

# Trinity Broadcasting Network

*KTAJ-TV*

January, February, March 2011

Central Time

Leading Community Issues

Economy

Crime

Youth

Safety

Health

Civic Affairs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Economy*

Joy In Our Town #110218	29:25	14:15	L	PA/O	02/18/2011	12:00 PM
					02/19/2011	2:30 AM
					02/21/2011	10:30 AM
					02/22/2011	2:30 AM
					02/23/2011	2:30 AM

Host Kimberly Warren talked with Jodi Bloemker, the director of community investment of the United Way of Greater St. Joseph. They discussed free tax preparation services. Ms. Bloemker said in St. Joseph, the United Way Financial Stability Initiative and two partner agencies, InterServ and the Bartlett Center, have worked together with IRS-certified volunteers to offer free tax preparation assistance to people earning \$49,000 or less. She said these volunteers also can see to it that you get your share from the Earned Income Tax Credit. Bloemker said more than 2,500 people benefited from these services last year, with more than \$1.9 million in tax refunds received. She stated that the free tax preparation assistance clearly has had success in putting more money back in the pockets of our wage earners, and they in turn spend a good portion of those dollars with local businesses and boost the local economy.

Joy In Our Town #110318	28:25	14:12	L	PA/O	03/18/2011	12:00 PM
					03/19/2011	2:30 AM
					03/21/2011	10:30 AM
					03/22/2011	2:30 AM
					03/23/2011	2:30 AM

Host Kimberly Warren talked with Helen Chaffin, the District Manager of the St. Joseph Social Security Office. They discussed the Social Security program and how to achieve benefits. Ms. Chaffin says that social security provides more than \$410 million each month in retirement, disability and survivor's benefits to about 365,000 people in the greater Kansas City area. She says when a person works and pays Social Security taxes, they earn credits. The number of credits a person needs to qualify for disability depends on their age, and some of the work must be recent. Ms. Chaffin went on to discuss the Supplemental Security Income. She said SSI program provides monthly payments to people, including children, who do not have much income or who do not own many things and are age 65 or older, or totally or partially blind, or have a medical condition that keeps them from working and is expected to last at least one year or result in death.

Joy In Our Town #110325	29:00	15:00	L	PA/O	03/25/2011	12:00 PM
					03/26/2011	2:30 AM
					03/28/2011	10:30 AM
					03/29/2011	2:30 AM
					03/30/2011	2:30 AM

Host Kimberly Warren interviewed Jamie McGinn and Kim Winslow with the Kansas City Power and Light Company. They talked about energy efficiency and what to do when you get in a financial bind. Jamie started off by saying if you have a problem paying your bill for the month she say to call KCP&L as soon as you know you are going to have issues. She says that they have notice a lot more are struggling due to the economy and a lot are struggling for the first time. They work with a lot of social services but the main one they work with the most is the United Way 211 number. Customers can call 211 on their phone and get connected to a representative that can help them through many options and assistance. Jamie says 211 works for anything like gas bill, electric, and water. Kim talked about some programs at KCP&L that can help customers to save on energy use. About 45 percent of a energy bill is from heating or cooling usage. Some of the programs can be no cost to some cost depending on the program.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #110107	29:03	14:03	L	PA/O	01/07/2011	12:00 PM
					01/08/2011	2:30 AM
					01/10/2011	10:30 AM
					01/11/2011	2:30 AM
					01/12/2011	2:30 AM

Host Kimberly Warren interviewed Detective Trenny Wilson of the St. Joseph Police Department. They discussed domestic violence in the St. Joseph Community. Detective Wilson said that the number of domestic abuse cases is even larger now than it was a quarter of a century ago. Detective Wilson stated that one in four women report they have been physically assaulted by their spouse or boyfriend. Physical and emotional trauma can lead to increased stress, depression, lowered self-esteem, and post-traumatic stress disorder. Detective Wilson stated that sometimes the abuse is not only physical, but financial. The abuser controls the spouse by not allowing them to work or have access to money. This keeps the person crippled and totally dependent upon the abuser. They are not likely to ever leave since they do not have access to money. Detective Wilson stated that sometimes it is hard and confusing to admit that a person is in an abusive relationship, or find a way out. There are clear signs to help people know if they are being abused. The abuser usually monitors what the person is doing at all time, criticizes little things, prevents or discourages the person from seeing friends or family , or going to work or school, and blames the person for his or her violent outbursts.

Joy In Our Town #110218	29:25	15:10	L	PA/O	02/18/2011	12:00 PM
					02/19/2011	2:30 AM
					02/21/2011	10:30 AM
					02/22/2011	2:30 AM
					02/23/2011	2:30 AM

Host Kimberly Warren interviewed Richard Easley the President of the Board of the Kansas City Metropolitan Crime Commission. They discussed crime prevention. Mr. Easley said the commissions programs are geared towards supporting local law enforcement efforts in fighting crime, keeping the neighborhoods safe to have better living and business. The commission has been around for 60 years and is not new to the areas crime. It is not just made up of retired law enforcement officers but groups of people from the community. The crime commission is actually separate from the law enforcement community and he has a board that is made up of businesses, and community leaders. They cover four counties in the area. The commission has many programs that are lead by members of the board and there are several programs under the umbrella of the KCMCC. These programs are community based and they go into the schools as well to inform them on how to create their own crime stoppers program, or tips hotline in the school.

Joy In Our Town #110225	26:59	13:45	L	PA/O	02/25/2011	12:00 PM
					02/26/2011	2:30 AM
					02/28/2011	10:30 AM
					03/02/2011	2:30 AM
					03/03/2011	2:30 AM

Host Kimberly Warren interviewed Mary Clark about how substance abuse and crime affect families. Mary Clark said that they started a group called the Dwelling Place which is a Christian-based substance abuse recovery program. Mrs. Clark said she was saved from a life of drugs and alcohol eleven years ago. She said she's inspired to share her recovery experience with her incarcerated sisters, who may suffer from poor self-worth. Clark said help, such as spiritual counseling and job readiness skills, have been available to men in the jail, but traditionally lacking for women because fewer are incarcerated. She also said there is a great community need for a woman's jail ministry in St. Joseph, especially to prevent offenders from re-offending and going to jail again. Clark said when ministering to them you feel bad because something didn't happen in their lives. She went on to say that they're not all criminally minded. Sometimes they're just caught in a bad place.

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*Crime*

Joy In Our Town #110311	28:54	14:14	L	PA/O	03/11/2011	12:00 PM
					03/12/2011	2:30 AM
					03/14/2011	10:30 AM
					03/15/2011	2:30 AM
					03/16/2011	2:30 AM

Host Kimberly Warren interviewed Sheriff Mike Strong of Buchanan County, Missouri. They discussed the illegal immigration detention center and the rural crime summit. Sheriff Strong said he and other Buchanan County officials went to Washington, D.C. to talk to the Immigrations Customs Enforcement (ICE) about creating a non-criminal immigrant detention center in St. Joseph. Looking at areas referred to as "The Chicago region," which includes Illinois, Missouri and Kansas, Sheriff Strong said ICE representatives were receptive to what the county brought to the table. Strong said they need to be able to meet a criteria that includes the facility being a 90-minute drive from an approved airport, a one-hour commute to a major city and a 30-minute trip to a general care hospital, ICE officials invited Buchanan County officials to return to D.C. within 30 days. They went on to talk about what is called a Rural Crime Summit. Sheriff Strong says this summit will provide the rural residents of Northwest Missouri the latest crime prevention information, along with current crime trends and methods of operation. Sheriff Strong said Missouri Governor Jay Nixon implemented a rural crime unit when he took office and its wonderful things in solving rural crime. The summit will give residents a few methods and techniques to help them reduce their chances and increase the chances of the Sheriff's Department to solve crimes.

*Youth*

Joy In Our Town #101227	27:42	14:17	L	PA/O	01/03/2011	10:30 AM
					01/04/2011	2:30 AM
					01/05/2011	2:30 AM

Host Kimberly Warren interviewed Evelyn Templeton and Michelle Hinkle who represent Broken Creek Youth Ranch. They discussed the purpose of the ranch and who they help. Evelyn started the show talking about the target group that the ranch helps and why they need help. She talked about all the different therapeutic techniques that the ranch administers to the youth and parents. Michelle talked about how the horses are used to help the youth with communications and other exercises. She talks about how the horses are used in social skills. They closed by recapping on the main topics of helping at risk youth and special needs and the ranch is making a difference.

Joy In Our Town #110121	28:09	14:09	L	PA/O	01/21/2011	12:00 PM
					01/22/2011	2:30 AM
					01/24/2011	10:30 AM
					01/25/2011	2:30 AM
					01/26/2011	2:30 AM

Host Kimberly Warren interviewed Dr. James Smith of Performance Plus Rehabilitation. They discussed the growing cases of Autism in children. Dr. Smith stated that approximately 3 to 6 out of every 10,000 children born are diagnosed with autism. He said that autism can prevent a child from forming relationships with others in part due to an inability to interpret facial expressions or emotions. He said some people point to childhood vaccinations and the mercury-containing preservative thimerosal that was widely used in many of them. There are also suspicions about lead or other toxins in the environment, diet, viruses and medications. Dr. Smith says there is no question that autism diagnoses are increasing, but it's unknown how much of that is due to greater awareness by the public, a broader definition of it, or is there a true increase in incidence or other factors. Dr. Smith said that in treating autism there is special education involved that are highly structured that focus on social skills, speech, language, self-care, and job skills. He says that medication is also helpful in treating some symptoms of autism in some children. Dr. Smith says the mental health professionals provide parent counseling, social skills training, and individual therapy.

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*Youth*

Joy In Our Town #110204	29:58	14:37	L	PA/O	02/04/2011	12:00 PM
					02/05/2011	2:30 AM
					02/07/2011	10:30 AM
					02/08/2011	2:30 AM
					02/09/2011	2:30 AM

Host Kimberly Warren interviewed Dr. Tedi Deka of the Missouri Western State University Psychology Department. They discussed child psychology and raising children. Dr. Deka said between the ages of 2 and 4 years children start to show new emotions that begin to feel are frustrating, doubt or shame. She stated that new emotions are good for us as parents that shows that the child is ready to start understanding that the world is not going to bend to them. They went on to discuss children with attention problems. Dr. Deka stated that all children have attention problems to some extent. She said there are different types of attention problems; lacks of concentration, hyperactivity and some have severe attention problems. Dr. Deka said the main time to usually catch children with attention difficulty is at school age. If they can't pay attention or manage the size of the classroom and keep their grades up then their could be a problem. Dr. Deka went on to say that parents make a few mistakes when it comes to attention problems. One is medicating too quickly. The other is not getting a second opinion from a Doctor. Dr. Deka then talked about the issue of children and defiance. She said the first thing a parent should do when they have a defiant child is look in the mirror. Deka said parents can model behaviors to their child without realizing that they are modeling them. The words parents use and how they react to certain situations can affect how children act.

Joy In Our Town #110211	28:20	14:08	L	PA/O	02/11/2011	12:00 PM
					02/12/2011	2:30 AM
					02/14/2011	10:30 AM
					02/15/2011	2:30 AM
					02/16/2011	2:30 AM

Host Kimberly Warren talked with Bill Hall, Jerome Bailey, and Marty McCallon. They discussed trying to inspire youth to do positive things in their lives instead of getting involved and drugs, violence and adhering to peer pressure. First Bill Hall stated that the Elite Team is a group of former professional athletes who visit schools and churches to inspire youths to make positive choices in their lives. Mr. Hall said they go into the places where others deem undesirable in order to reach youth. Rather it be the ghettos or juvenile homes, he takes the Elite Team in order to help children change their lives to a positive direction. Jerome Bailey, a member of the Elite Team, says he came from a tough neighborhood in Kansas City, Missouri where bad situations surrounded him. He wants to teach youth that you can make the right decision by finding a mentor to help you make the right decisions in order to pull yourself out of those difficult situations that a bad neighborhood can produce. Marty McCallon mentioned he grew up in a broken home and fell to the temptations of alcohol and other peer pressures. He was able to break away from that and threw the Elite Team he steps in as a father figure for youth who do not have that person in their lives. He says that they are a living example of coming from broken homes and that the children look up to people like himself, who had gone through the same situation that they are in.

Joy In Our Town #110211	28:20	14:12	L	PA/O	02/11/2011	12:00 PM
					02/12/2011	2:30 AM
					02/14/2011	10:30 AM
					02/15/2011	2:30 AM
					02/16/2011	2:30 AM

Host Kimberly Warren interviewed Pamela Sonnenmoser of PKS Training and Consulting. They discussed the problem with teen promiscuity in our area. Ms. Sonnenmoser says teen sexual promiscuity is a serious problem in the American society. Ms. Sonnenmoser says abstinence education needs to be increased and taken from more than a don't do it perspective. She says parents need tools to teach their children that their no means no and their yes means yes. Sonnenmoser stated that parents also need education about the ramifications of allowing sensual attire when children are young, thinking it's cute. She says educating parents even to the level of choosing toys for their children could be helpful in preventing the degree of sexual behavior we see in young children. She added that the behavior of the parents is a huge factor in this issue.

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*Safety*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #101227	27:42	13:25	L	PA/O	01/03/2011 01/04/2011 01/06/2011	10:30 AM 2:30 AM 2:30 AM

Host Kimberly Warren talked with JC Dollar and Marilyn Finney with Meril about making a house or apartment safe for disabled residents. They talk about the fact that many people go into nursing homes prematurely and with Meril they can stay in their homes and be independent. Meril needs to first make an assessment to help with recommendations to make the home safe and functional for them to be independent. JC brought up the fact that a majority of the staff at Meril are disabled themselves. So the staff knows what is required to live independently. They then discussed the emergency number available 24/7. The number is for providing interpreting services for the deaf, hard of hearing and the deaf blind. This number can be used for example if there has been an accident and a hearing impaired individual is involved. An officer can call to get interpreting for that person.

Joy In Our Town #110114	28:15	14:12	L	PA/O	01/14/2011 01/15/2011 01/17/2011 01/18/2011 01/19/2011	12:00 PM 2:30 AM 10:30 AM 2:30 AM 2:30 AM
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Host Kimberly Warren talked with Sgt. Bill McCammon regarding crime safety in neighborhoods. Sgt. McCammon said that neighborhood watch is a partnership approach in which the goal is for police to work hand in hand with citizens and neighbors in an effort to reduce crime and enhance the quality of life in your community. Sgt. McCammon said that people could get a neighborhood watch group started by talking to neighbors and tell them you are starting a Neighborhood watch and that you need their participation. Sgt. McCammon stated that a watch group can help residents learn ways to keep their homes and neighborhood secure. He said many watch groups organized neighborhood patrols that consist of trained volunteers who walk or drive a specified route in number, keeping an eye out for problems. This helps to discourage crime and create a sense that residents are in control.

Joy In Our Town #110128	28:17	14:12	L	PA/O	01/28/2011 01/29/2011 01/31/2011 02/01/2011 02/02/2011	12:00 PM 2:30 AM 10:30 AM 2:30 AM 2:30 AM
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Host Kimberly Warren interviewed Sgt. Sheldon Lyon of the Missouri Highway Patrol Department about the issue of safe driving in snowy and icy conditions. They discussed safety issues ranging from preparing to drive in snowy and icy conditions, as well as distractive driving. Sergeant Lyon stated that driving under snowy or icy conditions can be dangerous for any type of car, including 4-wheel drive vehicles. Taking the time to winterize your vehicle, be aware and minimize potential hazards can make it safer season for you and others on the road. He stated that people should carry a winter survival kit in their vehicle that includes blankets, a flashlight, flares or reflective triangles, a shovel, and jumper cables. Sergeant Lyon discussed safe driving techniques for cold and icy road conditions. He said to drive slowly and leave as much space as possible between your car and the next to deal with any emergencies that may arise. If a person hits the ice, first do not panic or slam on the brakes. Steer in the direction that the nose of the car is going in to regain traction.

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*Safety*

Joy In Our Town #110311	28:54	14:40	L	PA/O	03/11/2011	12:00 PM
					03/12/2011	2:30 AM
					03/14/2011	10:30 AM
					03/15/2011	2:30 AM
					03/16/2011	2:30 AM

Host Kimberly Warren talked with Randy Sharp, the Chairman of Continuum of Care in St. Joseph, MO. They discussed the issue of homelessness in the St. Joseph area. Mr. Sharp described the day in a homeless person's life as being very full as well as very difficult. It becomes kind of a grind where it becomes very hard to get it together enough to get ahead. If you are homeless and live in an emergency shelter you have to get up in the morning and go out and do something. There is no security in having their own home so they wonder around collecting cans, have appointments with mental health workers, may go to the Open Door Food Kitchen for lunch, then by the afternoon they have to worry about getting in line back at the shelter because there are only a certain amount of beds available. This becomes a pattern each day. The homeless person is cold and tired and walking everywhere. Mr. Sharp stated that a lot of people who do live in shelters have a job, it's just that they are just trying to get enough traction to be able to get back on their feet.

*Health Mental Health*

Joy In Our Town #110107	29:03	15:00	L	PA/O	01/07/2011	12:00 PM
					01/08/2011	2:30 AM
					01/10/2011	10:30 AM
					01/11/2011	2:30 AM
					01/12/2011	2:30 AM

Host Kimberly Warren interviewed Judy Bond and Helen Richards of the Kansas City Chapter Celiac Sprue Association. They discussed the issue of celiac disease its symptoms and treatments. Judy Bond said symptoms of gluten intolerance can be tricky to determine. Gluten intolerance, also called gluten sensitivity or Celiac Disease in its most severe form can have symptoms that range from no symptoms to life threatening or debilitating chronic health problems and anywhere in between. She said the most common symptoms of gluten intolerance is excessive fatigue, depression and weight gain. Helen Richards said the gluten in wheat, barley, rye, and a much lower amount in oats, contain particular amino acid sequences that are harmful to persons with celiac disease. Richards state that the only treatment is the lifelong adherence to the gluten-free diet. She said when gluten is removed from the diet, the small intestine will start to heal and overall health improves. Richards said medication is not normally required.

Joy In Our Town #110114	28:15	14:03	L	PA/O	01/14/2011	12:00 PM
					01/15/2011	2:30 AM
					01/17/2011	10:30 AM
					01/18/2011	2:30 AM
					01/19/2011	2:30 AM

Host Kimberly Warren interviewed Johanna Blanding-Koskinen the Executive Director of the Hepatitis C/HIV Midwest Outreach Center. They discussed Hepatitis C. Johanna Blanding-Koskinen said Hepatitis means inflammation of the liver. Many illnesses and conditions can cause inflammation of the liver, for example, drugs, alcohol, chemicals, and autoimmune diseases. Many viruses, for example, the virus of mononucleosis and the cytomegalovirus can inflame the liver. Most viruses, however, do not primarily attack the liver; the liver is just one of several organs that the viruses affect. When doctors speak of viral hepatitis, they usually are referring to hepatitis caused by a few specific viruses that primarily attack the liver. Blanding-Koskinen stated that there are about 150,000 new cases of hepatitis C each year. The hepatitis C virus (HCV) usually is spread by shared needles among drug abusers, blood transfusion, hemodialysis, and needle sticks. Patients with chronic hepatitis C infection are at risk for developing cirrhosis, liver failure, and liver cancer. Blanding-Koskinen said many patients infected with hepatitis C have few or no symptoms of illness. For those who do develop symptoms of viral hepatitis, the most common are flu-like symptoms including: loss of appetite, nausea, vomiting, fever, weakness, tiredness, and aching in the abdomen. Less common symptoms include: dark urine, light-colored stools, fever, and jaundice. Blanding-Koskinen says prevention of hepatitis involves measures to avoid exposure to the viruses, using immunoglobulin in the event of exposure, and vaccines.

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*Health Mental Health*

Joy In Our Town #110121	28:09	14:00	L	PA/O	01/21/2011	12:00 PM
					01/22/2011	2:30 AM
					01/24/2011	10:30 AM
					01/25/2011	2:30 AM
					01/26/2011	2:30 AM

Host Kimberly Warren talked with Bill and Laurie Hall both personal trainers. They discussed weight loss physical fitness training. Bill Hall talked about simple ways to build more physical activity into your daily life. He says that including more activity into at least 30-minutes of your daily routine can improve your health status. A successful plan must include a healthy eating component. The second component of a successful weight loss program is regular exercise. Laurie Hall said that the best way to lose weight is a healthy diet rich in fresh fruits and vegetables, whole grains and fat-free or low-fat dairy products, along with regular physical activity. She says doing this helps most people manage and maintain weight loss for both cardiovascular health and appearance. Mrs. Hall added that training your body is all about balance. A complete exercise program should address not only resistance training but cardiovascular training as well. Proper balance between these two basic forms of exercise is essential to your training success.

Joy In Our Town #110128	28:17	14:05	L	PA/O	01/28/2011	12:00 PM
					01/29/2011	2:30 AM
					01/31/2011	10:30 AM
					02/01/2011	2:30 AM
					02/02/2011	2:30 AM

Host Angela Alford interviewed Kelly Kibirige, RN – HIV/STD Services Supervisor with the St. Joseph Buchanan County Health Department. They talked about Aids awareness and the Northwest Missouri Aids Quilt that came to the St. Joseph Civic Arena. Mrs. Kibirige talked about the fact that there are new cases of HIV/AIDS each year locally and worldly. Kibirige stress the importance of prevention and early access to care the better the long term outcome can be. They went on to talk about the difference between HIV and AIDS and the importance of the medication and importance of staying on the medication for a positive outcome. The virus can become resistant to the medication if not taken properly. Kibirige stressed that the medication does not cure but stops replication of the virus, allowing your body to strengthen the immune system. They then talked about location in the area where a person can go get tested for STD's.

Joy In Our Town #110204	29:58	15:21	L	PA/O	02/04/2011	12:00 PM
					02/05/2011	2:30 AM
					02/07/2011	10:30 AM
					02/08/2011	2:30 AM
					02/09/2011	2:30 AM

Host Kimberly Warren interviewed Kristina Hannon, Vice President of the Family Guidance Center for Behavioral Healthcare. They discussed the advancing standards of care pilot project. Kristina Hannon stated that the Advancing Standards of Care pilot program, in which they are participating as one of 10 pilot sites nationwide, represents a unique opportunity to change the perception of a poorly understood and serious mental illness. She said the program seeks to provide clinicians and program administrators at community behavioral health organizations with the means to assess whether their treatment regimen is maximizing patient outcomes; implement evidence-base interventions that help address and overcome barriers to improved patient outcomes; and identify areas in which structural and treatment barriers continue to block efforts to improve standards of care. Mrs. Hannon the mental illness of schizophrenia will be targeted in this project. She said this shift can help people with schizophrenia become more active and independent in their daily living activities and to improve their overall quality of life. She said in turn, this can help reduce the stigma surrounding the disease, improve understanding of it, and raise expectations of both healthcare professionals and consumers as to what is possible in terms of advancing standards of care for patients with schizophrenia.

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*Health Mental Health*

700 Club NewsWatch #010611	CBN	1:00:00	6:00	REC	PA/O/E	01/06/2011	2:00 PM
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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.

700 Club NewsWatch #020811	CBN	1:00:00	5:00	REC	PA/O/E	02/08/2011	2:00 PM
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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!

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Health Mental Health*

700 Club CBN	1:00:00	5:00	REC	PA/O/E	03/22/2011	2:00 PM
NewsWatch						
#032211						

Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in of some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly 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.

Doctor to Doctor #280	28:30	28:30	REC	PA/O/E	1/04/2011	11:30 AM
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**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	11:30 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 Gerhart** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, There can be additional years of specialized study. It can take quite a few years to become a doctor.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	1/18/2011	11:30 AM

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

Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	1/25/2011	11:30 AM
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**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	11:30 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	11:30 AM
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**Dr. Betty 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	11:30 AM
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**Dr. Mike Ronsisvalle** talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. **Kay Spears** talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. **Dr. Dale Peterson** talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	2/22/2011	11:30 AM

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

Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	3/08/2011	11:30 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	11:30 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 Coffie** 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	11:30 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.

### *Civic Affairs*

Joy In Our Town #110225	26:59	13:14	L	PA/O	02/25/2011	12:00 PM
					02/26/2011	2:30 AM
					02/28/2011	10:30 AM
					03/02/2011	2:30 AM
					03/03/2011	2:30 AM

Host Kimberly Warren interviewed Rhabecca Boerkircher of the St. Joseph Downtown Partnership. Ms. Boerkircher said the St. Joseph Downtown Partnership is a collaborative effort of individuals and organizations committed to maintaining the vitality of the downtown area. She said the downtown partnership is dedicated to improving the heart of the city. They focus on economic development, promotion and preservation of downtown St. Joseph. Ms. Boerkircher said over the years a transition from the half dilapidated/half flourishing blocks has come along, but several downtown business owners say there's more to do. Ms. Boerkircher says that the state will help projects find their way through the maze of state tax credits and grants. But first, the state wants to create a unified vision for downtown, with specific tasks to take it forward. Boerkircher stated that the city's designated staff has quickly hit on three goals earlier this year to define the plan: creating an entertainment district, moving the Missouri Western State University arts program downtown and expanding Civic Arena to create a conference. The success of St. Joseph's newly built Shoppes at North Village has been due to new additions of much franchise like businesses and restaurants.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Civic Affairs  Joy In Our Town #110318	28:25	14:13	L	PA/O	03/18/2011	12:00 PM
					03/19/2011	2:30 AM
					03/21/2011	10:30 AM
					03/22/2011	2:30 AM
					03/23/2011	2:30 AM

In the St. Joseph City Council Meeting these ordinances were approved. The council Amended the Police Department budget to accept \$2,899 refund from Commission on Accreditation for Law Enforcement Agencies. They also Amended the Health Dept. budget by \$2,400 and enter into \$12,000 contract with Dr. Robert Stuber to provide medical oversight for public health. The city council then authorized acceptance of permanent sewer and temporary construction easements from three property owners on Orchard Road for extension of a sanitary sewer.

Joy In Our Town #110325	29:00	14:00	L	PA/O	03/25/2011	12:00 PM
					03/26/2011	2:30 AM
					03/28/2011	10:30 AM
					03/29/2011	2:30 AM
					03/30/2011	2:30 AM

The Council of the City of St. Joseph, MO, met in regular meeting in the Council Chamber at City Hall, on Tuesday, February 22, 2011, at 7:00 p.m. The meeting was called to order at 7:00 p.m. by Mayor Falkner. Present were Councilmembers Boyer, Falkner, Jones, Kovac, LaBass, Myers, Penland, Roach, and Starr. The Council read off Bills for Passage. Bills amending the non-departmental budget in the General Fund in the amount of \$10,200.00 in order to provide funding for maintenance of the Geiger Mansion at 2501 Frederick Avenue. They also declared a public necessity for acquisition through the exercise of the power of eminent domain for a certain tract of real estate located at 500 Lower Lake Road for the Disinfection Facility and Effluent Pumping Station Project and authorizing the City Attorney to commence an action to obtain said tract. They also read Bills amending the Public Works & Transportation Department budget. As well as bills providing the Missouri Department of Health services to help with HIV case management. They then discussed Resolutions for Adoption. Resolutions naming substitute Judges of the Municipal Division of the Buchanan County Circuit Court.

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# Trinity Broadcasting Network

*KTAJ-TV*

April, May, June 2011

Central Time

Leading Community Issues

Safety

Youth

Crime

Economy

Health

Civic Affairs

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Safety*

Joy In Our Town #110408 12:00 PM	27:18	13:05	L	PA/O	04/08/2011	
					04/09/2011	2:30 AM
					04/11/2011	10:30 AM
					04/12/2011	2:30 AM
					04/13/2011	2:30 AM

Host Kimberly Warren interviewed Steve Henrichson, Fire Inspector with the St. Joseph Fire Department. They talked about tips involving smoke alarms and carbon monoxide. Mr. Henrichson gave some tips on how to remember to check your batteries. Henrichson also talked about some statistics concerning smoke alarms and answered some of the most asked questions about smoke alarms. Mr. Henrichson then talked about carbon monoxide. He said that carbon monoxide is a colorless, odorless, tasteless, highly toxic gas that is undetectable to human senses. He says victims of carbon monoxide poisoning often become disoriented before they realize they are in danger. Mr. Henrichson stated early symptoms of CO poisoning, such as headaches, nausea, and fatigue, are often mistaken for the 'flu because the deadly gas goes undetected in a home. Prolonged exposure can lead to brain damage and even death. Sources of carbon monoxide includes unvented kerosene and gas space heaters; leaking chimneys and furnaces; back-drafting from furnaces, gas water heaters, wood stoves, and fireplaces; gas stoves; generators and other gasoline powered equipment; automobile exhaust from attached garages; and tobacco smoke. Mr. Henrichson said some things to watch for when detecting carbon monoxide in your home is stuffy, stale, smelly air, exhaust fume smell, a furnace that runs constantly but doesn't heat adequately, and a pilot light is mostly yellow in color and is not positioned upright. Henrichson stated the best way to protect yourself from becoming a victim of carbon monoxide poisoning is to install a CO detector on every level of your home. The detector should be UL approved and placed in the vicinity of the heating unit.

Joy In Our Town #110527 12:00 PM	27:40	14:23	L	PA/O	05/27/2011	
					05/28/2011	2:30 AM
					05/30/2011	10:30 AM
					05/31/2011	2:30 AM
					06/01/2011	2:30 AM

Host Kimberly Warren interviewed Andy Bailey, warning coordination meteorologists with the National Weather Service. They discussed severe weather season and tornadoes. Mr. Bailey said that every spring and early summer in this part of the United States citizens can expect their rounds of severe weather. What the National Weather Services likes to do is to warn people so they have enough time to prepare for severe weather. Mr. Bailey went on to explain how tornadoes are formed by super cells with a rotating up draft. Mr. Bailey said that St. Joseph, MO and the Midwest is the part of the country that is more proan to having tornadoes form. Tornado alley extends from northern Texas up to the plains through western Missouri and up through Iowa. As a result of our location in relation to the mountains out west and the cold air coming down from the Rockies/ the warm moist air coming up form the Gulf of Mexico, puts tornado alley in a sort of weather battle zone. That is the zone where warm moist air and the cold air comes together and that is where we get our severe thunderstorms. Bailey also discussed the difference between a tornado watch and a tornado warning. During a watch tornadoes are possible in your area. Remain alert for approaching storms. During a warning a tornado has been sighted or indicated by weather radar. If a tornado warning is issued for a particular area the sky becomes threatening, move to a pre-designated place for safety. Bailey said that meteorologists rely on weather radar to provide information on developing storms. He said that early detection of increasing rotation aloft within a thunderstorm can allow lifesaving warnings to be issued before a tornado forms.

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*Safety*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #110610 12:00 PM	28:15	14:00		L	PA/O	06/10/2011
					06/11/2011	2:30 AM
					06/13/2011	10:30 AM
					06/14/2011	2:30 AM
					06/15/2011	2:30 AM

Host Kimberly Warren talked with Jackie Spainhower, the coordinator of what is called "Safety Town" through the St. Joseph Safety and Health Council. Ms. Spainhower said the mission of safety town is to teach children the value of safety both going to and from school. Safety town is for children ages 5-7 years. In safety town itself, which is a miniature city, people can see children walking as pedestrians as well as peddle cars with children acting as motorist while wearing helmets and seat belts. One of the many goals that the St. Joseph Safety and Health Council wants to get out through safety town is what children need to know if separated from parents. Ms. Spainhower thought it very important to have a pass word for parents and children. An example is a predator usually approaches a child to tell them that their parent has been injured and that they sent them to take the child. If the stranger does not know the special pass word then that gives the child a heads up on the situation.

Joy In Our Town #110610 12:00 PM	28:15	14:00		L	PA/O	06/10/2011
					06/11/2011	2:30 AM
					06/13/2011	10:30 AM
					06/14/2011	2:30 AM
					06/15/2011	2:30 AM

Host Kimberly Warren interviewed Sgt. Richard Ketchem of the St. Joseph Police Department. They discussed crime safety in social networking. Sgt. Ketchem went on to discuss safety in dealing with social media. He said to safeguard information online you should first increase the security on media sites. Ketchem said limit what others can see without your consent. Your "Friends" list should be limited to people you actually know and trust. He said not to post location information while on vacation. Wait until you have returned home to post your photos and comments. Sgt. Ketchem stated that the pictures you or your children at the beach are great to share with family and friends but online predators may see those pictures in a different light. He said if you take pictures with a smart phone turn off the location setting so those pictures won't allow others to track your location. Sgt. Ketchem said that if you are into social media make sure not to tell criminals when it's best to break in and protect yourself.

Joy In Our Town #110624 12:00 PM	24:21	10:11		L	PA/O	06/24/2011
					06/25/2011	2:30 AM
					06/27/2011	10:30 AM
					06/28/2011	2:30 AM
					06/29/2011	2:30 AM

Host Kimberly Warren interviewed Aaron Cluck and Alicia Loftin who are avid motorcycle riders. They discussed the Helmet bill 202 and their accident they had and how wearing a helmet and gear saved their lives and reduced their injuries. Aaron talk about the day that they had their accidents. He had been riding for 8 years and is no novice to riding motorcycles. He said that is was a perfect sunny day. The driving conditions were perfect. Their accident was so sudden. They had no time to prepare for it other than the fact that they were wearing all their proper safety gear and full face helmets. They were ejected from the motorcycle after striking a car. Aaron and Alicia suffered some broken bones and concussions but no other injuries. Alicia said if she had not been wearing a leather suit, she would have a lot of skin gone judging by the scrapes on the suit. They talked about the bill 202 which will allow motorcyclist to have the choice to wear or not wear a helmet with in the city limits. They feel that accident should be a reminder that wearing helmets saves lives.

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Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #110401 12:00 PM	29:27	14:12	L	PA/O	04/01/2011	
					04/02/2011	2:30 AM
					04/04/2011	10:30 AM
					04/05/2011	2:30 AM
					04/06/2011	2:30 AM

Host Kimberly Warren interviewed Debbie Kunz of the Parents as Teachers program. They discussed the importance of early childhood development. Mrs. Kunz said the Parents as Teachers Program is for families who have children between Birth and 5 years of age (prior to starting Kindergarten.) She said Parents as Teachers is based on two important concepts: Parents are their child's first and most influential teacher and experiences in the first years of a child's life are key to future success in school and life. Getting a child and parent off to a positive early start enhances their parenting knowledge, helps in early identification of developmental delays or health, vision and hearing problems. Mrs. Kunz stated that when babies are born their brain neurons are in fast development. By the time a child is three years old their brains are 80% of the adult size so getting to them early and gathering positive information for brain neurons is vital to a child's development. Getting a child to develop their brain neurons early helps to level the playing field for all children by the time they enter school.

Joy In Our Town #110408 12:00 PM	27:18	14:13	L	PA/O	04/08/2011	
					04/09/2011	2:30 AM
					04/11/2011	10:30 AM
					04/12/2011	2:30 AM
					04/13/2011	2:30 AM

Host Kimberly Warren interviewed Tim Doyle concerning alternatives to steer teens and young adults in the right direction from crime and drugs. Mr. Doyle said that unfortunately often times he wonders if our youth are having a lack of something positive to invest their lives into. He says sometimes they're not getting that support from home and without certain goals to attain this becomes a time when they have idle time which turns to mischief. Mr. Doyle talked about a project called Heaven's Gates & Hell's Flames. He said this will really be a positive influence for our youth. He said instead of talking in a church he wanted to get involved with young peoples lives in their arena. Doyle went on to say that Heaven's Gates & Hell's Flames is a play that has been on the road for almost 20 years. This play concentrates on topics such as self identity, peer pressure, suicide, drugs and alcohol abuse. Doyle says that distressed youth feel that with nothing better to live for what is the point of going on. He wants to help our youth know that they have significance and they have purpose. Doyle feels by using the arts and entertainment as a vehicle we can show our youth positive aspects and really change their lives for the better.

Joy In Our Town #110415 12:00 PM	27:40	13:20	L	PA/O	04/15/2011	
					04/16/2011	2:30 AM
					04/18/2011	10:30 AM
					04/19/2011	2:30 AM
					04/20/2011	2:30 AM

Host Kimberly Warren talked with Melanie Rose who is a parent of a student of the Savannah Middle School. They talked about bullying in schools and some action they are taking in Savannah. Ms. Rose talked about the national surveys and how Savannah was very low but express that the students still felt that it was a problem. She talked about the committee that was formed to address the issues of bullying and how deal with and solve the problems. Ms. Rose then talked about how they are getting the parents involved. Starting a kick off with a video using the Savannah students to simulate bully situations not as common as people would think to open their eyes. Not just physical, but verbal and mental bullying. Ms. Rose then went over what the all the aspects of bullying and what the students are doing to help prevent bullying by taking the power away from the bullies.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Youth*

Joy In Our Town #110513 12:00 PM	28:45	14:30		L	PA/O	05/13/2011
						05/14/2011 2:30 AM
						05/16/2011 10:30 AM
						05/17/2011 2:30 AM
						05/18/2011 2:30 AM

Host Kimberly Warren talked with Will Stuck of the St. Joseph Public Library about summer reading programs for children. Mr. Stuck said that the goal is to help kids enjoy reading and to get them involved in reading in the summer. Experts agree the children who read during the summer gain reading skills, while those who do not often experience learning losses. He stated that it's important for children to get the hang of reading for fun without the attachment of having to read for homework. Mr. Stuck said that motivating children to read throughout the year is essential to building lifelong readers. He said a lot of people stop reading once they graduate from high school. Once people are not made to read they just stop doing it. For kids on the go Stuck talked about the use of children's audio books. He says while listening a child is able to learn by hearing the communication skills and grammar.

Joy In Our Town #110603 12:00 PM	28:49	13:35		L	PA/O	06/03/2011
						06/04/2011 2:30 AM
						06/06/2011 10:30 AM
						06/07/2011 2:30 AM
						06/08/2011 2:30 AM

Host Kimberly Warren interviewed Earnestine Blakley with H.O.P.E. Outreach Ministries. Kim and Mrs. Blakley talked about the reading barn and how to get involved in helping others read. Mrs. Blakley started the segment off by talking about literacy awareness and the different aspects of what can happen when people come together for a common cause and goal. She talks about what the Reading Barn and the reason why she has a barn on a trailer. Mrs. Blakley then talks about the atmosphere of what happens when they travel to do reading from the barn. She talks about the process and how the volunteers are used. Mrs. Blakley shows examples of some of the books they use in these reading sessions. They finished the program with recapping the shows discussions and giving out information for anybody interested in volunteering to help with the Reading Barn.

*Crime*

Joy In Our Town #110415 12:00 PM	27:40	14:20		L	PA/O	04/15/2011
						04/16/2011 2:30 AM
						04/18/2011 10:30 AM
						04/19/2011 2:30 AM
						04/20/2011 2:30 AM

Host Kimberly Warren talked with Janay Reliford who is the vice president of the AdHoc Group Against Crime in Kansas City. Ms. Reliford said that in the Kansas City area there have been 105 homicides. Out of the 105 homicides, 77 are African American males. AdHoc came together with the police and started a reward fund, they were able to bring down the suspects for those homicides and well as bring down the number of homicides. In 2000 AdHoc joined forces with Project Neighborhood till 2007. AdHoc helps to prevent crime by providing two 24 hour hotlines. AdHoc gets a lot of their information from KCPD. They meet with KCPD to allow the community to ask any questions they may have. AdHoc has become like a bridge between the community and the KCPD. The community more than likely will call the AdHoc hotlines before the PD because they more comfortable to communicate with them because of the distance between the KCPD.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Joy In Our Town #110429 12:00 PM	28:19	14:07		L	PA/O	04/29/2011
						04/30/2011 2:30 AM
						05/02/2011 10:30 AM
						05/03/2011 2:30 AM
						05/04/2011 2:30 AM

Host Kimberly Warren interviewed Dawn Kneib of the St. Joseph Police Department. They talked about the 911 for kids program. Ms. Kneib said that 9-1-1 for Kids is the official emergency caller training program created by US 9-1-1 communication center officials, emergency medical, fire and law enforcement professionals who were charged with the task of developing educational tools to help reduce the alarmingly high numbers of non-emergency calls made to 9-1-1. She said 9-1-1 for KIDS program fills a very special niche. This provides educational material, but also gives children an opportunity to interact with 911 dispatchers and police officers in a fun, memorable way. Ms. Kneib said developing these positive, trusting relationships early is certainly an immeasurable benefit of the program.

Joy In Our Town #110506 12:00 PM	29:02	15:00		L	PA/O	05/06/2011
						05/07/2011 2:30 AM
						05/09/2011 10:30 AM
						05/10/2011 2:30 AM
						05/11/2011 2:30 AM

Host Kimberly Warren interviewed Chief Chris Connally of the St. Joseph Police Department. They talked about the 2010 crime report in St. Joseph, MO. Chief Chris Connally stated that while the overall crime numbers are down, the most high-profile crime numbers are up; causing the Police Department to err on the side of caution when exalting what should be a safer year. He said one area the Police Department saw significant improvement in was aggravated assaults and robberies. Chief Connally said there was a spike in those categories in 2009, but those numbers decreased in 2010. However, there was some high-profile aggravated assaults in 2010 that law enforcement officials were surprised did not result in death. He said we took a step in the right direction in those areas, but we had a number of things that overshadowed those gains. Chief Connally said our biggest goal is quality of life issues. He said the police department can sit here and say crime was down across the board, even violent crimes were down statistically significantly, but the perception of crime isn't that way.

Joy In Our Town #110520 12:00 PM	27:38	14:17		L	PA/O	05/20/2011
						05/21/2011 2:30 AM
						05/23/2011 10:30 AM
						05/24/2011 2:30 AM
						05/25/2011 2:30 AM

Host Kimberly Warren interviewed Detective Trenny Wilson of the St. Joseph Police Department. They discussed domestic violence in the St. Joseph Community. Detective Wilson said that the number of domestic abuse cases is even larger now than it was a quarter of a century ago. Detective Wilson stated that one in four women report they have been physically assaulted by their spouse or boyfriend. Physical and emotional trauma can lead to increased stress, depression, lowered self-esteem, and post-traumatic stress disorder. Detective Wilson stated that sometimes the abuse is not only physical, but financial. The abuser controls the spouse by not allowing them to work or have access to money. This keeps the person crippled and totally dependent upon the abuser. They are not likely to ever leave since they do not have access to money. Detective Wilson stated that sometimes it is hard and confusing to admit that a person is in an abusive relationship, or find a way out. There are clear signs to help people know if they are being abused. The abuser usually monitors what the person is doing at all time, criticizes little things, prevents or discourages the person from seeing friends or family, or going to work or school, and blames the person for his or her violent outbursts.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Crime*

Joy In Our Town #110617 12:00 PM	28:00	11:30		L	PA/O	06/17/2011
						06/18/2011 2:30 AM
						06/20/2011 10:30 AM
						06/21/2011 2:30 AM
						06/22/2011 2:30 AM

Host Kimberly Warren talked with Richard Easley the President of the Board of the Kansas City Metropolitan Crime Commission. They discussed crime prevention. Rick Easley retired as police chief in 2004 and took the position of President of the KCMCC. The Commissions programs are geared towards supporting local law enforcement efforts in fighting crime, keeping the neighborhoods safe to have better living and business. The crime commission is actually separate from the law enforcement community with a board that is made up of businesses, and community leaders. Some of the programs are community based. They go into the schools as well to inform them on how to create their own crime stoppers program, or tips hotline in the school.

*Economy*

Joy In Our Town #110401 12:00 PM	29:27	15:15		L	PA/O	04/01/2011
						04/02/2011 2:30 AM
						04/04/2011 10:30 AM
						04/05/2011 2:30 AM
						04/06/2011 2:30 AM

Host Kimberly Warren talked to Jason Manley, the Director of the weatherization program at the Community Action Partnership. They discussed utility assistance and how weatherizing your home can help your economy. Mr. Manley said for a family living in a cold house with no hot water, no lights, and no ability to cook a warm meal, immediate needs are the first priority. He said the Low-Income Home Energy Assistance Program at Community Action Partnership offers crisis assistance payments to families whose utilities have been shut off, processing more than 1,500 applications each winter. He said they also work closely with local utility companies to provide meet more than 3,000 requests for basic utilities assistance each winter – for families who would otherwise have to choose between heat or food, for example. Manley says to receive crisis utilities assistance for winter heat, lights and gas, families must meet federal income guidelines for poverty and have proof of a disconnection of services — or be at risk of an immediate disconnection.

Joy In Our Town #110429 12:00 PM	28:19	14:12		L	PA/O	04/29/2011
						04/30/2011 2:30 AM
						05/02/2011 10:30 AM
						05/03/2011 2:30 AM
						05/04/2011 2:30 AM

Host Kimberly Warren interviewed Teresa Perez, the Community Affairs Officer with FDIC. They talked about consumer protection. Ms. Perez said that congress created the FDIC in 1933 to restore public confidence in the nations banking system. She said the Federal Deposit Insurance Corporation (FDIC) recognizes the importance of financial education, particularly for those with little or no banking experience. Perez said in 2001, the FDIC started a national financial education curriculum by launching Money Smart, a comprehensive financial education curriculum designed to help low- and moderate-income individuals outside the financial mainstream enhance their financial skills and create positive banking relationships. Ms. Perez also talked about safely banking online. She said whether you are selection a traditional bank or an online bank that has no physical offices, it's wise to make sure that it is legitimate and that your deposits are federally insured.

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*Economy*

Joy In Our Town #110603 12:00 PM	28:49	15:14		L	PA/O	06/03/2011
						06/04/2011 2:30 AM
						06/06/2011 10:30 AM
						06/07/2011 2:30 AM
						06/08/2011 2:30 AM

Host Kimberly Warren talked with David Howery, the Executive Director with Inter/Serv. They discussed three issues affecting the local community that includes economics. David Howery stated that InterServ is a faith-based, not-for-profit, human service organization that brings people together in service and advocacy to help children, youth, families and seniors live life more fully. A sudden turn of events can leave a secure family on the brink of financial disaster. InterServ is there for those families that walk the line each month between making ends meet and going under. One of the ways we help is by providing food to those families, individuals and seniors who are in need.

Joy In Our Town #110624 12:00 PM	24:21	14:10		L	PA/O	06/24/2011
						06/25/2011 2:30 AM
						06/27/2011 10:30 AM
						06/28/2011 2:30 AM
						06/29/2011 2:30 AM

Host Kimberly Warren interviewed Judge Jerry Venters from the U.S. Bankruptcy Courts about the CARE program being presented in the schools to help students to understand debt. Judge Venters began by talking about Credit Abuse Resistance Education program or CARE was started five years ago on the western side of Missouri. The program targets juniors and seniors in high school in order to educate them on how to use credit, the hazards of having a credit card, and what to look for when owning a credit card. Some of the main reasons that people file bankruptcy are due to medical bills for the uninsured. Divorces and loss of jobs are also some of the top reasons for filing. This can be avoided and can be controlled. Judge Venters mentioned that the program does not advise students not to get a credit card. They for the most part are an essential part of our society and can hardly be avoided. They talked about credit reports and how they are great tools to monitor your credit history. The Judge Venters stressed that education for students will help them avoid bankruptcy. The statistics show that young adults are the ones filling bankruptcy. Judge Venters wants to stop this before it happens.

*Health/Mental Health*

Joy In Our Town #110422 12:00 PM	27:07	14:00		L	PA/O	04/22/2011
						04/23/2011 2:30 AM
						04/25/2011 10:30 AM
						04/26/2011 2:30 AM
						04/27/2011 2:30 AM

Host Kimberly Warren talked with Kendal Evans who is with the Encore Plus Program. They talked about breast cancer and the Encore Plus Program. Kendal Evans said the Encore Plus Program addresses the issue of breast cancer health. They provide outreach in the community with presentations in English and Spanish. In their presentations they always stress the importance of early detection for breast cancer. Ms. Evans stated that people with high risk of developing breast cancer are women over 50 who have rarely or never had a pap test, minority women, economically disadvantaged women, and uninsured or underinsured women, and women living in areas with limited screening and treatment resources. She said for many years, women worried about breast cancer have been given a simple prescription: annual mammograms, or X-rays of the breasts, typically starting at age 40. Now, doctors are increasingly advising some women who may be at higher risk for the disease to consider supplementing a mammogram with other, potentially more sensitive tests.

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*Health/Mental Health*

Joy In Our Town #110506 12:00 PM	29:02	14:02		L	PA/O	05/06/2011
						05/07/2011 2:30 AM
						05/09/2011 10:30 AM
						05/10/2011 2:30 AM
						05/11/2011 2:30 AM

Host Kimberly Warren interviewed Judy Bond and Helen Richards of the Kansas City Chapter Celiac Sprue Association. They discussed the issue of celiac disease its symptoms and treatments. Judy Bond said symptoms of gluten intolerance can be tricky to determine. Gluten intolerance, also called gluten sensitivity or Celiac Disease in its most severe form can have symptoms that range from no symptoms to life threatening or debilitating chronic health problems and anywhere in between. She said the most common symptoms of gluten intolerance is excessive fatigue, depression and weight gain. Helen Richards said the gluten in wheat, barley, rye, and a much lower amount in oats, contain particular amino acid sequences that are harmful to persons with celiac disease. Richards state that the only treatment is the lifelong adherence to the gluten-free diet. She said when gluten is removed from the diet, the small intestine will start to heal and overall health improves. Richards said medication is not normally required.

Joy In Our Town #110513 12:00 PM	28:45	14:15		L	PA/O	05/13/2011
						05/14/2011 2:30 AM
						05/16/2011 10:30 AM
						05/17/2011 2:30 AM
						05/18/2011 2:30 AM

Host Kimberly Warren talked with drug counselor John Bitinas. They discussed the issue of substance abuse in the workplace. Mr. Bitinas said that the vast majority of drug users are employed, and when they arrive for work they don't leave their problems at the door. This could pose serious problems for the health, well being and productivity of everyone around them. Bitinas said employees who use drugs miss work more often, are less healthy, and are more prone to harming themselves and others in the workplace. Industries with the highest rates of drug use are the same as those at a high risk for occupational injuries, such as construction, mining, manufacturing and wholesale. Mr. Bitinas said in order to counter substance abuse in the workplace companies should implement programs to help this problem. A comprehensive drug-free workforce approach includes five components-a policy, supervisor training, employee education, employee assistance, and drug testing. Taking steps to raise awareness among employees about the impact of substance use on workplace performance, and offering the appropriate resources and assistance to employees in need, will not only improve worker safety and health, but also increase workplace productivity.

Joy In Our Town #110527 12:00 PM	27:40	13:17		L	PA/O	05/27/2011
						05/28/2011 2:30 AM
						05/30/2011 10:30 AM
						05/31/2011 2:30 AM
						06/01/2011 2:30 AM

Host Kimberly Warren talked with Erica Kiehnhoff, Program Manager of the Mid America Chapter of the Multiple Sclerosis Society. They discussed the issue of Multiple Sclerosis, who it affects, and treatment options to stabilize the disability. Ms. Kiehnhoff began by stating that MS is an autoimmune disease that affects the central nervous system. The CNS consists of the brain, spinal cord, and the optic nerves. Surrounding and protecting the nerve fibers of the CNS is a fatty tissue called a myelin, which helps nerve fibers conduct electrical impulses. MS occurs when the rubber covering is torn away. When myelin or the nerve fiber is destroyed or damaged, the ability of the nerves to conduct electrical impulses to and from the brain is disrupted, and this produces various symptoms of MS. Ms. Kiehnhoff stated that most people with MS are diagnosed between the ages of 20-50.

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*Health/Mental Health*

Joy In Our Town #110617 12:00 PM	28:00	11:30		L	PA/O	06/17/2011
						06/18/2011 2:30 AM
						06/20/2011 10:30 AM
						06/21/2011 2:30 AM
						06/22/2011 2:30 AM

Host Kimberly Warren interviewed Christy Healy of the Northwest Missouri Autism Association. They discussed the growing cases of Autism in children. Ms. Healy described autism a complex developmental disability that causes problems with social interaction and communication. Symptoms usually start before age three and can cause delays or problems in many different skills that develop from infancy to adulthood. Ms. Healy stated that approximately 3 to 6 out of every 10,000 children born are diagnosed with autism. She said that autism can prevent a child from forming relationships with others in part due to an inability to interpret facial expressions or emotions. Ms. Healy said that in treating autism there is special education involved that are highly structured that focus on social skills, speech, language, self-care, and job skills. She says the mental health professionals provide parent counseling, social skills training, and individual therapy.

700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	2:00 PM
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#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

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*Health/Mental Health*

Doctor #295	to Doctor	28:30	28:30	REC	PA/O/E	4/05/2011	11:30 AM
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**Dr. Eric Braverman** talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

Doctor #296	to Doctor	28:30	28:30	REC	PA/O/E	4/12/2011	11:30 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 #297	to Doctor	28:30	28:30	REC	PA/O/E	4/26/2011	11:30 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.

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

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*Health/Mental Health*

Doctor #299	to Doctor	28:30	28:30	REC	PA/O/E	5/10/2011	11:30 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 #300	to Doctor	28:30	28:30	REC	PA/O/E	5/17/2011	11:30 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.

Doctor #301	to Doctor	28:30	28:30	REC	PA/O/E	5/24/2011	11:30 AM
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**Dr. Doreen Lewis** talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. **Dr. George Alonso** talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. **Dr. Abinash Achrekar** talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.

Doctor #302	to Doctor	28:30	28:30	REC	PA/O/E	5/31/2011	11:30 AM
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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 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. **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.

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*Health/Mental Health*

Doctor #303	to Doctor	28:30	28:30	REC	PA/O/E	6/07/2011	11:30 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.

Doctor #304	to Doctor	28:30	28:30	REC	PA/O/E	6/14/2011	11:30 AM
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**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 #305	to Doctor	28:30	28:30	REC	PA/O/E	6/21/2011	11:30 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.

*Civic Affairs*

Joy In Our Town #110422 12:00 PM	27:07	13:07	L	PA/O	04/22/2011
					04/23/2011 2:30 AM
					04/25/2011 10:30 AM
					04/26/2011 2:30 AM
					04/27/2011 2:30 AM

The Council of the City of St. Joseph, MO, met in regular meeting in the Council Chamber at City Hall, on Tuesday, April 4, at 7:00 p.m. The meeting was called to order at 7:00 p.m. by Mayor Falkner. Present were Councilmembers Boyer, Falkner, Jones, Kovac, LaBass, Myers, Penland, Roach, and Starr. The City council Amended six sections of Code of Ordinances Chapter titled "Buildings and building regulations" of the Code of Ordinances to update plant operating engineer licensing program. They then amended a Code of Ordinances titled "Health and sanitation" to add new article titled "Emergency medical services vehicles" to adopt emergency medical services vehicles permit." The council adopted a resolution for a one-year price agreement with Mark's Lawnmowing for 2011 Grass Mowing project for Water Protection facilities for \$25,848 per year. They also authorized \$500,000 utility agreement with KCP&L for Water Protection Facility Disinfection Facilities and Effluent Pump Station Project. The council then adopted a resolution to authorization for \$31,076 contract to Lee Grover Construction Co. for Phil Welch Stadium Renovations- Phase 3. They also authorized \$46,000 to R.E. Pedrotti for calibration and maintenance of magnetic flow meters at Water Protection Facility.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Civic Affairs  Joy In Our Town #110520 12:00 PM	27:38	13:21	L	PA/O	05/20/2011	
					05/21/2011	2:30 AM
					05/23/2011	10:30 AM
					05/24/2011	2:30 AM
					05/25/2011	2:30 AM

The Council of the City of St. Joseph, MO, met in regular meeting in the Council Chamber at City Hall, on Tuesday, April 18, 2011 at 7:00 p.m. The meeting was called to order at 7:00 p.m. by Mayor Falkner. In this council meeting they discussed the Cook Crossing Project. This project will redevelop the corner of Belt highway and Cook road into the Cook Crossing Project. Sandra Watts, attorney for Christie Development explains who the retailers will be, financing, changes to the road reconstruction, and 1% sales tax increase for this project.

Joy In Our Town #110617 12:00 PM	28:00	5:00	L	PA/O	06/17/2011	
					06/18/2011	2:30 AM
					06/20/2011	10:30 AM
					06/21/2011	2:30 AM
					06/22/2011	2:30 AM

The Council of the City of St. Joseph, MO, met in regular meeting in the Council Chamber at City Hall, on Tuesday, May 16, 2011 at 7:00 p.m. The meeting was called to order at 7:00 p.m. by Mayor Falkner. In this council meeting they discussed the Bliss Manor/YWCA Project for abused women and children transitional living quarters. YWCA director Jean Brown stated in the council meeting that she held meetings with neighbors to see what they thought about the transitional living house moving into their neighborhood. The City Council voted to amend the Community Development Block Grant budget and enter into an agreement with the YWCA to provide \$500,000 of HOME Investment Partnerships Program (HOME) funds for a transitional housing complex. They then went on to discuss a new project which partners the Missouri Department of Transportation with the St. Joseph Police Department in order to construct red light cameras. According to the contract, American Traffic Solutions would install cameras and train police and other city employees how to operate them, at no cost to the city. The City Council passed an ordinance by a 5-3 margin to establish a contract with the Missouri Highways and Transportation Commission and American Traffic Solutions to operate red-light cameras in St. Joseph.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

# Trinity Broadcasting Network

*KTAJ-TV*

July, August, September 2011

Central Time

Leading Community Issues

Education

Safety

Family

Crime

Health

Civic Affairs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Education*

Joy In Our Town #110812	28:31	14:19	L	PA/O	08/12/2011	12:00 PM
					08/13/2011	2:30 AM
					08/15/2011	10:30 AM
					08/16/2011	2:30 AM
					08/17/2011	2:30 AM

Host Kimberly Warren talked with John Schlange, the director of alternative programs at the St. Joseph School District. They discussed the Missouri Options Program. John Schlange said the Missouri Option Program is designed to target students who have the capabilities to complete Missouri High School Graduation Requirements, but for a variety of reasons lack the credits needed to graduate with their class and are at risk of leaving school without a high school diploma. He said the program specifically, targets those students who are 17 years of age or older and are at least one year behind their cohort group or for other significant reasons identified in the local Missouri Option Program plan. Mr. Schlange said to offer this program, local schools must meet requirements established by the GED Testing Service and the Missouri Department of Elementary and Secondary Education and that participation is voluntary for schools and students.

Joy In Our Town #110826	27:09	13:09	L	PA/O	08/26/2011	12:00 PM
					08/27/2011	2:30 AM
					08/29/2011	10:30 AM
					08/30/2011	2:30 AM
					08/31/2011	2:30 AM

Host Kimberly Warren interviewed Deborah Ellsworth, program director with Pass the Power Adult Literacy. They discussed adult literacy. They stated that the U.S. Department of Education estimates 60% of the unemployed lack the basic skills necessary to be trained for high-tech jobs. Ms. Ellsworth stated that it is estimated that limited literacy skills annually cost businesses and taxpayers \$20 billion in lost wages, profits and productivity. She said adults with the lowest literacy level work an average of 19 weeks per year compared to 44 weeks per year for adults with the highest literacy level. Ellsworth went on to say that Pass the Power Adult Literacy wants to empower adults to achieve their employment, family and life goals by improving their literacy skills and to increase awareness of literacy needs in our community.

Joy In Our Town #110909	27:56	12:15	L	PA/O	09/09/2011	12:00 PM
					09/10/2011	2:30 AM
					09/12/2011	10:30 AM
					09/13/2011	2:30 AM
					09/14/2011	2:30 AM

Host Kimberly Warren talked with Tim Ellis with the St. Joseph School District. They talked about the new program that allows parents to monitor their children progress. The program is called Parent Portal. Mr. Ellis talked about how they hope that it will open communications between parent and students. The parents and teachers can stay in touch or on top of what the student is doing. They are able to communicate by email within the system. The system also has an option to pull down the school calendar which will allow parent and students to see future projects or assignment down the road.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Education*

Joy In Our Town #110916	25:52	13:10	L	PA/O	09/16/2011	12:00 PM
					09/17/2011	2:30 AM
					09/19/2011	10:30 AM
					09/20/2011	2:30 AM
					09/21/2011	2:30 AM

Host Kimberly Warren interviewed Dr. Gordon Mapley, Dean and Executive Director of Western Institute at Missouri Western State University. They discussed the increased enrollment of online courses. Dr. Mapley directed distance learning and the electronic campus at Youngstown State University in Ohio, said he is focused on developing more online initiatives at Western. He said online enrollment jumped by 15 percent over last year's numbers to an all-time high of 1,500. Mapley said gas prices could be a factor, but the increase is more likely a result of offering more online courses. Dr. Mapley said the online courses might be more convenient for students, but for universities, there are start-up costs and months of development that go into each course offered over the Internet. Once the course is developed, other opportunities present themselves. Online students will not benefit from face-to-face interaction; rather, students and teachers communicate through e-mail. The student sets their own schedule.

Joy In Our Town #110923	28:50	14:41	L	PA/O	09/23/2011	12:00 PM
					09/24/2011	2:30 AM
					09/26/2011	10:30 AM
					09/27/2011	2:30 AM
					09/28/2011	2:30 AM

Host Kimberly Warren interviewed Dr. Melody Smith, the Superintendent of the St. Joseph School District. They discussed the upcoming school year along with test scores coming from the Missouri Assessment Program. Superintendent Dr. Melody Smith said that she was pleased to see an uptake in proficiency targets over last year. But the district did not make adequate yearly progress (AYP) goals outlined in the No Child Left Behind Act. Dr. Smith said the consequence of not meeting the AYP for two or more consecutive years is that the school, which takes on the classification of a "level 2" school, has to come up with a plan for improvement, offer students a choice to transfer to an approved school, or offer supplemental education services (tutoring), which is only available to students on the free and reduced lunch program. She stated that the school district is doing their part on the broader level to try to influence legislation that will continue to hold them accountable, but also make it more realistic. Smith said unlike last year, when five schools in the district met overall targets, none hit that goal this year. But it's easy for a school not to achieve its adequate yearly progress. Dr. Smith stated that No Child Left Behind allows each state to develop its own standardized test and that Missouri is recognized as having one of the most rigorous tests. She said the level of difficulty across the country is hodge-podge. There is no uniformity, and the result is an unlevelled playing field.

*Safety*

Joy In Our Town #110708	26:55	13:33	L	PA/O	07/08/2011	12:00 PM
					07/09/2011	2:30 AM
					07/11/2011	10:30 AM
					07/12/2011	2:30 AM
					07/13/2011	2:30 AM

Host Kimberly Warren talked with Rusty James, the Incident Management Coordinator with the KC Scout. They discussed traffic safety. Rusty James explained that the Kansas City Scout is Kansas City's bi-state traffic management system. The Kansas and Missouri departments of transportation (KDOT, MoDOT) designed Scout to lessen traffic jams by improving rush-hour speeds, to increase safety by decreasing the number of rush-hour accidents, and to improve emergency response to traffic situations. Mr. James then said Scout manages traffic on more than 125 miles of continuous freeways in the greater Kansas City metropolitan area. He stated that it uses cameras to monitor the highways from its traffic management center in Lee's Summit, Missouri which relies on sensors to gage traffic flow, uses large electronic message boards to send urgent traffic notices to drivers along the freeways, and activates a Highway Advisory Radio system that motorists in Missouri can tune to in the event of a freeway incident. Mr. James says if you travel on Kansas City's metropolitan freeways, Scout has a direct impact on you. He said it can't control what happens on the roadways, but it can detect and manage various traffic situations on its system.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

*Safety*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Joy In Our Town #110715	29:27	14:00	L	PA/O	07/15/2011	12:00 PM
					07/16/2011	2:30 AM
					07/18/2011	10:30 AM
					07/19/2011	2:30 AM
					07/20/2011	2:30 AM

Host Kimberly Warren interviewed Amber Harmeyer with the St. Joseph Animal Shelter. They discussed rabies and vaccination of dogs and cats. Amber Harmeyer stated that the rabies virus is carried in the saliva of an infected animal and can be transmitted when the animal bites or scratches another animal or person. The saliva from an infected animal coming in contact with any area such as an open wound or skin break can transmit the virus. The earliest sign of rabies is a change in behavior. This change in behavior may be very subtle, so it is extremely important to wash and report all animal bites. Also excessive drooling or foaming at the mouth, and paralysis is a sign that your dog or cat has rabies. Ms. Harmeyer said that getting your dogs and cats vaccinated is their best protection against the rabies virus. She stated that the Animal Shelter's goal is to prevent the spread of zoonotic diseases (diseases communicable from animals to humans under normal conditions) and to ensure proper care and humane handling of animals within the community.

Joy In Our Town #110722	28:30	14:00	L	PA/O	07/22/2011	12:00 PM
					07/23/2011	2:30 AM
					07/25/2011	10:30 AM
					07/26/2011	2:30 AM
					07/27/2011	2:30 AM

Host Kimberly Warren interviewed George Albert, Emergency Management Coordinator with the St. Joseph Fire Department. They discussed issues of flooding in the St. Joseph Community. George Albert said the U.S. Army Corps of Engineers has advised St. Joseph that river levels may reach between 27 and 32 feet from mid-June to August. He said there is no predicting when or if the water will reach levels for mandatory evacuation, but levels will be closely monitored by emergency officials. Mr. Albert said that local officials continue to use the advance warning time from the U.S. Army Corps of Engineers to fortify local levees and keep area residents up to date on Missouri River conditions. The current evacuation plan begins when the river reaches 30 feet. At that point, evacuation in the South Side will be voluntary. Albert stated that mandatory evacuation will occur when the river reaches 31.5 feet. Mr. Albert said that people should prepare emergency plans. They should inquire about emergency plans at places where their family spends time: work, daycare and school.

Joy In Our Town #110729	29:50	12:30	L	PA/O	07/29/2011	12:00 PM
					07/30/2011	2:30 AM
					08/02/2011	10:30 AM
					08/03/2011	2:30 AM
					08/04/2011	2:30 AM

Host Kimberly Warren talked with Sue Lober of the Midland Empire's Chapter of the American Red Cross. They discussed swimming safety. Lober said one key factor in keeping kids safe around water is to teach your child to swim. Always remember that younger children shouldn't be left unsupervised around water even if they know how to swim. Sue Lober went on to give these water safety tips: Install a fence or wall around your pool or water, install a door alarm so that you will know if children leave the house unattended, never let your child swim alone, get a pool cover, and learn CPR to be prepared for an emergency. Also, never use a pool with its pool cover partially in place, since children may become entrapped under it. Remove the cover completely. Lober said parents should keep their eyes on their child at all times. It doesn't take but a split second for a child to drown. In a pool full of people no one notices a child at the bottom of the swimming pool so it's very important that a parent watches them at all times.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Safety*

Joy In Our Town #110902	29:35	14:22	L	PA/O	09/02/2011	12:00 PM
					09/03/2011	2:30 AM
					09/05/2011	10:30 AM
					09/06/2011	2:30 AM
					09/07/2011	2:30 AM

Host Kimberly Warren interviewed Patricia Whitt of the Federal Emergency Management Agency (FEMA) and Cynthia Cowell of the U.S. Small Business Administration. They discussed relief efforts for the Midwest floods that happened over the summer. Ms. Whitt said that FEMA and its federal partners are working closely with state and local governments as well as with the private sector to support those areas still fighting the floods and to assist those beginning the rebuilding process. She said where waters have receded, FEMA disaster assistance workers are providing resources to individuals seeking assistance in the Midwest. Whitt said recovery centers for disaster relief are set up in the Missouri Counties of Lafayette, Buchanan, and Mound City. Cynthia Cowell of the U.S. Small Business Administration described disaster assistance is money or direct assistance to individuals, families and businesses in an area whose property has been damaged or destroyed and whose losses are not covered by insurance. It is meant to help you with critical expenses that cannot be covered in other ways.

*Family*

Joy In Our Town #110708	26:55	13:11	L	PA/O	07/08/2011	12:00 PM
					07/09/2011	2:30 AM
					07/11/2011	10:30 AM
					07/12/2011	2:30 AM
					07/13/2011	2:30 AM

Host Kimberly Warren interviewed Jacob Taylor, the Student Ministries Director at Word of Life Church. They discussed a concert called "Fire with Fire" that helps bring family and children together. James thinks events like "Fire to Fire" help to promote family activity and get children and teens off of the couch and off the streets and provide them with something positive. Taylor said that unfortunately often times he wonders if our youth are having a lack of something positive to invest their lives into. He says sometimes they're not getting that support from home and without certain goals to attain this becomes a time when they have idle time which turns to mischief. Mr. Taylor said that in today's culture parents are not happy with the role models that their children try to emulate. These role models send teens strong messages about their image through sexuality, alcohol and drugs. Taylor says that Fire with Fire is attempting to counteract this by fighting back with a fun energetic response that doesn't have to be based on sexual immorality, drugs, alcohol and violence. He says music has a way that subconsciously transcends writing and styles that impacts teenagers in those very formative years.

Joy In Our Town #110722	28:30	14:30	L	PA/O	07/22/2011	12:00 PM
					07/23/2011	2:30 AM
					07/25/2011	10:30 AM
					07/26/2011	2:30 AM
					07/27/2011	2:30 AM

Host Kimberly Warren interviewed Marilyn Thomas Founder of the Kansas City House of Hope along with a Christina, a teen involved in House of Hope. Ms. Thomas said that the Kansas City House of Hope is a parent-interactive residential home and school for hurting and troubled teens. Thomas said they rescue families with teenagers who have lost respect for authority and no longer accept guidance from parents, or teachers. She said they work with teens that reject adult influence in their lives but do not have the emotional development or maturity to be on their own. Ms. Thomas said that sometimes girls start a downward spiral if they have been sexual abused, or bullied, emotionally or physically abused by someone they trusted. She says through House of Hope they offer teens a safe haven where they can begin to turn their lives around and give parents the tools and support they need to strengthen relationships with their children.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Family*

Joy In Our Town #110805	28:31	14:16	L	PA/O	08/05/2011	12:00 PM
					08/06/2011	2:30 AM
					08/08/2011	10:30 AM
					08/09/2011	2:30 AM
					08/10/2011	2:30 AM

Host Kimberly Warren interviewed Dr. Tedi Deka of the Missouri Western State University Psychology Department. They discussed child psychology and raising children. Dr. Deka said between the ages of 2 and 4 years children start to show new emotions that begin to feel are frustrating, doubt or shame. She stated that new emotions are good for us as parents that shows that the child is ready to start understanding that the world is not going to bend to them. They went on to discuss children with attention problems. Dr. Deka stated that all children have attention problems to some extent. Dr. Deka went on to say that parents make a few mistakes when it comes to attention problems. One is medicating too quickly. The other is not getting a second opinion from a Doctor. She said attention disorders have such a wide range that some are mild while some are severe. Dr. Deka said there are a lot of things that parents can do to help their kids. Dr. Deka then talked about the issue of children and defiance. She said the first thing a parent should do when they have a defiant child is look in the mirror. Deka said parents can model behaviors to their child without realizing that they are modeling them. The words parents use and how they react to certain situations can affect how children act.

Joy In Our Town #110819	29:24	13:15	L	PA/O	08/19/2011	12:00 PM
					08/20/2011	2:30 AM
					08/22/2011	10:30 AM
					08/23/2011	2:30 AM
					08/24/2011	2:30 AM

Host Kimberly Warren talked with Kim and Rhonda Blaylock about divorce recovery. Mr. Blaylock said divorce recovery is started to offer hope for people who find themselves in the midst of, or having gone through divorce or separation. Having gone through divorce themselves Kim and Rhonda Blaylock want to help others see the need for healing and that a failed relationship does not mean that life is over. They say that they do not advocate divorce, but believe in making every effort to restore marriage, but if this has been done and one person refuses to work on the relationship, they believe that God still loves people and has a plan for a full and happy life.

Joy In Our Town #110826	27:09	14:00	L	PA/O	08/26/2011	12:00 PM
					08/27/2011	2:30 AM
					08/29/2011	10:30 AM
					08/30/2011	2:30 AM
					08/31/2011	2:30 AM

Host Kimberly Warren talked with Joseph Turner, the President and CEO of the FOCUS Empowerment Group. They talked about families dealing with mental illness in their children. Mr. Turner stated that the FOCUS is a diverse group of family members supporting and promoting the mental, social, emotional and physical health of our community's youth. He said that families and youth are given accurate, understandable, and complete information necessary to set goals and to make informed decisions and choices about the right services and supports for individual children and their families. Mr. Turner said to help families thrive, families and F.O.C.U.S Empowerment group provide direction for decisions that impact treatments and supports and advocate for families and youth to have choices.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Family*

Joy In Our Town #110909	27:56	11:11	L	PA/O	09/09/2011	12:00 PM
					09/10/2011	2:30 AM
					09/12/2011	10:30 AM
					09/13/2011	2:30 AM
					09/14/2011	2:30 AM

Host Kimberly Warren talked with James Fisher, the executive director of the Pregnancy Resource Clinic. With teen pregnancy being a major problem in the city of St. Joseph they discussed how they help this population. Mr. Fisher began by saying that she helps young women carry their babies to term. This is helped by having a mentoring program. Counselors help the girls with unplanned pregnancies on a one on one basis. Mr. Fisher discussed the issue of a young woman having a difficult time telling their parents that they are pregnant. He said it's not easy to go to their parents with the news that they are pregnant. Young women with an unplanned pregnancy are probably concerned about the way their parents will react-and can imagine only the worst. It is important for the young woman to have a plan of action and for their parents to see that they have thought seriously about the situation. With the young woman's permission a counselor will be present when they tell their parents the news of their pregnancy.

*Crime*

Joy In Our Town #110715	29:27	14:00	L	PA/O	07/15/2011	12:00 PM
					07/16/2011	2:30 AM
					07/18/2011	10:30 AM
					07/19/2011	2:30 AM
					07/20/2011	2:30 AM

Host Kimberly Warren interviewed Bridget Patton, spokesperson for the FBI. They discussed ways to protect yourself from online predators. Ms. Patton said there are many new scams the cyber criminals are using. She said the most troubling part is the complexity and apparent authenticity associated with the new scams. The last few years revealed various email scams about people in third world countries having difficulty cashing checks for large sums of money and they need your help. Patton stated the new trend shows the crooks are getting smarter. Phishing scams are becoming complex and targeting consumers pretending to be banks and credit unions. The new scams are so sophisticated and complex it's difficult to determine the validity without further inquiry.

Joy In Our Town #110805	28:31	14:15	L	PA/O	08/05/2011	12:00 PM
					08/06/2011	2:30 AM
					08/08/2011	10:30 AM
					08/09/2011	2:30 AM
					08/10/2011	2:30 AM

Host Kimberly Warren interviewed Bridget Patton, spokesperson for the FBI. Ms. Patton stated that the internet has changed the way in which our children are communicating. She said that children who use the internet and do not understand the dangers of exchanging information with strangers on-line, sending photographs of themselves electronically and even meeting in person with someone they met in a chat room. Patton said that everyday, on-line predators search chat rooms in search of their next victim. She says that the internet is fun and you can learn a lot by using it, but there are also dangers that she believes children need to be protected from.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Crime*

Joy In Our Town #110916	25:52	12:42	L	PA/O	09/16/2011	12:00 PM
					09/17/2011	2:30 AM
					09/19/2011	10:30 AM
					09/20/2011	2:30 AM
					09/21/2011	2:30 AM

Host Kimberly Warren talked with Officer Todd Smith. They discussed the school resource officer program. Officer Smith said the school resource officer program is the nucleus around which most of the police department's juvenile programs are built. Smith said the school resource officer program affords the police department the ability to be aware of juvenile problems on both an individual and group basis. The school resource officers have become a valuable source of information to investigators, patrol personnel, and educators. Officer Todd Smith said he is also responsible for the school crossing guard program, grade schools and the special educations programs conducted by the school district through the police department.

Joy In Our Town #110923	28:50	14:09	L	PA/O	09/23/2011	12:00 PM
					09/24/2011	2:30 AM
					09/26/2011	10:30 AM
					09/27/2011	2:30 AM
					09/28/2011	2:30 AM

Host Kimberly Warren interviewed Detective Trenny Wilson of the St. Joseph Police Department. They discussed domestic violence in the St. Joseph Community. Detective Wilson said that the number of domestic abuse cases is even larger now than it was a quarter of a century ago. Detective Wilson stated that one in four women report they have been physically assaulted by their spouse or boyfriend. Physical and emotional trauma can lead to increased stress, depression, lowered self-esteem, and post-traumatic stress disorder. Detective Wilson stated that sometimes the abuse is not only physical, but financial. The abuser controls the spouse by not allowing them to work or have access to money. This keeps the person crippled and totally dependent upon the abuser. They are not likely to ever leave since they do not have access to money. Detective Wilson stated that sometimes it is hard and confusing to admit that a person is in an abusive relationship, or find a way out. There are clear signs to help people know if they are being abused. The abuser usually monitors what the person is doing at all time, criticizes little things, prevents or discourages the person from seeing friends or family , or going to work or school, and blames the person for his or her violent outbursts.

Joy In Our Town #110930	28:54	14:21	L	PA/O	09/30/2011	12:00 PM
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Host Kimberly Warren talked with Larry Stobbs of the St. Joseph Police Department and Christy Miller of the St. Joseph Youth Alliance. They discussed the Alcohol Server Training Program. Larry Stobbs stated that the St. Joseph Police Department is committed to reducing the sale/giving away of liquor to minors by businesses/homeowners. Stobbs said that youth access and underage drinking needs to be addressed. A child drinking at age thirteen has a 40% chance of becoming addicted to alcohol. The police department has what is called an Alcohol Server License. Stobbs stated that Business owners must have a license for their establishment to sell alcoholic beverages and the license can be suspended or revoked or administrative fines imposed for failure to comply with various laws and regulations. Christy Miller of the St. Joseph Youth Alliance said as much as parents may not like to think about it, the truth is that many kids and teens try alcohol during their high school and college years, long before it's legal for them to drink it. She said long before your kids are presented with a chance to drink alcohol, you can increase the chances that they'll just say "no."

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Crime*

Joy In Our Town #110930	28:54	14:33	L	PA/O	09/30/2011	12:00 PM
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Host Kimberly Warren interviewed Detective Kevin Boehm. They discussed the crime stoppers of greater Kansas City. Detective Boehm said Crime Stoppers benefits everyone in the metropolitan area, not just Kansas City. He says they are not the police department but is a non-profit community organization. Detective Boehm explains that crime stoppers encourage members of the community to assist local law enforcement agencies in the fight against crime by overcoming the two key elements that inhibit community involvement: fear and apathy. Detective Boehm stated that the Greater Kansas City Crime Stoppers hotline is a vital resource in helping reduce crime in the community. Detective Boehm said that since the inception of our local program in 1982 the "TIPS Hotline," as it is more commonly known, has taken nearly 115,000 tips from concerned citizens. He said those tips have aided in the arrests of more than 9,800 criminals and the clearing of over 23,000 felony cases or warrants.

*Health/Mental Health*

Joy In Our Town #110701	29:49	15:19	L	PA/O	07/01/2011	12:00 PM
					07/02/2011	2:30 AM
					07/04/2011	10:30 AM
					07/05/2011	2:30 AM
					07/06/2011	2:30 AM

Host Kimberly Warren talked with Amy Grier of a hoarding support group. They talked about the problems that exists when people accumulate and accumulate so many things that they can't even walk around their houses. Amy Grier began by stating that she is a self-confessed pack rat that would like to help others who have a problem with hoarding. She says that she struggles with this urge to acquire items she thinks she will need someday. Ms. Grier's goal with other hoarders such as herself is to work together on decluttering for 12 weeks by coming up with at least one bag of items to be given away a week. She says people who engage in hoarding typically collect items because they believe these items will be needed or have value in the future. Grier said a person also may hoard items that he or she feels have important emotional significance serving as a reminder of happier times or they may feel safer surrounded by things they collect.

Joy In Our Town #110729	29:50	12:20	L	PA/O	07/29/2011	12:00 PM
					07/30/2011	2:30 AM
					08/02/2011	10:30 AM
					08/03/2011	2:30 AM
					08/04/2011	2:30 AM

Host Kimberly Warren interviewed Dr. Crystal Green and they discussed the growing trend of childhood obesity. Dr. Green said that childhood obesity has been on the rise and since 1982 there has been a 400% increase. She said that obesity is one of the most common nutritional disorders and one of the most common chronic illnesses. Dr. Green stated that the reason kids are out of shape is because of inactivity, the advent of video games, and not eating healthy. Dr. Green said that 1 in 4 children already show signs of Type II Diabetes and 60% of obese children have at least one risk factor for heart disease. She said a way to stop childhood obesity is to get on a nutrition program where you eliminate the fast foods and snacks for the kids to eat as well as any soda pop or juices that are deemed unhealthy.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Health*

Joy In Our Town #110812	28:31	14:12	L	PA/O	08/12/2011	12:00 PM
					08/13/2011	2:30 AM
					08/15/2011	10:30 AM
					08/16/2011	2:30 AM
					08/17/2011	2:30 AM

Host Kimberly Warren interviewed J.C. Dollar the Chief Executive Officer of the Midland Empire Resource for Independent Living (MERIL). They discussed the issue of persons with disabilities. Mr. Dollar stated that having children with disabilities effects families when they are small, but as they age and become adults the family has just as many issues to deal with. He said depending on the disability when the child gets older they want to feel independent as possible. Mr. Dollar has a son with a disability. He was born almost totally deaf and by the age of ten he began losing his sight. Mr. Dollar stated that this did not stop his son from achieving as he ranked high in his high school class, went to college for four years and now lives in his own apartment. Mr. Dollar stated that employers who embrace hiring people who may have a disability will find these individuals are some of the most successful employees. They are rarely absent from work because they have worked so hard to get to this position. They have positive attitudes. Then Dollar stated that if you look beyond the disability you will find a lot of ability.

Joy In Our Town #110819	29:24	12:09	L	PA/O	08/19/2011	12:00 PM
					08/20/2011	2:30 AM
					08/22/2011	10:30 AM
					08/23/2011	2:30 AM
					08/24/2011	2:30 AM

Host Kimberly Warren interviewed Kelly Kibirige, Registered Nurse and the Coordinator of the Medical Reserve Corps of Northwest Missouri. Due to the tragedy of the Joplin, Missouri tornado the Medical Reserve Corps was formed to provide assistance. Ms. Kibirige said the Northwest Missouri Medical Reserve Corps is the local response to their neighborhoods in time of emergency or disaster whether natural or man-made. She said to be most effective during times of crisis, volunteers must be organized and trained to work in emergency situations and to integrate into the existing emergency response system — before the emergency happens. The Medical Reserve Corps is designed to provide the organizational structure and training that members will need to respond effectively.

Joy In Our Town #110902	29:35	15:13	L	PA/O	09/02/2011	12:00 PM
					09/03/2011	2:30 AM
					09/05/2011	10:30 AM
					09/06/2011	2:30 AM
					09/07/2011	2:30 AM

Host Kimberly Warren talked with Annie Maier and Kristen Thatcher of the Breast Center of Heartland Regional Medical Center and Franke Majewski with the Paint the Parkway Pink organization. They discussed the breast cancer awareness and the organization of Paint the Parkway Pink and why they are putting it on. Ms. Maier first started the program off with talking about Pain the Parkway Pink. She explained that it is a way to raise awareness for cancer research. She explained that she had lost her aunt to breast cancer. Maier explained how it affects family and friends and Paint the Parkway Pink is a way to help emotionally and to help the battle of breast cancer. Kristen Thatcher talked about the studies taken for our area and they revealed that Buchanan County has a higher breast cancer and mortality rate than the surrounding counties. To battle this statistic, the Breast Center at Heartland was created and opened this year to help with the process that a family will have to go through when a loved one has breast cancer. The main concern is to have early detection is a big part in success of battling the cancer.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Health*

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

11:30 AM

Doctor #308	to Doctor	28:30	28:30	REC	PA/O/E	7/12/2011	
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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 #309	to Doctor	28:30	28:30	REC	PA/O/E	7/19/2011	11:30 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.

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

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #311	28:30	28:30	REC	PA/O/E	8/02/2011	11:30 AM
<p><b>Dr. Bill Williams</b> talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. <b>Dr. Charles Simmons</b> talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. <b>Dr. Jill Westkaemper</b> talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.</p>						
Doctor to Doctor #314	28:30	28:30	REC	PA/O/E	8/23/2011	11:30 AM
<p><b>Dr. Isabel Lopez</b> talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. <b>Dr. James Krystosik</b> talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. <b>Dr. Carl Schmidt</b> talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.</p>						
Doctor to Doctor #315	28:30	28:30	REC	PA/O/E	8/30/2011	11:30 AM
<p><b>Dr. Stephanie Blenner</b> talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. <b>Dr. Dale Peterson</b> talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. <b>Dr. Bernice Gonzalez</b> talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.</p>						
Doctor to Doctor #316	28:30	28:30	REC	PA/O/E	9/06/2011	11:30 AM
<p><b>Dr. Valerie Saxon</b> talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. <b>Dr. Wayne Gordon</b> talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. <b>Dr. Rick Winick</b> talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.</p>						
Doctor to Doctor #317	28:30	28:30	REC	PA/O/E	9/13/2011	11:30 AM
<p><b>Dr. Mark Brown</b> talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. <b>Kay Spears</b> talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. <b>Dr. Brian Nimphius</b> talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrate move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #318	28:30	28:30	REC	PA/O/E	9/20/2011	11:30 AM

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

*Civic Affairs*

Joy In Our Town #110701	29:49	14:30	L	PA/O	07/01/2011	12:00 PM
					07/02/2011	2:30 AM
					07/04/2011	10:30 AM
					07/05/2011	2:30 AM
					07/06/2011	2:30 AM

The Council of the City of St. Joseph, MO, met in regular meeting in the Council Chamber at City Hall, on Tuesday, June 21, 2011 at 7:00 p.m. The meeting was called to order at 7:00 p.m. by Mayor Falkner. Present were Councilmembers Boyer, Falkner, Jones, Kovac, LaBass, Myers, Penland, Roach, and Starr. The Director of Public Works Bruce Woody said the corps advised officials that once 150,000 cubic feet per second is released from Gavins Point Dam, it will take 3.5 days to reach St. Joseph. At that time, river levels should stay at 25 feet, but residents must take into account rainfall as well as swollen waters from Missouri River tributaries contributing to river levels. He talked about mandatory evacuations are when the river stage reaches 31.5 feet. At that point, it will be a hurried evacuation, so no large items or number of valuables can leave with residents. He said the area that is expected to evacuate includes all areas west of King Hill Avenue/Lake Avenue/U.S. Highway 59, with the southernmost boundary being Joseph Street and the northernmost boundary being East Lake Boulevard/East Florence Road. The staging area will be set up at Hyde Park and evacuation routes will include King Hill Avenue and Alabama Street.

Joy In Our Town #110729	29:50	5:00	L	PA/O	07/29/2011	12:00 PM
					07/30/2011	2:30 AM
					08/02/2011	10:30 AM
					08/03/2011	2:30 AM
					08/04/2011	2:30 AM

The St. Joseph City Council is scheduled to vote June 27<sup>th</sup> on a \$165,000 contract with the St. Joseph Metro Chamber of Commerce. The city and the county both provide public funds to the chamber for economic development services. The county agreed to provide \$175,000 at the start of the year. The city provided \$165,000 to the chamber last year. The chamber's most recent tax form on file with the Internal Revenue Service showed \$2.3 million in net assets, \$1.3 million in revenue and \$1.5 million in expenses for the 2009 reporting period.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Civic Affairs*

Joy In Our Town #110819	29:24	4:00	L	PA/O	08/19/2011	12:00 PM
					08/20/2011	2:30 AM
					08/22/2011	10:30 AM
					08/23/2011	2:30 AM
					08/24/2011	2:30 AM

The city council announced longtime Public Works Director Bruce Woody as its new city manager. Mr. Woody has directed St. Joseph's public works department since 1997. He previously worked for the governments of Kansas City, Kan., Olathe, Kan., and the Missouri Department of Transportation. In a brief speech to the audience in the council chamber, Mr. Woody talked about the years he has spent in St. Joseph, raising his family in his father's hometown. In a procedural move, the council passed an emergency ordinance to appoint Mr. Woody as interim city manager until he and the council agreed on an employment contract. The ordinance passed with six "yes" votes, with council member Pat Jones opposed and council members P.J. Kovac and Barbara LaBass abstaining. Mayor Bill Falkner said the move was Mr. Woody's idea. Mr. Woody replaces Police Chief Chris Connally, who served as interim city manager after previous city manager Vince Capell left in March.

Joy In Our Town #110909	27:56	4:30	L	PA/O	09/09/2011	12:00 PM
					09/10/2011	2:30 AM
					09/12/2011	10:30 AM
					09/13/2011	2:30 AM
					09/14/2011	2:30 AM

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# Trinity Broadcasting Network

*KTAJ-TV*

October, November, December 2011

Central Time

Leading Community Issues

Youth

Safety

Economy

Housing

Health

Civic Affairs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Youth*

Joy In Our Town #110930	28:54	14:21	L	PA/O	10/03/2011	10:30 AM
					10/04/2011	2:30 AM
					10/05/2011	2:30 AM

Host Kimberly Warren talked with Larry Stobbs of the St. Joseph Police Department and Christy Miller of the St. Joseph Youth Alliance. They discussed the Alcohol Server Training Program. Larry Stobbs stated that the St. Joseph Police Department is committed to reducing the sale/giving away of liquor to minors by businesses/homeowners. Stobbs said that youth access and underage drinking needs to be addressed. A child drinking at age thirteen has a 40% chance of becoming addicted to alcohol. The police department has what is called an Alcohol Server License. Stobbs stated that Business owners must have a license for their establishment to sell alcoholic beverages and the license can be suspended or revoked or administrative fines imposed for failure to comply with various laws and regulations. Christy Miller of the St. Joseph Youth Alliance said as much as parents may not like to think about it, the truth is that many kids and teens try alcohol during their high school and college years, long before it's legal for them to drink it. She said long before your kids are presented with a chance to drink alcohol, you can increase the chances that they'll just say "no."

Joy In Our Town #111014	26:46	11:31	L	PA/O	10/14/2011	12:00 PM
					10/15/2011	2:30 AM
					10/17/2011	10:30 AM
					10/18/2011	2:30 AM
					10/19/2011	2:30 AM

Host Kimberly Warren interviewed Judy Sabbert with the Heartland Foundation. They discussed physical fitness and the growing trend in childhood obesity. Judy Sabbert said the Project Fit program is a national nonprofit program that helps schools promotes cardiovascular activity. She said the project also provides sites with nutritional programs, weighted hula hoops and other activity suggestions to get kids more active. Sabbart said the Heartland Foundation did a study several years ago that tracked the students' physical progress with their grades, and found kids who were more active studied more and were less likely to get into fights on the playground. Project fit wants to put more and more playground equipment in elementary schools to help encourage active, health lifestyles for the next generation.

Joy In Our Town #111021	27:15	13:13	L	PA/O	10/21/2011	12:00 PM
					10/22/2011	2:30 AM
					10/24/2011	10:30 AM
					10/25/2011	2:30 AM
					10/26/2011	2:30 AM

Host Kimberly Warren interviewed Katie Hrenchir, the Associate Area Director of the Special Olympics Missouri Northwest Area. Ms. Hrenchir said that the Special Olympics Missouri Northwest Area looks to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes, and the community.

Joy In Our Town #111216	28:19	14:05	L	PA/O	12/16/2011	12:00 PM
					12/17/2011	2:30 AM

Host Kimberly Warren talked with Robert Blizzard, fire inspector with the St. Joseph Fire Department. They discussed the Fire Smart program. Mr. Blizzard said the Fire Smart Program is an educational intervention program designed to educate parents and children about fire safety and the consequences of fire. He said that fire setting is the term used to describe the behavior of children who have begun to use fire in a way that is dangerous or not approved by a parent or caregiver. Mr. Blizzard stated that through education, and in some cases counseling, children can learn the skills to change this dangerous behavior.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Youth*

Joy In Our Town #110722	28:30	14:30	L	PA/O	12/14/2011	11:30 AM
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Host Kimberly Warren interviewed Marilyn Thomas Founder of the Kansas City House of Hope along with a Christina, a teen involved in House of Hope. Ms. Thomas said that the Kansas City House of Hope is a parent-interactive residential home and school for hurting and troubled teens. Thomas said they rescue families with teenagers who have lost respect for authority and no longer accept guidance from parents, or teachers. She said they work with teens that reject adult influence in their lives but do not have the emotional development or maturity to be on their own. Ms. Thomas said that sometimes girls start a downward spiral if they have been sexual abused, or bullied, emotionally or physically abused by someone they trusted. She says through House of Hope they offer teens a safe haven where they can begin to turn their lives around and give parents the tools and support they need to strengthen relationships with their children.

Joy In Our Town #110729	29:50	12:20	L	PA/O	12/29/2011	11:30 AM
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Host Kimberly Warren interviewed Dr. Crystal Green and they discussed the growing trend of childhood obesity. Dr. Green said that childhood obesity has been on the rise and since 1982 there has been a 400% increase. She said that obesity is one of the most common nutritional disorders and one of the most common chronic illnesses. Dr. Green stated that the reason kids are out of shape is because of inactivity, the advent of video games, and not eating healthy. Dr. Green said that 1 in 4 children already show signs of Type II Diabetes and 60% of obese children have at least one risk factor for heart disease. She said a way to stop childhood obesity is to get on a nutrition program where you eliminate the fast foods and snacks for the kids to eat as well as any soda pop or juices that are deemed unhealthy.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Safety</i>						
Joy In Our Town #110930	28:54	14:33	L	PA/O	10/03/2011 10/04/2011 10/05/2011	10:30 AM 2:30 AM 2:30 AM
Host Kimberly Warren interviewed Detective Kevin Boehm. They discussed the crime stoppers of greater Kansas City. Detective Boehm said Crime Stoppers benefits everyone in the metropolitan area, not just Kansas City. He says they are not the police department but is a non-profit community organization. Detective Boehm explains that crime stoppers encourage members of the community to assist local law enforcement agencies in the fight against crime by overcoming the two key elements that inhibit community involvement: fear and apathy. Detective Boehm stated that the Greater Kansas City Crime Stoppers hotline is a vital resource in helping reduce crime in the community. Detective Boehm said that since the inception of our local program in 1982 the "TIPS Hotline," as it is more commonly known, has taken nearly 115,000 tips from concerned citizens. He said those tips have aided in the arrests of more than 9,800 criminals and the clearing of over 23,000 felony cases or warrants.						
Joy In Our Town #111007	27:05	13:05	L	PA/O	10/07/2011 10/08/2011 10/10/2011 10/11/2011 10/12/2011	12:00 PM 2:30 AM 10:30 AM 2:30 AM 2:30 AM
Host Kimberly Warren talked with Kevin Kirby with the Midland Empire Chapter of the American Red Cross. They discussed the major floods that engulfed the Midwest this summer and the cleanup efforts. Mr. Kirby said in the aftermath of the floods the Red Cross volunteers, caseworkers and nurses met with flood victims about recovery information and available resources. Mr. Kirby said between the cornstalks, spiders, snakes and other bugs in yards and houses there are safety precautions that people should take before re-entering their homes. Kirby said cleaning up after a flood presents real health risks. He said to make sure the property has been checked by an electrician or that all power is off before you start work on a house or building. Mr. Kirby stated that there is a very big risk of biological hazards. Before you start cleaning up ensure you have adequate supplies of disinfectant available. Kevin Kirby said to ease victims' concerns, Red Cross caseworkers, nurses and mental health volunteers offered clients recovery resources, cleanup kits and bottle water as clients prepared to continue their recovery efforts in their communities.						
Joy In Our Town #111007	27:05	14:00	L	PA/O	10/07/2011 10/08/2011 10/10/2011 10/11/2011 10/12/2011	12:00 PM 2:30 AM 10:30 AM 2:30 AM 2:30 AM
Host Kimberly Warren interviewed Tim Miller and Josh Roller with the Missouri Department of Conservation. They discussed hunter education and safety. Tim Miller, an outdoor skills specialist, said the Missouri Department of Conservation offers a hunter safety program which is a mandatory program for anyone who wants to hunt. He stated that in the state of Missouri they have certified between 25,000-30,000 people a year. Miller said since hunter education has been around levels of hunting accidents has declined. Josh Roller, a conservation agent, talked about the Apprentice Hunter Program. This program helps introduce adults to hunting, the Apprentice Hunter Authorization allows hunters age 16 and older who are not hunter-ed certified to hunt with firearms as long as they have a firearm hunting permit, and hunt in the immediate presence of a properly licensed, hunter-ed certified adult age 21 or older.						
Joy In Our Town #111014	26:46	10:15	L	PA/O	10/14/2011 10/15/2011 10/17/2011 10/18/2011 10/19/2011	12:00 PM 2:30 AM 10:30 AM 2:30 AM 2:30 AM
Host Kimberly Warren interviewed Matt Dority, the District Service Center Manager with Kansas City Light and Power. They discussed safety concerns after the intense storms experienced this summer. Mr. Dority said that when severe weather hits or an accident occurs, power lines can come down and that people should remember to treat all downed wires as live and dangerous. He said to keep in mind the potentially deadly treat of downed electric wires and other safety hazards. He said to maintain a distance of at least 10 feet from downed wires and anything they are in contact with, including puddles of water and fences. He says a power line that touches the ground can shock or kill you even if you do not touch it. The electrical current can travel through the ground and into your body. Dority said to never underestimate the power of electricity. For safety's sake, every power line should be treated as though it is energized.						

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

*Safety*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #111021	27:15	14:02	L	PA/O	10/21/2011 10/22/2011 10/24/2011 10/25/2011 10/26/2011	12:00 PM 2:30 AM 10:30 AM 2:30 AM 2:30 AM

Host Kimberly Warren talked with John Mills and Carl Sporman of the Federal Emergency Management Agency (FEMA). They discussed relief efforts for the Midwest floods that took place over the summer. Six counties in Northwest Missouri were declared for disaster relief. Mr. Mills talked about what people should do to get disaster relief from FEMA. He says it's very important first off for people to contact FEMA and register with them. Mills said that FEMA, the state and local officials have already had damage assessment teams around Northwest Missouri to look at the damage so they know what they are dealing with. Carl Sporman, the Community Outreach Education Specialist with FEMA talked about being on site and talking to clients about what to use for mold and how to get rid of spores. He said his first action is to preach safety when people go back into their homes after the floods have receded.

Joy In Our Town #110218	29:25	15:10	L	PA/O	12/14/2011	11:30 AM
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Host Kimberly Warren interviewed Richard Easley the President of the Board of the Kansas City Metropolitan Crime Commission. They discussed crime prevention. Mr. Easley said the commissions programs are geared towards supporting local law enforcement efforts in fighting crime, keeping the neighborhoods safe to have better living and business. The commission has been around for 60 years and is not new to the areas crime. It is not just made up of retired law enforcement officers but groups of people from the community. The crime commission is actually separate from the law enforcement community and he has a board that is made up of businesses, and community leaders. They cover four counties in the area. The commission has many programs that are lead by members of the board and there are several programs under the umbrella of the KCMCC. These programs are community based and they go into the schools as well to inform them on how to create their own crime stoppers program, or tips hotline in the school.

Joy In Our Town #110715	29:27	14:00	L	PA/O	12/29/2011	11:30 AM
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Host Kimberly Warren interviewed Bridget Patton, spokesperson for the FBI. They discussed ways to protect yourself from online predators. Ms. Patton said there are many new scams the cyber criminals are using. She said the most troubling part is the complexity and apparent authenticity associated with the new scams. The last few years revealed various email scams about people in third world countries having difficulty cashing checks for large sums of money and they need your help. Patton stated the new trend shows the crooks are getting smarter. Phishing scams are becoming complex and targeting consumers pretending to be banks and credit unions. The new scams are so sophisticated and complex it's difficult to determine the validity without further inquiry.

Joy In Our Town #111230	28:55	14:20	L	PA/O	12/30/2011	12:00 PM
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Host Kimberly Warren interviewed Sgt. Sheldon Lyon of the Missouri State Highway Patrol. They discussed safety issues ranging from preparing to drive in snowy and icy conditions as well as distractive driving. Sgt. Lyon stated that driving under snowy or icy conditions can be dangerous for any type of car, including 4-wheel drive vehicles. Taking the time to winterize your vehicle, be aware and minimize potential hazards can make it a safer season for you and others on the road. He stated that people should carry a winter survival kit in their vehicle that includes blankets, a flashlight, flares or reflective triangles, a shovel, and jumper cables. Sgt. Lyon discussed safe driving techniques for cold and icy road conditions. He said to drive slowly and leave as much space as possible between your car and the next to deal with any emergencies that may arise. If a person hits the ice, first do not panic or slam on the brakes. Steer in the direction that the nose of the car is going in to regain traction.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #111202	29:05	15:05	L	PA/O	12/02/2011 12/05/2011 12/15/2011	12:00 PM 10:30 AM 3:00AM

Host Kimberly Warren interviewed David Davenport, the Executive Director of the Second Harvest Food Bank. They discussed the issue of hunger in the St. Joseph area. Mr. Davenport said there are 50,000 food insecure residents which come out to 15% of the population. He said with food prices rising, difficulty affording groceries among families with already stretched budgets has reached crisis levels. Davenport said the steadily rising cost of living is also being felt by middle-income families, who are increasingly experiencing difficulty affording food.

Joy In Our Town #111209	28:01	14:00	L	PA/O	12/09/2011 12/13/2011 12/15/2011	12:00 PM 2:30 AM 2:30 AM
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Host Kimberly Warren talked with Melissa Chestnut of the Community Action Partnership. They discussed the community needs assessment given to address the most pressing issues in the community. Ms. Chestnut said the Community Needs Assessment completed by the Community Action Partnership in St. Joseph revealed that education, employment, transportation and housing are among the largest needs in our community. She stated that the economy has affected people in many different ways. The growth we are seeing is coming from increases in food, gas and other items, as wages aren't going up. She said when wages don't rise and prices increase more people are left in need.

Joy In Our Town #111223	29:11	11:04	L	PA/O	12/23/2011	12:00 PM
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Host Kimberly Warren talked with CPA Carla Lackey. They discussed tips for people when preparing taxes. Ms. Lackey said the Child Tax Credit is an important tax credit that may be worth as much as \$1,000 per qualifying child depending upon your income. She said to qualify; a child must have been under age 17, age 16 or younger at the end of 2010. Lackey stated that a person must claim the child as a dependent on your federal tax return. The child must have lived with you for more than a half of 2010. Ms. Lackey stated that people may be able to take the first-time homebuyer credit if you were an eligible buyer who purchased a home as your primary residence in 2008, 2009 or 2010. She said eligibility varies depending upon the year of your purchase. Ms. Lackey said this credit reduces your tax bill or increases your refund depending on the tax you owe. The IRS refunds the credit, even if you owe no tax or the credit is more than the tax owed.

Joy In Our Town #111229	28:21	14:11	L	PA/O	12/29/2011	11:00 AM
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Host Kimberly Warren talked to Jason Manley, the Director of the weatherization program at the Community Action Partnership. They discussed utility assistance and how weatherizing your home can help your economy. Mr. Manley said for a family living in a cold house with no hot water, no lights, and no ability to cook a warm meal, immediate needs are the first priority. He said the Low-Income Home Energy Assistance Program at Community Action Partnership offers crisis assistance payments to families whose utilities have been shut off, processing more than 1,500 applications each winter. He said they also work closely with local utility companies to provide meet more than 3,000 requests for basic utilities assistance each winter – for families who would otherwise have to choose between heat or food, for example. Manley says to receive crisis utilities assistance for winter heat, lights and gas, families must meet federal income guidelines for poverty and have proof of a disconnection of services — or be at risk of an immediate disconnection.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

*Housing*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #111028	27:51	14:33	L	PA/O	10/28/2011 10/29/2011 11/07/2011	12:00 PM 2:30AM 10:30AM

Host Kimberly Warren interviewed Melissa Koch with Habitat for Humanity. Ms. Koch stated that the work of Habitat for Humanity is driven by the desire to give tangible expression to the love of God through the work of eliminating poverty through building homes for those in need. She says in order to help eliminate substandard housing and homelessness habitat uses the necessity of putting faith into action, the "economics of Jesus" and the "theology of the hammer." Ms. Koch stated that each family that receives a home through Habitat for Humanity is required to work at least 400 hours side-by-side with volunteers in building the home.

Joy In Our Town #111201	28:06	11:04	L	PA/O	12/01/2011 12/14/2011	11:00 AM 11:00 AM
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Host Kimberly Warren interviewed Kim Kempf, the Victim Services Director at the St. Joseph YWCA. Kim Kempf talked about a transitional housing place for abused women called Bliss Manor. She said Bliss Manor is really a baby step between saying that you no longer need shelter services, but are not quite ready to be on your own. Kempf said for a lot of their residents this is the first time they've lived their own in their lives. She said Bliss Manor Transitional housing is an affordable step to being about to get out on their own and hopefully still allow for saving money. These dorm-style rooms are built with a security system in place. Kempf said St. Joseph really struggles with safe, affordable housing. She knows that a lot of women end up staying in abusive relationships because they are not able to find a safe place to go. Kempf says this is a huge step in helping both have stable housing and providing them with support and services to truly help them become independent.

Joy In Our Town #111216	28:19	14:14	L	PA/O	12/16/2011 12/17/2011	12:00 PM 2:30 AM
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Host Kimberly Warren interviewed Evelyn Craig, the Executive Director of restart. They talked about the issue of homelessness in the Kansas City area. Ms. Craig said reStart is an interfaith ministry with homeless persons committed to providing shelter and supportive services to homeless men, women, youth and families with the goal of helping them move toward independence and self-sufficiency and ending homelessness in our community. She described two different types of homeless people. There are the chronically homeless who are repeatedly in shelters, on the streets, dealing with mental health issues. The other type is the situational homeless. These are people that did not grow up that way but now are in a terrible situation where they may have lost a job or something medical has caused them to lose their home.

Joy In Our Town #111223	29:11	11:07	L	PA/O	12/23/2011	12:00 PM
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Host Kimberly Warren interviewed Doug Evenson, Director of Housing Development at the Community Action Partnership of Great St. Joseph. They discussed affordable housing. Mr. Evenson said due to the housing market crisis the ability to develop affordable housing is very important. There is need to provide quality, safe, decent housing for low-to moderate-income households. Mr. Evenson stated the generally accepted definition of affordability is for a household to pay no more than 30 percent of its annual income on housing. Families who pay more than 30 percent of their income for housing are considered cost burdened and may have difficulty affording necessities such as food, clothing, transportation and medical care. Evenson said an estimated 12 million renter and homeowner households now pay more than 50 percent of their annual incomes for housing, and a family with one full-time worker earning the minimum wage cannot afford the local fair-market rent for a two-bedroom apartment anywhere in the United States.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

*Housing*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Joy In Our Town #111230	28:55	14:35	L	PA/O	12/30/2011	12:00 PM
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Host Kimberly Warren talked with Scott Cooper of Hillcrest Transitional Housing. They discussed how to help people move from homelessness to having a stable home. Mr. Cooper said that Transitional Housing's primary program focus is moving families from homelessness to self-sufficiency within 90 days. He stated that in exchange for rent/utility-free housing, residents are required by written agreement to work full time, obey the program guidelines and attend volunteer taught classes in life-skills, employment, community living, and budgeting.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Health/Mental Health*

Joy In Our Town #111028	27:51	13:18	L	PA/O	10/28/2011 10/29/2011 11/07/2011	12:00 PM 2:30AM 10:30AM
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Host Kimberly Warren interviewed Christy Miller and Kori Penland of Breaking the Silence Suicide Prevention Project. Ms. Miller said that suicide is the eleventh leading cause of death in the U.S., claiming 32,000 lives. She said that suicide has become a taboo subject because people are not aware of the numbers that surround suicide. Suicide rates among youth have increased more than 200 percent from 1950-1970 but from 1994-present the suicide rate among youth has dropped 24 percent. Miller stated that this is due to quality mental health services for children. Kori Penland talked about watching for warning signs that someone may be contemplating suicide. They withdraw from friends, family and society, dramatic mood changes, increased substance abuse. Penland said people should be willing to listen and it's very important not to be judgmental when talking to someone who talks about committing suicide. Ms. Penland says to take action, remove means, and get help from individuals or agencies specializing in crisis intervention and suicide prevention.

Joy In Our Town #111201	28:06	10:02	L	PA/O	12/01/2011 12/14/2011	11:00 AM 11:00 AM
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Host Kimberly Warren interviewed Alice and Joy Deatherage, two exercise specialist about the importance of physical fitness at any age. Joy Deatherage stated that from childhood obesity to middle age heart attacks to uterine prolapses to balance and fall issues among the aging, family health are very important. Fitness is important at every age and stage of life. Joy said that fitness is not just for flat abs anymore. She said most all pharmaceutical commercials that one sees on television are for issues that studies show can be alleviated or eliminated by regular physical fitness. Alice Deatherage said that including more activity into at least 30-minutes of your daily routine can improve your health status. Alice said that people are literally killing themselves. Or at the very least diminishing their quality of life to the point where longevity is a tiring, financially exhausting proposition. She says the sooner a person starts to exercise the better.

Joy In Our Town #111202	29:05	14:00	L	PA/O	12/02/2011 12/05/2011 12/15/2011	12:00 PM 10:30AM 3:00AM
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Host Kimberly Warren talked Kathy Tharman, the County Extension Director of the Kansas State Research and Extension of Doniphan County. They discussed the issue of diabetes. Ms. Tharman explained diabetes as a disease in which your blood glucose or sugar levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose gets into your cells to give them energy. Insulin is a hormone produced by the pancreas to control blood sugar. Diabetes can be caused by too little insulin, resistance to insulin or both. Tharman stated that symptoms of diabetes include blurry vision, excess thirst, fatigue, frequent urination, hunger and weight loss. She said there is no cure for diabetes. Treatment involves medicines, diet, and exercise to control blood sugar and prevent symptoms and problems.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Health/Mental Health*

Joy In Our Town #111209	28:01	14:01	L	PA/O	12/09/2011 12/13/2011 12/15/2011	12:00 PM 2:30AM 2:30AM
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Host Kimberly Warren interviewed Registered Nurse Mary Novinger. They discussed cold and flu season. Ms. Novinger says people can take common sense steps to avoid exposure. Although most patients recover from a bout with the flu without treatment, thousands die from it each year. She stated that in the United States flu season runs roughly from early October to early spring. The best way to avoid suffering the flu this winter is simple prevention starting with good hygiene. The flu is most contagious within three feet of an infected person. Novinger stated that another preventative step is immunization, which can reduce your risk of catching the flu by up to 80%. Children 6-9 months and adults age 50 and older should get a flu shot.

Joy In Our Town #111229	28:21	14:10	L	PA/O	12/29/2011	11:00 AM
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Host Kimberly Warren interviewed Judy Bond and Helen Richards of the Kansas City Chapter Celiac Sprue Association. They discussed the issue of celiac disease its symptoms and treatments. Judy Bond said symptoms of gluten intolerance can be tricky to determine. Gluten intolerance, also called gluten sensitivity or Celiac Disease in its most severe form can have symptoms that range from no symptoms to life threatening or debilitating chronic health problems and anywhere in between. She said the most common symptoms of gluten intolerance is excessive fatigue, depression and weight gain. Helen Richards said the gluten in wheat, barley, rye, and a much lower amount in oats, contain particular amino acid sequences that are harmful to persons with celiac disease. Richards state that the only treatment is the lifelong adherence to the gluten-free diet. She said when gluten is removed from the diet, the small intestine will start to heal and overall health improves. Richards said medication is not normally required.

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

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #321	28:30	28:30	REC	PA/O/E	10/11/2011	11:30 AM
<p><b>Dr. George Rhodes</b> talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. <b>Dr. Mark Sheehan</b> talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. <b>Dr. Chip Null</b> talked about chiropractic care. The spin, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spin back into position. It's important to maintain proper posture when sitting, standing and sleeping.</p>						
Doctor to Doctor #322	28:30	28:30	REC	PA/O/E	10/18/2011	11:30 AM
<p><b>Dr. Jill Westkaemper</b> talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. <b>Dr. Leonard Scott</b> talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. <b>Dr. Janet Poole</b> talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.</p>						
Doctor to Doctor #323	28:30	28:30	REC	PA/O/E	10/25/2011	11:30 AM
<p><b>Dr. April Speed</b> talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. <b>Dr. Wayne Gordon</b> talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. <b>Dr. Thomas Di Stefano</b> talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.</p>						
Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/2011	11:30 AM
<p><b>Dr. Bryan Wasson</b> talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. <b>Dr. Mason Savage</b> talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once day. You should visit your dentist regularly. <b>Dr. Stephanie Blenner</b> talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.</p>						

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/22/2011	11:30 AM

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

Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/2011	11:30 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.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Civic Affairs Joy In Our Town #111014	26:46	5:00	L	PA/O	10/14/2011	12:00 PM
					10/15/2011	2:30 AM
					10/17/2011	10:30 AM
					10/18/2011	2:30 AM
					10/19/2011	2:30 AM

The Council of the City of St. Joseph, MO, met in regular meeting in the Council Chamber at City Hall. The meeting was called to order at 7:00 p.m. by Mayor Falkner. Present were Councilmembers Boyer, Falkner, Jones, Kovac, LaBass, Myers, Penland, Roach, and Starr. The City Council approved the formation of the St. Joseph Downtown Community Improvement District (CID). Pending approval from registered voters within the district, the CID will assess a half-cent sales tax on all purchases made within a 113-acre area, roughly bounded by Interstate 229 on the west, 10<sup>th</sup> Street on the east, Faraon Street on the north and Charles and Sylvania Streets on the south. Clint Thompson, the city's director of planning and community development, laid out a potential annual budget the yet-to-be formed CID board would follow.

Joy In Our Town #111201	28:06	7:00	L	PA/O	12/01/2011	11:00 AM
					12/14/2011	11:00 AM

The Council of the City of St. Joseph, MO, met in regular meeting in the Council Chamber at City Hall. The meeting was called to order at 7 pm by Mayor Bill Falkner. Present were Councilmembers Boyer, Jones, Kovac, LaBass, Myers, Penland, Roach, and Star. The St. Joseph City Council adopted a plan to authorize submission of application for a 2011 supportive housing program renewal grant funded by the Department of Housing and Urban Development on behalf of St. Joseph Continuum of Care Homeless Services Coalition.

Joy In Our Town #111223	29:11	7:00	L	PA/O	12/23/2011	12:00 PM
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The St. Joseph City Council approved a bill amending the Capital Projects Fund budget in the amount of \$289,964 for the Uptown St. Joseph Transportation District Demonstration Block. To help strengthen revitalization efforts in downtown St. Joseph, the Better Block Campaign was started. The project is a community-led, grassroots effort that provides resident with the opportunity to take a direct and progressive approach to downtown development. The primary goals are to encourage economic development, increase community pride and ownership, and promote ideas that make downtown more livable.

*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*