08/11	8:30 am
						08/09/11	12:30am
						08/11/11	12:30 am

Vanessa Rose welcomes back Chris Wilson, who is a Physical Therapist Technician & Certified Personal Trainer. In the second half of the program Chris talked about 'Eating To Live and not Living To Eat'. This requires learning all about foods and what they do to the body. When we stick to a healthy diet most of the time it's OK to eat some of the kinds of foods we love occasionally, BUT make plans to burn that food off. Do a little extra cardio exercises. Chris suggested staying clean during the week and if one eats a little 'not so healthy food' on the week-end, balance it out with exercise. So, what should a person eat for proper nutrition? For carbohydrates, eat wheat pasta instead of regular; eat wheat rice cakes and brown rice instead of white. Weight doesn't come on a person overnight, and it's not going to come off overnight, but stay with it. It's a lifestyle of right choices. People can pace their self with realistic goals and celebrate the small successes. Chris talked about 'carbs' and explained the difference between good and bad carbs. Different people respond differently to carbs, or no carbs. If a person is going to eat them, try to eat the good ones like vegetables and fruits instead of bread and sugar. Tuning diet and eating habits to a person's own individual need is important because every ones body functions differently. What works for one may not work for another. Chris encouraged people to do their homework and learn about the food you're eating. It's better to eat the 'real thing' rather than food with chemicals added and labeled 'fat free'. Chris recommended eating ground turkey, tuna, or fish over red meat and why he feels that is a better choice.

Joy In Our Town- 222	Roll in Clip	0:30		L	PA/O	07/01/11	10:00 am
						07/02/11	12:30 am
						07/07/11	12:30 am
						07/12/11	1:30 am
						07/14/11	1:00 am
						07/26/11	1:30 am
						07/28/11	1:00 am
						08/16/11	1:30 am
						08/18/11	1:00 am
						08/30/11	1:30 am
						09/20/11	1:00 am
						09/22/11	1:30 am
						09/27/11	1:00 am
						09/29/11	1:30 am

Roll-In Clip PSA from West Glen Communications "Drive4COPD-Danika Patrick" talks about COPD being the 4th leading cause of death in the U.S. Check breathing. www.DRIVE4COPD.com

Joy In Our Town- 225	Roll in Clip	0:30		L	PA/O	07/22/11	10:00 am
						07/23/11	8:30 am
						07/25/11	12:30 am
						07/26/11	12:30 am
						07/28/11	1:30 am

Roll-In Clip PSA from Harvard School of Public Health " A Nation of Graduates" Gen. Colin Powell talking about our nation's future. Preparing young men and women today for productive and fulfilling lives. Be a mentor. www.serve.gov/mentor.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town- 227	Roll in Clip	0:30		L	PA/O	08/05/11	10:00 am
						08/06/11	12:30 am
						08/08/11	8:30 am
						08/09/11	12:30 am
						08/11/11	12:30 am

**Roll-In Clip PSA Depression is Real.org "It Is" Symptoms of depression. www.Depressionisreal.org
1-800-784-2433 / 1-800-Suicide**

Health/Mental Health

Doctor to Doctor #307	28:30	28:30	REC	PA/O/E	7/05/2011	9:30 AM
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Dr. Scott Hannen talked about food and suppression. Some foods can steal energy which can lead to being tired, rundown and feeling depressed. It's important to eat a balance diet and to exercise. Dr. Ross Dorsett talked about stroke. It is caused by areas of damage to the brain or spinal cord due to lack of blood flow. Risk factors include smoking, diabetes and high cholesterol. It's important to get medical attention with the onset of symptoms. Dr. Mason Savage talked about teeth whitening. It should not be performed if you have active tooth decay or periodontal disease. A dental exam should be performed prior to whitening to determine if you are an adequate candidate. Some problems cannot be corrected by whitening.

Doctor to Doctor #308	28:30	28:30	REC	PA/O/E	7/12/2011	9:30 AM
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Dr. Mike Ronsisvalle talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. Jessica Setnick talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. Dr. James Mittelberger talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.

Doctor to Doctor #309	28:30	28:30	REC	PA/O/E	7/19/2011	9:30 AM
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Dr. Doreen Lewis talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. Dr. George Rhoades talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. Dr. Mark Sheehan talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Doctor to Doctor #310		28:30	28:30	REC	PA/O/E	7/26/2011	9:30 AM

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

Doctor to Doctor #311		28:30	28:30	REC	PA/O/E	8/02/2011	9:30 AM
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Dr. Bill Williams talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. Dr. Charles Simmons talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. Dr. Jill Westkaemper talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.

Doctor to Doctor #314		28:30	28:30	REC	PA/O/E	8/23/2011	9:30 AM
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Dr. Isabel Lopez talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. Dr. James Krystosik talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. Dr. Carl Schmidt talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.

Doctor to Doctor #315		28:30	28:30	REC	PA/O/E	8/30/2011	9:30 AM
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Dr. Stephanie Blenner talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. Dr. Dale Peterson talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. Dr. Bernice Gonzalez talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Doctor to Doctor #316		28:30	28:30	REC	PA/O/E	9/06/2011	9:30 AM

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

Doctor to Doctor #317		28:30	28:30	REC	PA/O/E	9/13/2011	9:30 AM
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Dr. Mark Brown talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. Kay Spears talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. Dr. Brian Nimphius talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrae move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.

Doctor to Doctor #318		28:30	28:30	REC	PA/O/E	9/20/2011	9:30 AM
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Dr. Barbara Madden talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. Dr. Sylvia Johnson talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. Dr. Allen Moore talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
<u>YOUTH</u>							
Joy In Our Town	#133	28:30	12:00	L	PA/O	07/07/11	1:30 am
						07/08/11	10:00 am
						07/09/11	12:30 am
						07/12/11	12:30 am
						07/14/11	12:30 am

Oralena Valero welcomes and introduces Kelli Freeman, Co-founder of Hope & A Future, and Ashley Richardson, Owner of Ashley Gain Wedding & Events. During the first segment of the program, the host and guests discussed various problems that the foster youth face. Kelli began by explaining that foster children are any children there are removed from their parents because of abuse or neglect. These children are then wards of the state and are placed in either a group home or a private residence with foster parents. There are currently over 10,000 children in the foster care program in Arizona. On average, these children are moved three times a year; sometimes that includes having to change schools as well. Kelli talked about the hardships that come with constantly moving, living with different families, feeling like they don't belong, and falling behind in school. Many children have behavioral health issues and need therapy. Kelli and Ashley both work with Hope & A Future, a non-profit agency started six years ago to help foster children gain self confidence and get one-on-one attention through the network of volunteer mentors. Hope & A Future hosts a Princess Program for girls ages 11-15, and an All Star Program for young men. Through these events they bring healing, hope, and encouragement to the thousands of foster care children who are suffering and in need of extra time, love, and attention.

Joy In Our Town	#133	28:30	12:00	L	PA/O	07/07/11	1:30 am
						07/08/11	10:00 am
						07/09/11	12:30 am
						07/12/11	12:30 am
						07/14/11	12:30 am

Oralena Valero welcomes back Kelli Freeman, who is Co-founder of Hope & A Future, and Ashley Richardson, Owner of Ashley Gain Wedding & Events. During the second segment, the host and guests discussed how self esteem is missing among youth today. Ashley talked about how many foster kids, and other neglected youth, do not have a support system at home or school. It is essential that children and teens have people in their lives that can build them up and speak encouraging words to them when they are feeling down. One way Ashley and Kelli have seen children become excited and renewed is through performing in talent shows at the Hope & A Future summer camps. Kelli and Ashley believe that a great way to help build self esteem in youth is to recognize their gifts and talents, and then give them opportunities to share those with other people. It can help that child realize their hopes and dreams and give them something to work towards.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#231	28:30	12:00	L	PA/ O	09/02/11	10:00 am
						09/03/11	12:30 am
						09/05/11	8:30 am
						09/06/11	12:30 am
						09/08/11	12:30 am

Vanessa Rose introduces and welcomes Pastor Dan Brodeur who is with The Refuge Youth Center. In the first segment of the program, the discussion was about how youth perceive materialism. The Refuge Youth Center is a brand new concept. It's a 24,000 sq. ft. building and a free facility where kids can come. They have indoor skateboarding, biking, concerts, art classes, music classes, automotive classes, weight room and hopefully soon they will have a dance studio. They use all these activities and life skills as an opportunity to develop character in kids. It's free, and the kids that come get involved and become members. The fee is doing community service twice a week. For that, the kids get to be involved in all the activities and in the process they get help developing character. Two to three hundred kids come to the Center every week. Pastor Dan said that materialism is a real problem with today's youth because there's a growing urgency to want to make an impact. Looking at the economy in such an unsure time and instability, hunger and need all over the world the youth see the need to make a difference. The kids want to live better lives and be better people. From advertising to Hollywood, they're being bombarded 24/7 that their values and perception and even their self worth is derived from the label on their jeans, their hair cut and their possessions. On some levels they despise people who drive very nice cars and live in big homes and then they idolize the movie star or the musician that has those things, and this causes great conflict in the minds of youth. Sometimes failure in the areas of marriage, careers, or parenting by people that seem to have everything, is the only way kids realize that true success is not in what people possess. Time spent with these youth helps them to realize how they are all different, and they can make an impression that only they can make. That makes them valuable. Pastor Dan said that the worst affect that materialism has had on 28 to 40 year olds is that they have the desire to just give up and walk away. They are very unhappy with their lives. Broken homes have a tremendous affect on our country and in the lives of youth.

Joy In Our Town	#231	28:30	12:00	L	PA/ O	09/02/11	10:00 am
						09/03/11	12:30 am
						09/05/11	8:30 am
						09/06/11	12:30 am
						09/08/11	12:30 am

Vanessa Rose welcomes back Pastor Dan Brodeur, who is with The Refuge Youth Center. The second half of the program was about how to recognize selfish parenting. Pastor Dan talked about discipline, and how important it is to be consistent and if a parent dishes out a punishment for the child, the parent must see it through and that takes commitment. Teaching a child that there are consequences to their behavior is one of the most important things a parent can do. Parents become tired and lazy....and as an example, they ground a child for two weeks and after two or three days it's over. Another example is telling the child that if they don't eat their vegetables they won't get desert, then later that same evening they're getting desert. By doing that, parents are teaching their children that there are really NOT any consequences. Unfortunately, there are extreme consequences in life for making poor choices. Parents must realize that the greatest calling in life that they have is good parenting. As an American the greatest gift a person can leave this country are good children and this may cost something. Selfish or lazy parenting results from not taking time to discipline.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	133 - Roll in Clip	0:30	L	PA/O	07/07/11	1:30 am	
					07/08/11	10:00 am	
					07/09/11	12:30 am	
					07/12/11	12:30 am	
					07/14/11	12:30 am	

Roll In Clip PSA from WestGlen Communications "Knowledge-African American" www.ESRB.org/mobile

Joy In Our Town	231 - Roll in Clip	0:30	L	PA/O	09/02/11	10:00 am
					09/03/11	12:30 am
					09/05/11	8:30 am
					09/06/11	12:30 am
					09/08/11	12:30 am

Roll-In Clip PSA from US Air Force "Health Voss" About a Motocross star telling youth to make good choices, and prepare for their future.

FAMILY

Joy In Our Town	#223	28:30	12:00	L	PA/O	07/07/11	1:00 am
						07/12/11	1:00 am
						07/14/11	1:30 am
						07/15/11	10:00 am
						07/16/11	12:30 am
						07/18/11	8:30am
						07/19/11	12:30 am
						07/21/11	12:30 am
						07/26/11	1:00 am
						07/28/11	1:30 am
						08/16/11	1:00 am
						08/18/11	1:30 am
						08/30/11	1:00 am
						09/20/11	1:30 am
						09/22/11	1:00 am
						09/27/11	1:30 am
09/29/11	1:00 am						

Vanessa Rose welcomes and introduces Pastor Gus Korkotselos from Fire and Water International Church. In the first segment of the program the discussion was about the importance of roles in marriage. Pastor Gus talked about the breakdown in communication and forgetting what was so important in the beginning and what brought a couple together in the first place. Being too busy to communicate can be a very serious problem. If a marriage is to be successful there has to be those important things that were there in the beginning of the relationship. Spending time together is very important. Pastor Gus encouraged couples to spend time with each other doing what makes each other happy, such as sports for the husband, and shopping for the wife. Even though it's not a wife's favorite thing to watch the game, watch it with the husband to make him happy and husbands, make a day of it and go shopping with the wife, just to be with her and make her happy. Love is putting others first and it will strengthen the relationship. In today's society there's a great temptation to pull back from problems, but that's the time to get in and fight for one's family and fight for one's marriage. Refusing to give up will help to overcome the obstacles. If the mom and dad have a strong relationship then the family will be strong. It's a domino effect. Pastor Gus said to be willing to forgive, let it go, and move forward, otherwise it could destroy a person's future.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#223	28:30	12:00	L	PA/O	07/07/11	1:00 am
						07/12/11	1:00 am
						07/14/11	1:30 am
						07/15/11	10:00 am
						07/16/11	12:30 am
						07/18/11	8:30am
						07/19/11	12:30 am
						07/21/11	12:30 am
						07/26/11	1:00 am
						07/28/11	1:30 am
						08/16/11	1:00 am
						08/18/11	1:30 am
						08/30/11	1:00 am
						09/20/11	1:30 am
						09/22/11	1:00 am
						09/27/11	1:30 am
						09/29/11	1:00 am

Vanessa Rose welcomes back Pastor Gus Korkotselos who is the pastor of Fire and Water International Church. The second half of the program the topic was about parents' involvement with their children and being an example. Pastor Gus emphasized that the greatest message parents can get across to their children is the example of their own life. Live an honest life before them and be the example. Be consistent with love and discipline. Pastor Gus talked about speaking positive words, not words that tear down. Many children have a very hard time because of all the negative words spoken to them and about them. Pastor Gus mentioned that the parents must be in unity so the child cannot play them one against the other. Parents must make a stand and be consistent, but always in love. Pastor Gus stressed making sure that children know they are loved and that parents always be there for the children. Time together is a very important factor in raising children. Quality time must be spent together and always speak life into their minds and hearts.

Joy In Our Town	#226	28:30	12:00	L	PA	07/29/11	10:00 am
						07/30/11	12:30 am
						08/01/11	8:30 am
						08/02/11	12:00 am
						08/04/11	12:30 am

Vanessa Rose introduces and welcomes her guests who are Dr. Allan H. Gelber, PHD and Dr. Florence Rosiello, PHD. In the first segment of the program, the discussion was about how family changes affect children. Dr. Rosiello talked about families as we know it now is more nuclear families, whereas families in days gone by were more traditional. They included parents, grandparents, aunts and uncles, etc. Children grew up in a more secure way. Now days, parents are more directly involved with the child. Children need guidance, safety and emotional security. If the single parent isn't available to provide these things it leaves a child wanting, and they will turn to other things that aren't useful, like alcohol or drugs. They talked about how children can play one parent against the other. Dr. Gelber said that according to how a parent felt in their family of origin and how things were handled there is going to have great influence on how they handle things in their own family. Dr. Gelber encouraged pre-marital counseling even if it's just to bring up some of these issues that couples haven't thought about. Dr. Rosiello stressed the idea to sit down and really communicate and listen on a regular basis. She also encouraged couples to get some counseling before they have children.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#226	28:30	12:00	L	PA/O	07/29/11	10:00 am
						07/30/11	12:30 am
						08/01/11	8:30 am
						08/02/11	12:30 am
						08/04/11	12:30 am

Vanessa Rose welcomes back Dr. Allan H. Gelber, PHD and Dr. Florence Rosiello, PHD. In the second segment of the program Dr. Gelber and Dr. Rosiello discussed attachment issues of childhood. The question was asked; when is the right time to let go of a child? Dr. Rosiello said that the child will pretty much tell you if you listen. The child will test the limits, going further each time. At some point the child will realize that the parent trusts him and has confidence that he will do the right thing. Dr. Gelber talked about the difference between dependence and independence. True autonomy for a person comes with dependence, not independence. We as people are very dependent on each other. If a child knows that the parents are there, then they are free to be independent or autonomous. They discussed the situation of the parents having emotional issues themselves and depending on the children. Many times parents have children because they want to have love, and they know the baby will automatically love them. Dr. Rosiello explained, that is true, but it's the baby that needs to be loved and focused on, and not that the baby is filling a hole in the mother. Sometimes the mother has a fear of being alone and needs to have the child around for her own needs. Unfortunately, sometimes the child never leaves because of the need of the parent, and that's not very healthy for the child. The child can then start to have symptoms and be identified as the patient, the symptoms being alcohol, drugs, anorexia, bulimia, etc. That's just a way of saying, "Mom, you're just way too controlling." Dr. Gelber and Dr. Rosiello then start working with the mother. A healthy mother will have healthy children.

Joy In Our Town 223 – Roll in Clip	0:30	L	PA/ O	07/07/11	1:00 am
				07/12/11	1:00 am
				07/14/11	1:30 am
				07/15/11	10:00 am
				07/16/11	12:30 am
				07/18/11	8:30am
				07/19/11	12:30 am
				07/21/11	12:30 am
				07/26/11	1:00 am
				07/28/11	1:30 am
				08/16/11	1:00 am
				08/18/11	1:30 am
				08/30/11	1:00 am
				09/20/11	1:30 am
				09/22/11	1:00 am
				09/27/11	1:30 am
				09/29/11	1:00 am

Roll-In Clip PSA from Peace Corps "Life is Calling" Asks the question; How far will you go to make a difference in the world? Serve locally or overseas. www.Peacecorps.gov

Joy In Our Town 226 – Roll in Clip	0:30	L	PA/O	07/29/11	10:00 am
				07/30/11	12:30 am
				08/01/11	8:30 am
				08/02/11	12:00 am
				08/04/11	12:30 am

Roll-In Clip PSA www.Depressionisreal.org It talks about the symptoms of depression. [1-800-Suicide](tel:1800Suicide) / [1-800-784-2433](tel:18007842433)

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
SENIORS							
Joy In Our Town	#229	28:30	12:00	L	PA/O	08/19/11	10:00 am
						08/20/11	12:30 am
						08/22/11	8:30 am
						08/23/11	12:30 am
						08/25/11	12:30 am
						09/01/11	1:00 am
						09/06/11	1:30 am
						09/08/11	1:00 am
						09/13/11	1:30 am
						09/15/11	1:00 am

Vanessa Rose introduces and welcomes Bob Waggoner, who is the Director of Marketing at The Crossing Hospice Care. In the first segment of the program, the discussion was about how hospice works. Hospice means hospitable and it is paid for by Medicare. It was formed in the mid 80's, mainly for cancer patients with just a few more days of life left and they would bring in Hospice, but now has opened up with greater benefits. The goal is to keep patients out of the hospital, and it goes wherever the patients are. Most patients are seniors. To qualify for hospice, one may talk to their doctor and they will steer you in the right direction. The Hospice companies get paid by Medicare and then the company provides the care. Once a person talks to their physician, the physician writes the order, the process starts and a nurse will come out to do an evaluation and find out what kind of medications are involved. Once qualified, the durable medical equipment is covered, medications related to the diagnosis they bring you under, are covered, and most of the time are delivered to the home. Mr. Waggoner said, it's really a simple process and more people should take advantage of it. There should be no cost to the patient; it should be paid for by Medicare. A social worker also comes in to meet with the family and the patient to talk about the future and to help the patient get on a financial program if possible. A chaplain will also come out for the spiritual care of the patient. Hospice is there for the bereavement time to make sure the family is doing alright after the passing of their loved one.

Joy In Our Town	#229	28:30	12:00	L	PA/O	08/19/11	10:00 am
						08/20/11	12:30 am
						08/22/11	8:30 am
						08/23/11	12:30 am
						08/25/11	12:30 am
						09/01/11	1:00 am
						09/06/11	1:30 am
						09/08/11	1:00 am
						09/13/11	1:30 am
						09/15/11	1:00 am

Vanessa Rose welcomes back Bob Waggoner, who is the Director of Marketing at The Crossing Hospice Care. In the second half of the program the discussion was about Palliative Care. What is Palliative Care? Mr. Waggoner explained that palliative care means 'comfort care', and to be able to comfort patients in their pain. Hospice and palliative care work together in that people may not be quite ready for hospice but need pain management. It takes a physician's order to be able to get palliative care. A physician will know what will work best in these cases. Palliative care normally would take place before hospice. In many cases when the pain management takes place, a patient starts eating better, sleeping better and generally feels better, because the pain has been dealt with. Mr. Waggoner encouraged anyone considering palliative care to be open and honest in communicating to their doctors and nurses so there will be complete understanding about their needs resulting in a very good relationship and care in the home. Some of the diseases that might benefit from palliative care would be congestive heart failure, surgeries, cardiac arrest, COPD, and similar diseases. ER visits are becoming more and more frequent because one's pain isn't properly managed at home. With palliative care a nurse or physician would come to your home if needed.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#232	28:30	12:00	L	PA/O	09/09/11	10:00 am
						09/10/11	12:30 am
						09/12/11	8:30 am
						09/13/11	12:30 am
						09/15/11	12:30 am

Vanessa Rose introduces and welcomes Robin Adrihan who is with Smooth Transitions. Robin helps seniors relocate once they've decided to move from their home of many years. Today's topic was about moving to an independent living retirement community. Many seniors have lost a spouse and even some children and really need someone to help them with this transition. Some of these communities are like small apartments, some more fancy than others but there are several options based on the specific need of the senior. They have activities, wonderful food, and people to visit with. Having people around is of great benefit. Then there's assisted living, when one needs a little more help or when things become a little more unstable. Then there's acute care for someone who has had surgery or when one needs hospice care, which has a whole different feel to it than a nursing home in days past. Robin said it's nice if someone is thinking about it at all, to be able to decide when they want to move and make that decision themselves. The hardest moves are the ones where someone is forced to move. They don't have the chance to find out what's available. If a senior is able to make that decision themselves, it makes for a much easier transition. One of the roadblocks standing in the way of making a decision would be the old stereotype of the old nursing home. Now, one can take a tour of these communities and even stay for two or three nights for free to get a feel for the community and see what it's about. Another roadblock is when the senior goes back home and sees all their belongings and precious memories in their home which can be very difficult. But, Robin said there's a lot of help for them with that, too. One of the biggest benefits of living in the community is the companionship, and having friends nearby. There are many types of resources available and it depends on the community. Robin recommended calling that community and someone on staff should be able to give one direction with the financial part. There are companies in town that help a family find the best place for their loved one.

Joy In Our Town # 232	28:30	12:00	L	PA/O	09/09/11	10:00 am
					09/10/11	12:30 am
					09/12/11	8:30 am
					09/13/11	12:30 am
					09/15/11	12:30 am

Vanessa Rose welcomes back Robin Adrihan who is with Smooth Transitions. In the second segment, the topic was about downsizing, liquidating and dispersal. The downsizing process can be very difficult for seniors. When they've lived in the same house for many years, there are many personal and household belongings that are very dear to them. Robin stressed the idea that if at all possible, the situation is much more positive if the senior themselves can make the decision where they want to go. That way, they don't feel like someone has forced them to move to a particular place. Robin said that most of the time folks feel relieved once the downsizing has taken place. Liquidating can be a little more difficult because many children and relatives don't want the items and the money is just not there for selling household items. A lot of the younger generation is not interested in the gold and silver and the china cabinet. That can really disappoint an elderly mother or father. Consignment is one option, depending on the items. Sometimes the senior will just want to donate their things and do it that way. An estate sale is another option. Robin strongly recommended not storing items. Typically it just sits there and nobody goes back to get it. Sometimes having a lot of family around creates more problems than not. Robin mentioned family being gentle with their senior loved ones because it can be one of the toughest times in a person's life. When they leave that home they're leaving a lifetime of memories and they're getting rid of a lot of items associated with those memories. Robin warned about fraud and being very cautious during dispersal of belongings. She also mentioned seniors sending large amounts of money in order to win lottery prizes. Seniors, even in the early stages of Dementia or Alzheimer's can be very vulnerable.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town 229 - Roll in Clip		0:30		L	PA/O	08/19/11	10:00 am
						08/20/11	12:30 am
						08/22/11	8:30 am
						08/23/11	12:30 am
						08/25/11	12:30 am
						09/01/11	1:00 am
						09/06/11	1:30 am
						09/08/11	1:00 am
						09/13/11	1:30 am
						09/15/11	1:00 am

Roll-In Clip PSA from American Academy of Orthopedic Surgeons "Alone" It's about seniors and the risk of falling in their homes and getting injured. www.Orthoinfo.org/falls

Joy In Our Town 232- Roll in Clip		0:30		L	PA/O	09/09/11	10:00 am
						09/10/11	12:30 am
						09/12/11	8:30 am
						09/13/11	12:30 am
						09/15/11	12:30 am

Roll-In Clip PSA WestGlen Communications "Sleep Tight" It's a about people staying awake at night worrying about Bed Bugs. www.Pestworld.org

CIVIC AFFAIRS

Joy In Our Town #211		28:30	12:00	L	PA/O		
						09/13/11	1:00 am
						09/15/11	1:30 am
						09/16/11	10:00 am
						09/17/11	12:30 am
						09/19/11	8:30 am
						09/20/11	12:30 am
						09/22/11	12:30 am

Bob Waggoner welcomes and introduces The Honorable Tom Horne, who is the Arizona Attorney General. In the first segment, Attorney Horne talks about Obama Care. He first spoke about the four priorities as Attorney General. 1) Protect Our Borders 2) To Strictly Enforce The Law 3) Create A Legal Environment That's Conducive To Business Growth and 4) Emphasize Consumer Protection and Related Issues. Attorney Horne has joined in the law-suit to declare Obama Care as unconstitutional. It will not be final until the United States Supreme Court rules. No where in the constitution does it say you have to buy things you don't want to buy. We don't want our health care decisions made by the federal government. It would also cost everyone an extra billion dollars a year to implement this program. Mr. Horne said that 26 states are represented in declaring Obama Care as unconstitutional. This is a very serious challenge.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#211	28:30	12:00	L	PA/O	09/06/11	1:00 am
						09/08/11	1:30 am
						09/13/11	1:00 am
						09/15/11	1:30 am
						09/16/11	10:00 am
						09/17/11	12:30 am
						09/19/11	8:30 am
						09/20/11	12:30 am
						09/22/11	12:30 am

Bob Waggoner welcomes back The Honorable Tom Horne. In the second segment Bob and Mr. Horne talked about ethnic studies. He mentioned notifying the Tucson Unified School district to stop dividing students by race in what they call ethnic studies, if not, they could lose 10 percent of their budget under a bill he had written and with help of the legislature had gotten passed. He said there was a group of very radical teachers that teach the kids that they live in occupied Mexico that we should give back to Mexico, the states we took in 1848 which includes California, Arizona, New Mexico, Texas, etc. They're oppressed by white racist imperialist power structures that want to oppress Latinos. Most of these parents and grandparents came here because they believe this is the land of opportunity and when they go to school we should teach them that this IS the land of opportunity, and if they work hard, they can achieve whatever they want and not teach them that they're oppressed. Mr. Horne believes teachers should teach students to be proud Americans and to treat each other as individuals. Also they spoke about our state being diverse, and a state of many races. There are a lot of immigrants who have come here legally and have had to wait ten years and believe the law should be enforced. They are angry that people are coming across the borders on their own and breaking the law. Senate Bill 1070 is not against immigration, just illegal immigration. That's what the United States is all about. They also discussed the situation with the school board in the Tucson Unified School District. He is working on making this situation better.

Joy In Our Town	#234	28:30	12:00	L	PA/O	09/23/11	10:00 am
						09/24/11	12:30 am
						09/26/11	8:30am
						09/27/11	12:30 am
						09/29/11	12:30 am
						09/30/11	10:00 am

Vanessa Rose introduces and welcomes Representative Kimberly Yee, who is with Arizona Legislative District #10. Legislation on Abortion was discussed during the first segment of the show. Kimberly has been working with a piece of legislation that has just recently gone through. It was House Bill 2416 which insured that women getting ready to have an abortion have the opportunity to see the baby's ultrasound image as well as hearing the baby's heartbeat before they make that final decision to have an abortion. Many nurses came to the legislature to share about the real stories they hear every day. The majority of the Legislative Body as well as the Governor supported this bill. Kimberly mentioned one issue in the bill dealing with Tele-medicine used to abort a baby. Arizona is the first state in the entire country to ban abortion through a video camera, which is called Tele-medicine. Many times, doctors are not even present in the room when a woman is having a clinical abortion. In Iowa, since the year 2008, over two thousand abortions have occurred through Tele-medicine, where a doctor was not present in the room where and when abortion medication was dispensed. The House Bill 2416 will prevent Arizona from having these clinics. Eight deaths have been reported from women taking these kinds of abortion medications. Kimberly said it was critical to move on this legislation. Nebraska and other states have taken the steps to move forward on this legislation as well. Kimberly also mentioned that this really wasn't a partisan issue. Family values and life related issues cross both sides of the isle, democrat and republican, because it protects the health and the safety of women. This bill is now a state law. Kimberly encouraged the public to get in contact with their legislator whether pro-life or pro-choice and let their voices be heard, because they really do want to hear the voice of the people.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#234	28:30	12:00	L	PA/O	09/23/11	10:00 am
						09/24/11	12:30 am
						09/26/11	8:30 am
						09/27/11	12:30 am
						09/29/11	12:30 am
						09/30/11	10:00 am

Vanessa Rose welcomes back Representative Kimberly Yee who is with Arizona Legislative District #10. In the second segment of the program the topic was about the pros and cons of the new marijuana law. Kimberly stated that the new medical marijuana law passed by a very narrow margin. Many of the business owners felt their hands were tied because the law really came from other states and it's kind of a blanket piece of legislation. Kimberly mentioned the fact that there seemed to be a lot of holes in the law and needed to have definitions in place and to be implemented to protect employers. They put in place the protection so the businesses would not be liable. The law had to fit with public safety standards, and employers have to know how to identify what impairment looks like on the job. These things were not in place before and this is a key part of how to move forward with this new law. This was the initial way to help the law, keeping public safety on the job and making sure the employers are protected also, and not held liable. Employees, if asked, need to have a card that guarantees they are allowed to use medical marijuana. Many businesses were worried about the liabilities of the new law, and are now pleased that they have something to back them up. This will help a lot of people, employees as well as employers. Kimberly encouraged individuals to engage in the process because they potentially could have a dispensary right down the street from them. She encouraged folks to go to the public hearings whether they're at the municipal level or other areas of government where they can hear out the issues and get involved in the process and make their voice heard.

Joy In Our Town 211– Roll in Clip	0:30	L	PA/O	O	09/06/11	1:00 am
					09/08/11	1:30 am
					09/13/11	1:00 am
					09/15/11	1:30 am
					09/16/11	10:00 am
					09/17/11	12:30 am
					09/19/11	8:30 am
					09/20/11	12:30 am
					09/22/11	12:30 am

Roll-In Clip PSA is from the United States Marine Corps "For Us All" Public Service Announcement about Marines in action. Your Marine Corps way of life is to defend the American way of life. Everyday they take a stand for our nation, for each other, for us all. MARINES. The Few. The Proud. www.MARINES.com

Joy In Our Town 234– Roll in Clip	0:30	L	PA/O	09/23/11	10:00 am
				09/24/11	12:30 am
				09/26/11	8:30 am
				09/27/11	12:30 am
				09/29/11	12:30 am
				09/30/11	10:00 am

Roll-In Clip PSA United States Marine Corps "For Us All" This is about Marines in action fighting for us all.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
PUBLIC SAFETY							
Joy In Our Town	#228	0:30	L	PA/O	08/12/11	10:00 am	
					08/13/11	12:30 am	
					08/15/11	8:30 am	
					08/16/11	12:30 am	
					08/18/11	12:30 am	

Vanessa Rose introduces and welcomes Captain Jay Arthur, who is with the Phoenix Fire Department. In the first segment of the program, the discussion was about Water Safety. Water safety is very important, and because of the heat here in Arizona, it's a significant problem. This last year there were two more adults that drowned than children. One of the reasons could be alcohol related; a medical issue or the victim may be elderly. On average a child will be two and a half years old. The most concern is with children under five years of age. The regulations for having a pool are different with each city. For Phoenix, the regulation is to have a barrier for any home that has children under six. A barrier means a fence, an electronic pool cover, or self closing, self latching doors to the pool. Almost all cities have some kind of barrier ordinance. Some precautions a person can take would be life preservers that a child can wear, and floatation devices. Alcohol plays a large part in water accidents especially in lakes and rivers where alcohol consumption can be high. Captain Jay says in the same way a person shouldn't drink and drive, a person shouldn't drink and swim. Bad decisions around water could cost a parent or a child's life. Captain Jay mentioned a system called 'Block, Watch & Learn". Arcadia doors should not only be locked, they should be blocked also, so a child can't get out. All windows need to be securely locked. If one has a fence around the pool, make sure the gate isn't propped open and that it's latching properly. Watching is keeping eye contact or better yet to be in the pool with the child, called Touch Supervision. Learning to swim is of major importance to a child and recommended for children under the age of one year. Also, learning CPR is very needful and it could save a life. Many city parks have inexpensive swimming lessons and CPR classes are available also. The fire department has a new DVD teaching CPR—Five Steps. The DVD can be obtained free of charge through SRP. Older grandparents need to be watched with the same care as children.

Joy In Our Town	#228	0:30	L	PA/O	08/12/11	10:00 am	
					08/13/11	12:30 am	
					08/15/11	8:30 am	
					08/16/11	12:30 am	
					08/18/11	12:30 am	

Vanessa Rose welcomes back Captain Jay Arthur who is with the Phoenix Fire Department. The second half of the program was about car seat and booster seat information. The law in Arizona is that a child five and under has to be secured in a car seat that's attached to the car. An unrestrained child can be thrown from the vehicle or severely hurt inside the vehicle. The ideal place for the car seat to be is in the middle of the back seat because it's the safest place to be. A child should be facing the rear of the car from birth through a year old or twenty pounds. It will be changed soon to two years old rear facing. Europe has had that law for twenty years and the incidences for fatalities have been real low. Captain Jay said, the US is heading that direction. Once children reach two yrs old or twenty lbs. a child can be turned forward facing and can stay that way until they're five years old. After that a child can be moved up to a booster seat. A booster seat is good because it will lift the child up and also they'll be able to wear the regular seat belt that will restrain them correctly. Up until the age of thirteen they encourage children to sit in the back seat, because it's the safest place for them. The deployment of an air bag can be very dangerous, so put the largest and the oldest in the front. Captain Jay stressed that it's not so much about giving out citations; it's about keeping children safe. No matter where one is sitting in the car, it's very important to wear a seat belt. Captain demonstrated how to use a car seat for a child.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#137	0:30	L	PA/O	08-26-11	10:00am	
					08-27-11	12:30 am	
					08-29-11	8:30 am	
					08-30-11	12:30 am	
					09-01-11	12:30 am	

Oralena Valero welcomes and introduces Don McDowell, who is a professional saltwater angler and radio personality. Don talked about boat safety during the first part of the program. He shared some statistics from 2009 that on the waters of Lake Havasu, Lake Mead, and the Colorado River there were 209 boating accidents reported, 137 injuries, and 11 deaths. In 2009 the other Arizona state lakes, including Pleasant and Bartlett, reported 179 accidents, 113 injuries, and 2 deaths. Don believes that many of these accidents are caused by people being uneducated, careless, and irresponsible. Drinking and driving a boat can result in a DUI with jail time plus fines; it is a very serious offense. Don also talked about the traffic patterns of lakes, and how boat drivers need to be educated and aware of those also. He encouraged everyone to contact the U.S. Coast Guard for educational classes, and to attend a boating safety class; it could save your own life or the life of someone else out on the lake.

Joy In Our Town	#137	0:30	L	PA/O	08-26-11	10:00am
					08-27-11	12:30 am
					08-29-11	8:30 am
					08-30-11	12:30 am
					09-01-11	12:30 am

Oralena Valero welcomes back Don McDowell, who is a professional saltwater angler and radio personality. The second topic discussed was quagga mussels. Don explained what exactly these little shelled creatures are, and why they are a cause for concern in Arizona. Quagga mussels have been plaguing the Great Lakes for a number of years, but they were first discovered in Arizona just three years ago. They are mainly in Lake Pleasant, but Don suspects that they may soon be discovered in other lakes across the state. These Quagga mussels reproduce rapidly and take all the nutrients out of the water, effecting all the other fish and species living in the lake. They attach themselves to dams, boats, and gates. In 2008 Lake Mead spent \$7.8 million in quagga mussel related maintenance costs. Don works with many agencies trying to prevent the spread of the quagga mussels. They always advise boat owners to clean and drain their boats and to empty their bilge.

Joy In Our Town 228– Roll in Clip	0:30	L	PA/O	08/12/11	10:00 am
				08/13/11	12:30 am
				08/15/11	8:30 am
				08/16/11	12:30 am
				08/18/11	12:30 am

Roll-In Clip PSA of WestGlen Communications "Tales From The Junkyard" Warning against texting and driving. www.DriversEdge.com

Joy In Our Town 137– Roll in Clip	0:30	L	PA/O	08-26-11	10:00 am
				08-27-11	12:30 am
				08-29-11	8:30 am
				08-30-11	12:30 am
				09-01-11	12:30 am

Roll-In Clip PSA of Corporation for National & Community Service. It's about using your talents and experiences to help others in the community. "Get Involved" www.GetInvolved.gov

Trinity Broadcasting of Arizona Quarterly Report

KPAZ

PHOENIX, ARIZONA

PROGRAM PERTAINING TO

LEADING COMMUNITY ISSUES FOR

OCTOBER, NOVEMBER, DECEMBER 2011

REPRESENTING SAMPLING ASCERTAINMENTS FROM CIVIC LEADERS, RESPONSES BY TELEPHONE FROM TBA VIEWERS, THE PRINTED MEDIA, COMPRISING NEWSPAPERS, MAGAZINES, PUBLICATIONS, TELEVISION AND RADIO, WHENEVER POSSIBLE.

HEALTH

YOUTH

FAMILY

ECONOMY

EDUCATION

CIVIC AFFAIRS

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF
TBA PROGRAMMING ADDRESSING THE ISSUES/PROBLEMS
NAMED ON THE ASCERTAINMENT LIST AS WELL AS
OTHER ISSUES TO BE IMPORTANT, FOLLOWING FCC
REQUIREMENTS FOR THE QUARTERLY REPORT TO BE
KEPT IN THE PUBLIC FILE FOR THE **FOURTH QUARTER**
OCTOBER, NOVEMBER, DECEMBER 2011

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
HEALTH							
Joy In Our Town #240		28:30	12:00	L	PA/ O	11/18/11	11:00 am
						11/19/11	1:30 am
						11/21/11	9:30 am
						11/22/11	1:30 am
						11/24/11	11:30 am

Oralena Valero welcomes and introduces Dr. Robert Lee Gear who is a naturopathic and chiropractic doctor. The topic for the first segment of the program was the poisonous effects of smoking. Dr. Gear said that in primary smoking the smoker is filtering the chemicals through both the tobacco itself and a filter on the cigarette. The secondhand smoker, on the other hand, receives the full amount of toxins. There are more than 2,000 harmful chemicals in a burning cigarette. Nicotine is only one of the chemicals, and is the one that makes smoking so addicting. Some of the physical effects of smoking are: nausea, giddiness, vomiting, cold sweats, and decreased blood flow. Smoking also negatively affects the kidneys, liver, and thyroid. Dr. Gear explained that menthol was added to cigarettes in order to poison and numb the nerves in the mucus lining of the lungs and sinuses. Menthol is not good for you; it just disallows the feelings of inflammation and agitation in your body. Smoking also causes the skin to lose elasticity and become dried out. Dr. Gear said that the average smoker tries between 6 and 11 times to quit smoking before they are successful.

Joy In Our Town #240		28:30	12:00	L	PA/ O	11/18/11	11:00 am
						11/19/11	1:30 am
						11/21/11	9:30 am
						11/22/11	1:30 am
						11/24/11	11:30 am

Vanessa Rose welcomes back Dr. Robert Lee Gear who is a naturopathic and chiropractic doctor. In the second half of the program the discussion was about Scoliosis. Scoliosis is 'A side bending of the spine.' When the spine bends to the side, it often rotates. One type of Scoliosis is caused if people are born with half a vertebra. Scoliosis can also be caused by injuries. Idiopathic Scoliosis is a genetic condition that weakens the ligaments in the body. Also, Congenital Scoliosis is one where the DNA molecules are affected and makes the bones form improperly. The typical treatment varies with how serious the condition is and what kind of Scoliosis one has. There are effective treatments for all of these types of Scoliosis. Dr. Gear said that there are very few Scoliosis patients that have had to go under the surgeon's knife. Idiopathic and Congenital Scoliosis can be so deforming that it makes compression of the lungs and heart a real problem for people, but it's very rare. The major problem with Scoliosis is that it can shut down the blood-flow to the spinal cord area with twisting or jamming. Idiopathic Scoliosis is nine times more prevalent in girls than boys, generally seen in the early teen years. However, if a parent is watching closely they will see it in childhood, and that's the time to treat it. The best chance to start addressing it is while the child is in early grade school. A simple way to detect signs of Scoliosis in a person is to look at the person's spine as they stand in front of you and bend at the waist. It should be even on both sides of the spine. Another way is to check if one leg is longer than the other but the best way to detect Scoliosis is to get an x-ray of the spine.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#241	28:30	12:00	L	PA/ O	11/25/11	11:00 am
						11/26/11	1:30 am
						11/28/11	9:30 am
						11/29/11	1:30 am
						12/01/11	1:30 am

Vanessa Rose introduces and welcomes Dr. Robert Guyette, M.D., D.M.D. The first topic discussed was Dental Implants. Dr. Guyette shared that Dental Implants are the most phenomenal improvement in the field of dentistry in the last twenty-two years. Dental Implants are used in many different ways. They are primarily shaped like roots, so if a tooth is removed or lost, a titanium root can be placed and after it heals, new teeth can be placed on top of them that are as strong as or stronger than natural teeth. Studies show that 69% of people between the ages of 35 and 44 have lost at least one tooth from trauma, injury or failed root canal, periodontal disease, or decay. Dental Implants are not just for elderly people. For example, a young person that may have had a tooth knocked out can get a dental implant placed. This type of restoration has a 97% success rate and it may last a life time. Dr. Guyette said that Dental Implants have made a huge difference in dentistry. The dental implant community is also involved with many fields of dentistry. Dr. Guyette works with general dentists and specialists who replace missing teeth. Dr. Guyette does the surgical part of it and the other dentists do the finishing work. It's a team effort. In the United States over 900,000 dental implants were placed and this is growing by at least 10% each year. Much of the innovation has come through the United States. Dental Implants are mainly designed for people in their fifties and sixties who have had bone loss or periodontal disease, that may only have a few teeth on the top, or may have partial dentures. This is a wonderful option other than dentures and can be completely transforming.

Joy In Our Town	#241	28:30	12:00	L	PA/ O	11/25/11	11:00 am
						11/26/11	1:30 am
						11/28/11	9:30 am
						11/29/11	1:30 am
						12/01/11	1:30 am

Vanessa Rose welcomes back Dr. Robert Guyette. In the second half of the program the discussion was about the Benefits and Dangers of Cosmetic Surgery. Dr. Guyette explained the different treatments and philosophies of cosmetic surgery. Cosmetic Surgery covers a very broad spectrum. Many times health issues are involved. For example, someone may have fallen and broken their nose and this can result in their nose growing crooked. This can cause difficulty in breathing through their nose. Nasal surgery can be very helpful by not only making them look better on the outside but also helping them breathe better. In Dr. Guyette's practice they focus on the face and the skin. There are surgical and non-surgical procedures. In many situations as in accidents, there are many procedures that can be done to return one's appearance to almost normal. Dr. Guyette said this is the most rewarding part of his work. Dr. Guyette shared that there has been more development on the non-surgical side of the practice than on the surgical side. This can be anywhere from Laser Treatments (for improving color and contour of the skin, removing dark veins, or red lesions on the face) to laser hair removal, and also Botox. The most popular thing on the non-surgical side would be the fillers for depressions or furrows, normally in the lower half of the face. They are non-surgical and they have instantaneous results. Results from injections of Botox in one's face last from three to four months. Injecting Botox into the temple area has often brought relief from tension headaches. Dr. Guyette recommended that a person always go to a Board Certified Doctor.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town - 240	Roll in Clip	0:30	L	PA/O	11/18/11	11:00 am	
					11/19/11	1:30 am	
					11/21/11	9:30 am	
					11/22/11	1:30 am	
					11/24/11	11:30 am	

Roll-In Clip PSA: American Lung Association "Voice of Change" Not just about fighting for air, but for all the things that make it worth breathing. www.fightingforair.org

Joy In Our Town - 241	Roll in Clip	0:30	L	PA/O	11/25/11	11:00 am
					11/26/11	1:30 am
					11/28/11	9:30 am
					11/29/11	1:30 am
					12/01/11	1:30 am

Roll-In Clip PSA: American Association of Orthodontists "Special Times" Having a healthy smile is important and about the benefits of having braces. www.braces.org

Health/Mental Health

Doctor to Doctor #320	28:30	28:30	REC	PA/O/E	10/04/2011	9:30 AM
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Doreen Lewis talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It's important to look at the chemicals being used, cut sugar and exercise. Dr. Elizabeth Matthews talked post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It's important to get help and the treatment based up the severity of the depression. Dr. Samuel Verghese talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>
Doctor to Doctor #321		28:30	28:30	REC	PA/O/E	10/11/2011 9:30 AM

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

Doctor to Doctor #322		28:30	28:30	REC	PA/O/E	10/18/2011 9:30 AM
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Dr. Jill Westkaemper talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. Dr. Leonard Scott talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. Dr. Janet Poole talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

Doctor to Doctor #323		28:30	28:30	REC	PA/O/E	10/25/2011 9:30 AM
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Dr. April Speed talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. Dr. Wayne Gordon talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. Dr. Thomas Di Stefano talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>
Doctor to Doctor #324		28:30	28:30	REC	PA/O/E	11/15/2011 9:30 AM

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

Doctor to Doctor #326		28:30	28:30	REC	PA/O/E	11/22/2011 9:30 AM
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Dr. Bob DeMaria talked about healthy thanksgiving eating. It's important to try to eat organic fruits, vegetable and meat. #9 on labels for fruits/veggies means it's organic and #8 means it has been genetically engineered. It's important to drink plenty of water, steam veggies, use sweet potatoes or yams and combine food properly. Dr. Martin Finkelstein talked about distressing for the holidays. There is a lot of tension that can make the immune system weak and lead to sickness. It's important to let go of emotional stresses. It's also important to envision the type of relationships we want and to practice forgiveness and appreciation. Dr. Hale Akamine talked about overcoming holiday blues. It can be a season of mixed emotions like sadness or bitterness. It's important to allow other people to come into your life and to also share with those less fortunate than you.

Doctor to Doctor #327		28:30	28:30	REC	PA/O/E	11/29/2011 9:30 AM
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Dr. Bettye Alston talked about sugar free holiday desserts. It's important for diabetics to not elevate their blood sugar, but still be able to enjoy desserts. You can make smoothies and tarts by using certain ingredients that diabetics can enjoy. Dr. Malcolm Hill talked about holiday stress. Stresses are situations that come into our life that causes us to have to change. It can lead to high blood pressure, heart attack, stroke, diabetes and depression. It's important to live within our means, exercise daily, drink plenty of water and eat a plant based diet. Dr. Brian Nimphius talked about health care vs. sick care. Health care is preventative and involves eating right and exercising. It's taking the necessary steps to make sure your body stays healthy. Sick care is reactive and it's waiting until you are sick to seek care. It's not exercising and not eating right.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
<u>YOUTH</u>							
Joy In Our Town # 235		28:30	12:00	L	PA/O	10/01/11	12:30 am
						10/03/11	8:30 am
						10/04/11	12:30 am
						10/06/11	12:30 am
						11/17/11	2:00 am

Vanessa Rose introduces and welcomes Dr. Meekness LeCato who is with the Love Devon Organization. The topic discussed was Emotional Bank Accounts. Dr. LeCato explained that it's about making deposits (either positive or negative reinforcement) and withdrawals (expectations/consequences) from our children. Many parents make withdrawals without first making positive deposits in their child's life. Unfortunately when it comes time to make a withdrawal, if there has been no deposit, then the child is left dry and empty. For example, Dr. LeCato talked about how parents continuously tell the child negative things like 'You're just like your no good dad', or 'Where did you come from?' Then, when the child is ready to go out and accomplish their goals, they are always thinking 'I can't do it' and they have memories of the negative words spoken to them in their childhood, and remember those things and replay them in their mind. Their emotional growth will be stunted because of all the negative words spoken into their lives. Parents must speak the positive things into every situation. Example: 'You can accomplish anything you want; all you have to do is try'; 'You're great at this'. Always be ready to point out something that's very positive in the child's life. Make a positive out of a negative. Dr. LeCato encouraged parents to help the child feel good about themselves. The best lessons are taught in the home, communicating and listening to the child's opinion and how they feel about different situations. Dr. LeCato suggested teaching them by having a Love Feast, preferably at dinner and each one letting the other know how much they are appreciated. This can be carried out in all kinds of relationships. It all starts at home, one family at a time. By teaching this to one's children they can pass this down to future generations. Dr. LeCato stressed that consistency is very important. Parents must mean what they say. No means no, and yes means yes. She also encouraged parents to give their children choices, like letting them pick their vegetable at dinner-time, such as peas or carrots, green beans or salad. This way, the child gets to make the decision; they're not being forced and it makes them feel good about themselves. The child will feel that they have some responsibility and that they are trustworthy. Children make a withdrawal by remembering all the words that have been planted into their lives. That's why parents must plant positive words. Parents can undo many negative things by attaining correct information. Dr. LeCato encouraged parents to talk and listen to their children and to give them the opportunity to learn about right and wrong.

Joy In Our Town #212		28:30	12:00	L	PA/O	10/28/11	10:00 am
						10/29/11	12:30 am
						11/15/11	1:00 am

Bob Waggoner welcomes and introduces Vince & Missey Como who are with AZ Families for Home Education. In the first segment, the topic was about home schooling. Missey explained that while she was going through school to be a public school teacher, she saw many kids falling through the cracks. She began seeing children being left out and began feeling that she wanted to home-school. Their children are in the fourth and sixth grades now and she's still home-schooling. The resources are available and today, and many parents are home-schooling their children. It is a huge misconception that parents are not qualified to teach their children. Parents know their children better than anybody. Vince voiced his concern about what children are being taught. He mentioned a network of families that are home-schooling, and that there are plenty of wonderful resources.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#212	28:30	12:00	L	PA/O	10/28/11	10:00 am
						10/29/11	12:30 am
						11/15/11	1:00 am

Bob Waggoner welcomes back Vince & Missey Como who are with AZ Families for Home Education. In the second segment, Vince talked about bringing back the youth's focus on our countries grass roots. He emphasized having children serve the community and teaching them how to have a servant's heart. That is the first step in training children to be leaders. He spoke about focusing on what the founders of our country believed and the need to educate young people about the truth. He mentioned the history of our country and getting back to our grass roots, people helping people. Vince & Missey encouraged parents to have trust in their children, let them make decisions, and teach them to respect other people, whether they agree with them or not. Missey loves our country and it comes across when she teaches her children. He emphasized the fact of where America came from and appreciating those who have given their lives for our freedom. He stated that children need to know and remember that. Hope and freedom needs to be brought back to America.

Joy In Our Town 235 – Roll In Clip	0:30	L	PA/O	10/01/11	12:30 am
				10/03/11	8:30 am
				10/04/11	12:30 am
				10/06/11	12:30 am
				11/17/11	2:00 am

Roll In Clip PSA: Boatman Media: Volunteers of America Major League Baseball Players Trust "Are You In"
This is about encouraging young people to get involved and volunteer. www.ActionTeam.org

Joy In Our Town 212 – Roll In Clip	0:30	L	PA/O	10/28/11	10:00 am
				10/29/11	12:30 am
				11/15/11	1:00 am

**Roll In Clip PSA: WestGlen Communications "Rating System" Mom & Boys shopping for video games-
parents using rating system. ESRB.org/mobile**

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
<u>FAMILY</u>							
Joy In Our Town	#237	28:30	12:00	L	PA/O	10/14/11	10:00 am
						10/15/11	12:00 am
						10/17/11	8:30 am
						10/18/11	12:30 am
						10/20/11	12:30 am
						11/17/11	2:30 am

Vanessa Rose introduces and welcomes Representative Terri Proud who is with Legislative District # 26. The first topic discussed was about the Census Data and its Economic Impact on Families. Rep. Proud began the discussion by explaining how every ten years, every state goes through a re-districting. This means that the district boundary lines of our state are going to change due to population growth. This can have an affect on our laws. Rep. Proud encouraged individuals to get involved by voting because their representation could change. It is very important to vote. Rep. Proud said that a good society is deeply rooted in a strong family unit. Our society depends on the family unit and family union. Many studies show the negative impact of divorce and how it has impacted our children. Where there is divorce, there's a higher poverty rate, higher juvenile delinquency rate, and more teen pregnancies. This not only affects our economy, but our morality also. Rep. Proud urged individuals not to just talk about being pro-life, or pro-family, but to understand what that means. Individuals need to get involved and learn how to have a healthy family dynamic. The high divorce rate has led to a tremendous moral breakdown in children today. The foundation of our society is 'The Family Unit'. Rep. Proud shared about a bill that recently came up in the Legislature entitled 'Parental Rights'. The bill stated that parents have the right to decide what's best for their children and that parents have the right to educate their children as they see fit. The bill passed.

Joy In Our Town	#237	28:30	12:00	L	PA/O	10/14/11	10:00 am
						10/15/11	12:00 am
						10/17/11	8:30 am
						10/18/11	12:30 am
						10/20/11	12:30 am
						11/17/11	2:30 am

Vanessa Rose welcomes back Representative Terri Proud who is with Legislative District # 26. In the second segment, they first talked about School Choice and that, at present, an estimated 22,500 children will be home schooled in Arizona this year. Rep. Proud sees this as a great thing for several reasons. Parents want to be more involved in the curriculum and to know what their child is learning. The education of a home schooled child far exceeds that of the publicly schooled child. Parents are becoming much more aware of how education will affect their children's future. It also has a very positive effect on the family in multiple ways. Rep. Proud encouraged parents to rise up and speak about what their children are being taught. It's the parents' tax dollars being spent and their right to have a voice. Arizona is one of the states that now have 'School Choice'. That means that parents can choose the school that they want their child to attend. Many parents are taking that option. Rep. Proud talked about our 'Tax Credit' which is a wonderful program. This credit allows an individual tax payer to fund a child to go to a private school. This is another option that parents are taking advantage of.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#201	28:30	12:00	L	PA	11/07/11	9:30 am
						11/08/11	1:30 am
						11/10/11	1:30 am
						11/24/11	11:00 am

Oralena Valero welcomes and introduces Dr. Randy Carlson who is with Family Life Communications. The first topic was 'Parenting Intentionally'. Whoever is the most intentional in the life of your son or daughter is going to win. Mom and dad have to be intentional. They're either overly controlling or inconsistent. Don't become a nag. Just teach them to obey, and make them aware of the consequences. Leadership is not optional. If you're a yeller, breathe through your nose, and don't threaten them. Training your children is discipling them. Be a trainer and not a prison warden. Children are individual and different. Ask yourself, what one thing if I had to do it thirty days, would bring the most glory to God? Dr. Randy mentioned they have the Ten Commandments for their family. The first commandment was, we will protect each other from harm. If you want to be intentional.....speak encouragement to your child. Speak into their life. You can see early on what makes your children unique. Train them up in the way they, individually, should go. Build up the good, and downplay the bad.

Joy In Our Town	#201	28:30	12:00	L	PA	11/07/11	9:30 am
						11/08/11	1:30 am
						11/10/11	1:30 am
						11/24/11	11:00 am

Oralena Valero welcomes back Dr. Randy Carlson who is with Family Life Communications. The second topic was about Marriage Matters. Dr. Carlson said fifty percent of marriages end in divorce. Discusses what happens after the wedding day. He says, he had to know his wife....she is different than any other woman on earth. Love your wife intentionally. Love her so much you'll get involved. One way to be respectful in our marriage is to hold each other accountable, while respecting them. Dr. Carlson recommends pre-marital counseling and also six sessions with a Christian counselor in the first year of marriage. Husbands and wives have a lot more to talk about after one year than before marriage. Both must have commitment, but also love and respect and get to know one's spouse. Intentional marriage is knowing one's spouse well enough to understand what makes them tick and loving one's marriage enough to invest in it.

Joy In Our Town	237 - Roll in Clip	0:30	L	PA/O	10/14/11	10:00 am
					10/15/11	12:00 am
					10/17/11	8:30 am
					10/18/11	12:30 am
					10/20/11	12:30 am
					11/17/11	2:30 am

Roll In Clip PSA: Wounded Warrior Project "Hand Warrior" zplw-S430 This is about a vet that lost his arm.
www.WarriorProject.org

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	201 - Roll in Clip	0:30	L	PA/O	11/07/11	9:30 am	
					11/08/11	1:30 am	
					11/10/11	1:30 am	
					11/24/11	11:00 am	

Roll In Clip PSA: Children of Incarcerated Parents "#1" About helping children of incarcerated parents
www.myKairoscommunity.org

ECONOMY

Joy In Our Town	#236	28:30	12:00	L	PA/O	10/07/11	10:00 am
						10/08/11	12:30 am
						10/10/11	8:30 am
						10/11/11	12:30 am
						10/13/11	12:30 am
						10/25/11	1:00 am

Vanessa Rose introduces and welcomes The Honorable Doug Ducey who is the Arizona State Treasurer. Government vs. Business was the first topic discussed. Treasurer Ducey talked about the difference between government and business. Government is all about process, and business is all about outcome. Treasurer Ducey explained that when a state runs out of money they have to make real decisions and establish real priorities. He also spoke about the opportunity for real reform and some fiscal and financial responsibility going forward which he wants to be a part of. The State of Arizona has its first balanced budget since 2007, and has really reduced its spending and made some very difficult decisions. Treasurer Ducey said this is truly a balanced budget. No business, family, and certainly no country can continue to borrow forty cents of every dollar and be sustainable long term. Government really is about making decisions and setting priorities. Treasurer Ducey mentioned the three things that state government does. 1) It Educates 2) It Medicates 3) It Incarcerates. This is what the budget revolves around. Treasurer Ducey emphasized that education is incredibly important to the wellbeing of our state and our economy. Public Safety is always a concern and this falls under the incarceration role of government. Treasurer Ducey mentioned that Federal Law always supersedes state law, but many of the answers to Arizona's problems will not come from the Federal government. He believes all these problems are solvable but he would like to see more of the decision making come from the State level, by residents who would have to live with the decisions. Treasurer Ducey mentioned that he loves our system and the people within our government. Although our Governor and legislature have put forward a Competitiveness Bill to help unemployment here in Arizona, nothing will get our state's economy growing like an improved national economy.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#236	28:30	12:00	L	PA/O	10/07/11	10:00 am
						10/08/11	12:30 am
						10/10/11	8:30 am
						10/11/11	12:30 am
						10/13/11	12:30 am
						10/25/11	1:00 am

Vanessa Rose welcomes back The Honorable Doug Ducey, Arizona State Treasurer. The second topic discussed was the recent market volatility and debt. Treasurer Ducey explained that the state’s debt and the money that the State’s Treasurer manages on behalf of the State are safe from uncontrolled spending. Also, the permanent land endowments are protected. The asset allocation is very conservative and there is no day trading. The State Treasury funds also have a long term horizon and safety is the first priority. The treasury has liquidity so teachers and policeman can be paid, and pot holes can be filled. The State Treasurer’s office doesn’t collect the taxes and it doesn’t spend the tax payers’ dollars, but it does safeguard and invest the dollars. The State Treasury doesn’t spend money, they actually make money. Treasurer Ducey said that the state level of debt is of concern but manageable. The true debt burden, that is so concerning today, is the national debt. It is reaching a point where the debt is larger than the income. At the state level we have a balanced budget unlike the federal level. Treasurer Ducey explained that debt is not necessarily a bad thing. Most people have a mortgage which is debt, but most people can afford their mortgage payment. The amount of money in the state’s bank account is posted every morning on the www.AZTreasurer.gov website. The State Treasury pays for Medicaid, education and public safety. Treasurer Ducey has a Facebook page and will accept anyone as a friend and he also speaks more about national economic issues there. They also discussed different attributes that can be leveraged to grow the economy.

Joy In Our Town	#242	28:30	12:00	L	PA/O	12/02/11	11:00 am
						12/03/11	1:30 am
						12/05/11	9:30 am
						12/06/11	1:30 am
						12/08/11	1:30 am

Vanessa Rose welcomes and introduces Dean Wegner, who is a Consumer Housing Expert. The topic for the first segment of the program was how to deal with one’s distressed property. Dean shared that it’s a bilateral decision; do I want to move or do I want to stay? More often than not, people want to stay in their home. If one decides to stay, it is assumed that if they do a loan modification, it will drop their payment six or seven hundred dollars. Mr. Wegner said that if one gets a loan modification, expect about a 10% reduction in house payment. More than likely the payment will go back up further down the road. If one is current with their payments and not greater than 125% upside down, they can call the existing mortgage company and see if they will re-finance them into a lower rate. In the third quarter of 2011, mortgage rates went to a seventy year low. They were in the high 3’s for a thirty year fixed mortgage. It’s not as easy to get a loan as when the house was first purchased. If one is analyzing their financial situation, be careful to remember all the other debt to be paid. Be sure to look at the big picture when asking yourself; Do I stay or do I go? If one decides to relinquish their property, they can let it go into foreclosure or do a short sale. It’s wise to get a lawyer for advice. Here in Arizona, more often than not, one would be eligible to buy another property in as little as three years after a foreclosure or a short sale. Mr. Wegner talked about tax issues pertaining to a short sale or a foreclosure. He encouraged folks to talk to a good lawyer before making these decisions. From his experience he said people are happier by getting out of their distressed property sooner as opposed to later.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#242	28:30	12:00	L	PA/O	12/02/11	11:00 am
						12/03/11	1:30 am
						12/05/11	9:30 am
						12/06/11	1:30 am
						12/08/11	1:30 am

Vanessa Rose welcomes back Dean Wegner, who is a Consumer Housing Expert. In the second half of the program the discussion was about "Living Within Your Means" and Budgeting. Dean said that most people don't like to talk about living within their means. Many lessons can be learned from the 2008 recession bubble; the first thing being how to live within one's means. Dean said to look at this from a business perspective. A household is just like any business in America. Money that comes in is called revenue and the bills are called expenses. The government takes their cut and what's left is called profit. There are two types of expenses. One type is 'fixed' and the other is 'soft'. Fixed expenses are things like the mortgage payment, or car payment, which are the same amount every month. Then there are the soft expenses like dining, entertaining, or spending too much money on impulsive buying, or buying things just because they're on sale. Dean talked about redesigning our habits on the soft expenses, and attacking debt and living within one's means which will bring about a 'Balanced Budget'. There are helpful tools and programs on the internet available for people to take advantage of, such as 'Take Charge America' or Mr. Wegner's 'Personal Profit and Loss' program. In some cases, bankruptcy may be the only option

Joy In Our Town 236 – Roll In Clip		0:30		L	PA/O	10/07/11	10:00 am
						10/08/11	12:30 am
						10/10/11	8:30 am
						10/11/11	12:30 am
						10/13/11	12:30 am
						10/25/11	1:00 am

Roll In Clip PSA: Foundation for Credit Counseling "Should Not Be Shopping" This is about a woman who is unable to shop because of her poor financial state. www.MortgageHelpNow.org

Joy In Our Town 242 – Roll In Clip		0:30		L	PA/O	12/02/11	11:00 am
						12/03/11	1:30 am
						12/05/11	9:30 am
						12/06/11	1:30 am
						12/08/11	1:30 am

Roll In Clip PSA: National Foundation for Credit Counseling "Times Are Tough". This is about people looking at bills, statements, etc. and feeling hopeless—Get Help 1-800-388-2227 www.DebtAdvise.org

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
EDUCATION							
Joy In Our Town	#239	28:30	12:00	L	PA/O	11/11/11	11:00 am
						11/12/11	1:30 am
						11/14/11	9:30 am
						11/15/11	1:30 am
						11/17/11	1:30 am

Vanessa Rose introduces and welcomes Representative Chester Crandell who represents Legislative District #5. The first topic discussed was the Outcome Based Education Funding. Rep. Crandell mentioned that the Legislature has now balanced the budget that hadn't been balanced in a long time and cut about one billion dollars out of the state budget and in doing so opened up a lot of restrictions that are on the funding. The Legislature is the 'Keeper of the Purse'. Rep. Crandell said it takes up to fifty per cent of the state budget to fund education. We are a locally controlled state which means that each school district elects its own board to put together a budget of how they're going to spend the money that comes to them and also the curriculum and the policy. Some of the policies that were passed last year were 1) Opening up the restriction on the money. 2) The Grand Canyon Diploma, which means that at the end of their sophomore year students can take a board exam and allow them to graduate from high school and start community colleges a lot earlier. 3) Created more choice; through tax credits and other means of funding, students can go to the schools that will benefit their skills. Rep. Crandell spoke about allowing more local control by teachers and parents. Rep. Crandell believes that the current funding model keeps the students from reaching their greatest potential. Kids need to be able to move at their own pace and be able to fulfill their potential.

Joy In Our Town # 239	28:30	12:00	L	PA/O	11/11/11	11:00 am
					11/12/11	1:30 am
					11/14/11	9:30 am
					11/15/11	1:30 am
					11/17/11	1:30 am

Vanessa Rose welcomes back Representative Chester Crandell who represents Legislative District #5. In the second segment, the topic was about Funding Models for K-12 Education. Rep. Crandell is proposing moving to a Free Enterprise Funding Model which makes any entity sign a contract with the State of Arizona for specific outcomes they would expect a student to accomplish by the time they graduate. Right now in public schools only 40% can read at eighth grade level. In this new model, before the entity receives payment, their students would have to meet the specified outcomes. Also there would be other requirements that students would have to meet. This way, the State would be paying for what they feel is important and necessary for students to accomplish by graduation. It would give children and parents the choice to re-locate to schools where children would be best benefited. Rep. Crandell wants to get the creativity needed to benefit the students, and feels it would be very successful. It would basically do away with different grade levels. Concerning the specific outcome, Rep. Crandell envisions parents being able to see what needs to be done in a specific amount of time. It would help parents at home to see where their children are and where they need to be. It would get parents more involved at home, teaching their kids and giving the kids the opportunity to see the end of the tunnel and challenge them to get there.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#210	28:30	12:00	L	PA/O	12/09/11	11:00 am
						12/10/11	1:30 am
						12/12/11	9:30 am
						12/13/11	1:30 am
						12/15/11	1:30 am

Bob Waggoner welcomes and introduces Superintendent John Huppenthal of Arizona Department of Education. In the first segment Mr. Huppenthal talked about school choice and he explained how he decided to go into the education field. He said the responsibilities are enormous and there are great assets along with enormous challenges. He talked about open enrollment which gives parents choices where their child can go to school and 15% to 40% take advantage of the open enrollment advantage. Public school's are allowed to open up anywhere. They also discussed charter schools. Charter schools can be funded by anyone, non-profit entities, profit entities, foundations, etc. Teachers seem to be passionate about teaching the children in these types of schools. In the top ten schools, in academic gains, most of them are charter schools in Arizona. For people who want to donate to these schools, they can also get a dollar for dollar tax credit. They also discussed what's happening for the special needs children. They closed this segment by talking about the funding for education.

Joy In Our Town	#210	28:30	12:00	L	PA/O	12/09/11	11:00 am
						12/10/11	1:30 am
						12/12/11	9:30 am
						12/13/11	1:30 am
						12/15/11	1:30 am

Bob Waggoner welcomes back Superintendent John Huppenthal. In the second segment, Mr. Huppenthal talked about discipline in the classroom which is an important focus of everything you do in education. All the administrative efforts and the reform efforts are designed around a disciplined, organized classroom. We need both discipline and organization. We have to have an energized teacher that knows they have the support of the principal, and the laws that also support them. Teachers have to command respect and be well organized. There has to be accountability at the teacher level, and you need accountability at the principal level. The Department of Education is going to start a new concept for accountability of principals. The teachers will evaluate the quality of the leadership. They also discussed how the discipline at home affects the discipline at school. The Department of Education is also going to do some reading initiatives. It will help young children to stay out of the gang culture because they will be reading and have a good identity about themselves because they know how to read. They will be going into high crime areas with the reading initiatives. They've done this in Florida and it has raised the literacy rates 30% and they want this to happen in Arizona. Mr. Huppenthal talked about moving the accountability issue up to the School District Level. When that happens, things change. They also talked about performance in the classroom, and how important that is. It creates more opportunities for the students.

Joy In Our Town	239— Roll In Clip	0:30	L	PA/O	11/11/11	11:00 am
					11/12/11	1:30 am
					11/14/11	9:30 am
					11/15/11	1:30 am
					11/17/11	1:30 am

Roll In Clip PSA: Harvard School of Public Health "Help Them Get There" It's about being a mentor and Kids Sharing Their Dreams. www.serve.gov/mentor

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	210—Roll In Clip		0:30	L	PA/O	12/09/11	11:00 am
						12/10/11	1:30 am
						12/12/11	9:30 am
						12/13/11	1:30 am
						12/15/11	1:30 am

Roll In Clip PSA: IRS "Free File" This PSA shows how to file taxes for free in the IRS. www.freefile.irs.gov

CIVIC AFFAIRS

Joy In Our Town	#238	28:30	12:00	L	PA/O	10/21/11	10:00 am
						10/22/11	12:30 am
						10/24/11	8:30 am
						10/25/11	12:30 am
						10/27/11	12:30 am
						11/15/11	1:30 am

Vanessa Rose introduces and welcomes Representative Cecil Ash who represents Legislative District #18. The first topic discussed was about Jobs and Disparity between Rural & Urban Health Care. Rep. Ash explained that since Arizona adopted Medicaid, called ACCHSS here in AZ, the Federal Government gives the state two dollars for every one dollar spent in monetary assistance. That means if Arizona spends one billion on ACCHSS patients, the Federal Government gives AZ two billion. On children's health, the match is three to one. The result is that the Federal Government can dictate a lot of the rules regarding health care because they control the majority of dollars. Obama Care is already taking effect. Children up to twenty six years old can be included on the parent's health insurance policies but the major impact is yet to come. Whether or not Obama Care will be implemented depends on if the courts rule it unconstitutional or not. Rep. Ash said that generally speaking, he feels that Obama Care is bad for the country. A 'One Size Fits All' health program is not appropriate. Many people feel it is unconstitutional and that the long term affects will be negative. Many of the provisions of Obama Care will have a negative impact in the long run. There are three key issues involving Arizona Health Care. 1) ACCHSS 2) Cost 3) Quality. These three are intertwined because when the amount of people on ACCHSS goes up, the cost goes up because many of those can't afford healthcare. Because there is a limited number of doctors and medical personnel it tends to cause a reduction in the quality of healthcare because it has to be rushed or spread out over so many. The cost goes up because of the many people who can't pay for it. Health care has become a very serious problem. The law that requires hospitals to treat everyone that comes in whether they can pay for it or not has put a huge burden on the hospitals and health care systems. Some hospitals have even closed their Emergency Rooms to avoid that law because their losses were so significant. Some people refuse to get health insurance because they know they will be taken care of, regardless if they have insurance or not. Free health care is not free at all. Someone has to pay.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#238	28:30	12:00	L	PA/O	10/21/11	10:00 am
						10/22/11	12:30 am
						10/24/11	8:30 am
						10/25/11	12:30 am
						10/27/11	12:30 am
						11/15/11	1:30 am

Vanessa Rose welcomes back Representative Cecil Ash---Legislative District # 18. In the second half of the program the discussion was about Sentencing Reforms and Proposals for Fixing the Current Model or Updating our Criminal Justice System. At present we have a Criminal Code that was enacted in 1978 and has had a couple modifications added in the years since. One impact is that the costs have gone up tremendously and the number of inmates has gone up significantly. Rep. Ash feels that prisons should not be operated for a profit. The purpose is to incarcerate criminals to keep them away from the public until they can conform to the laws of society. In many cases it requires classes and rehabilitation through programs and services. Rep. Ash's concern about private prisons is that their primary motivation is profit. His concern is that the private prisons have studies and programs that assure they are comparable to our State Run Institutions. Arizona has five private prisons running at the present and they only take inmates that are healthy and minimum security risk. Rep. Ash wants to update our prison system to what's occurring in other states. This will have to be done through the legislature, the house and the senate. Rep. Ash is working to get people to look at it and consider the different aspects.

Joy In Our Town	#244	28:30	12:00	L	PA/O	12/16/11	11:00 am
						12/17/11	1:30 am
						12/19/11	9:30 am
						12/20/11	1:30 am
						12/22/11	1:30 am

Vanessa Rose welcomes and introduces Congressman Ben Quayle. In the first segment of the program they discussed The Current State of the Economy. Congressman Quayle talked about the need to instill confidence into the marketplace so that small and medium size business owners can start putting money to work. Businesses are not willing to risk the capitol they may have right now because they think their costs are going to increase, whether higher taxes or higher regulatory burdens. They don't know where those costs will end up. They talked about the American Jobs Act and Mr. Quayle explained that it's a 445 billion dollar stimulus plan based on the same type plan that was proposed in 2009 which didn't work. It's on a bipartisan basis that people are against it, not just democrats or republicans. This would be spending money that we just don't have. Mr. Quayle also mentioned that we need to find a way to use our renewable energy. We should be one of the leaders of Natural Energy, and this would be a way to create jobs. We have more energy than Saudi Arabia. It just needs to be un-tapped, both onshore and offshore. In the House they have passed five or six specific bills that relate to energy production in the US. In about ten years there would be 1.2 million jobs and there would be a lot of needed revenue going into state and local government.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#244	28:30	12:00	L	PA/O	12/16/11	11:00 am
						12/17/11	1:30 am
						12/19/11	9:30 am
						12/20/11	1:30 am
						12/22/11	1:30 am

Vanessa Rose welcomes back Congressman Ben Quayle. In the second half of the program the discussion was about What Lies Ahead for the 112th Congress. Mr. Quayle talked about the forming of the Super Committee of six democrats and six republicans to come up with 1.2 trillion dollars worth of reductions in government spending and they have until November 23rd to send their proposal to the House and the Senate for a vote. If they do not find the 1.2 trillion dollars worth of savings they will automatically cut 1.2 trillion dollars, and half of that will be cut from defense spending. This will be a very significant issue dealt with by Congress this year and may be the biggest news coming out of Washington DC. Mr. Quayle said it would be devastating for our Department of Defense for this to happen. Secretary Panetta testified that it would be a huge blow to our National Security. We've been making cuts to our defense over the last few years but one of the main and key roles of the government is to keep our country safe. This would put the US at a great disadvantage. Mr. Quayle said we're fortunate to have Senator Kyle on the committee because he is a very wise man and will do a great job. Mr. Quayle complimented Pres. Obama for the progress for the war on terror, but he feels that America is now viewed as a weaker country in Iran & Iraq. On immigration, Mr. Quayle believes that we should make common sense decisions and said if the Federal Government would enforce their own laws, Arizona wouldn't even need SB 1070. We should be able to use all of our resources to enforce the law. The drug cartels have easy access into our country. Mr. Quayle stated, "make no mistake, we want legal immigration" and it's exciting to see refugees want to come to America and to legally become American citizens.

Joy In Our Town	#245	28:30	12:00	L	PA/O	12/23/11	11:00 am
						12/24/11	1:30 am
						12/26/11	9:30 am
						12/27/11	1:30 am
						12/29/11	1:30 am
						12/30/11	1:30 am
						12/31/11	1:00 am

Vanessa Rose welcomes and introduces Congressman Trent Franks who is a member of the 2nd District of Arizona. The topic discussed in the first segment of the program was Immigration. Congressman Franks made it very clear that no one has it all figured out concerning immigration, but believes there is a way to have a type of immigration policy that recognizes the humanity of all people and recognizes a nation's prerogative to be able to choose who's allowed to come into their country. It should be done on a legal basis. Congressman Frank's primary concern is border security and is convinced that there is a border security issue, not just an immigration issue. An open border leaves an enemy with great potential and the capacity to do America tremendous harm. We have a major border security breach and it's not really known what terrorist elements have come over the border already. If America has a border security mechanism that will protect her from terrorist groups and the MS-13 gang cartel groups, it becomes a lot easier for people to come in the country for economic reasons or otherwise. Congressman Franks expressed a sincere compassion for people wanting to come into this country. At the same time, he shared that if there is not a legal architecture in place, then those that are trying to come here legally and have waited for years are pushed aside, and there's nothing fair about that. If America does not have a secure border, we don't really have the political will or components to create an easier way to enter the country.

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	#245	28:30	12:00	L	PA/O	12/23/11	11:00 am
						12/24/11	1:30 am
						12/26/11	9:30 am
						12/27/11	1:30 am
						12/29/11	1:30 am
						12/30/11	1:30 am
						12/31/11	1:00 am

Vanessa Rose welcomes back Congressman Trent Franks who is a member of the 2nd District of Arizona. In the second half of the program the discussion was about Tuition Tax Credit and School Choice. In general, Child protection has been the main focus of Congressman Frank's career and he feels that one of the most important things we can do is to empower children to face the world they are stepping into. In 1995 Congressman Franks wrote the scholarship tax credit that was passed in the Arizona's legislature two and a half years later. This allows parents to be able to choose the school that their children attend and is funded by people who make voluntary contributions to a scholarship fund for a child to go to a school of the parent's choice. The money never goes to the government, however, it will save the state money, empower the parents, and it furthers the cause of children's education. The Department of Revenue grants a dollar for dollar reduction in the contributor's state income taxes and it saves the state two dollars in expenditures for every dollar that it costs in revenue. So it's very fiscally sound and the up-side is that now they're able to scholarship around thirty thousand children in Arizona for parents that would otherwise never have a chance can have their children go to the school of their choice. This is to help those who have no chance. One of two entities chooses what educational values go into the hearts of our children. It will either be a bureaucrat who doesn't know the child's name or a parent who would pour out their last drop of blood for that child. The child's future is safer in the hands of the parent.

Joy In Our Town	238—Roll In Clip	0:30		L	PA/O	10/21/11	10:00 am
						10/22/11	12:30 am
						10/24/11	8:30 am
						10/25/11	12:30 am
						10/27/11	12:30 am
						11/15/11	1:30 am

Roll In Clip PSA: Inside Knowledge "My Story" This PSA is information regarding gynecological cancers 1-800-CDC-info (1-800-232-4636)

Joy In Our Town	244—Roll In Clip	0:30		L	PA/O	12/16/11	11:00 am
						12/17/11	1:30 am
						12/19/11	9:30 am
						12/20/11	1:30 am
						12/22/11	1:30 am

Roll In Clip PSA: American Lung Association "Fighting" www.FightingForAir.org

<u>Issue/Problem</u>	<u>Program</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date/Time</u>	
Joy In Our Town	245—Roll In Clip	0:30		L	PA/O	12/23/11	11:00 am
						12/24/11	1:30 am
						12/26/11	9:30 am
						12/27/11	1:30 am
						12/29/11	1:30 am
						12/30/11	1:30 am
						12/31/11	1:00 am

Roll In Clip PSA: Department of Homeland Security "The Drop Off" www.DHS.gov/IFYouSeeSomething