

# Trinity Broadcasting Network

## *Quarterly Report*

January, February, March 2011

KTBN-TV

Santa Ana, California

Ascertainment List

Leading Community Issues

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

Crime

Youth

Substance Abuse

Homeless

Civic

Health

*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 #415	30:00	15:00	L	PA/O	03/11/2011	10:00 AM
					03/14/2011	08:30 AM
					03/17/2011	03:00 AM

Host Sue Perez talks with Patricia Wenskunas, Founder and CEO of Crime Survivors, Inc, about crimes against women. Most of the crimes against women involve some form of violence and occur outside the home. We often hear reports of rape, but not as much as we should because a lot of victims don't come forward. Another crime against women that is up is domestic violence. It occurs every day but the economic stresses have just added to it. Women are often targets because of the nurturing and trusting qualities. It's important that women be aware of their surroundings and not be distracted by their cell phone. It's important that women not be afraid to say "no". If a woman has a gut feeling, she should follow it and also be aware of signs that things aren't right.

Joy In Our Town #415	30:00	15:00	L	PA/O	03/11/2011	10:00 AM
					03/14/2011	08:30 AM
					03/17/2011	03:00 AM

Host Sue Perez talks with Stuart Haskin, Founder and Women's Safety Expert with Get Safe, about crimes against women. Relationship violence is high among women. Acutance and date rape is highly under reported because of quilt or blaming themselves. Intimate violence is not reported because of embarrassment, fear of a lack of family support and lack of encouragement to report it. Physical and sexual violence is high among women. It's important to pay attention to surroundings and be aware. Avoid dark and isolated locations. Keep as little in your purse as possible and don't try to hold onto it if someone wants it. Pay attention to little indicators like not listening to you or is controlling. You always have the right to say no.

Joy In Our Town #429	30:00	15:00	L	PA/O	03/18/2011	10:00 AM
					03/21/2011	08:30 AM
					03/24/2011	03:00 AM

Host Sue Perez talks with Robert Diaz coordinator with the Short Stop Program about juvenile crime. The crimes committed by youth are petty theft, commercial burglary, shoplifting, vandalism, assault/battery and drug possession. For 1<sup>st</sup> time offenders, 99% of them it's not the first time doing the crime, rather 1<sup>st</sup> time getting caught. After a 18 years of age, crimes will go on their permanent record. In the last 2 1/2 years, there has been a increase in youth participating in the program. Schools, law enforcement and parents want to help youth not fall into a life of crime. Law enforcement is having to get creative when dealing with crimes through text messaging and social networks.

Joy In Our Town #429	30:00	15:00	L	PA/O	03/18/2011	10:00 AM
					03/21/2011	08:30 AM
					03/24/2011	03:00 AM

Host Sue Perez talks with Kevin Stinson with the Orange County Court of Appeal about juvenile crime. The crimes committed by youth are property crime, shoplifting, commercial burglary, drug and substance abuse related. Another type of crime seen through social networks is bullying and kids on kids crimes. Young girls are also bullying, fighting and getting violent. Kids are more connected with each other while parents are not. . 91% of youth that go through the Short Stop Program are going to be successfully diverted out of the system and not reoffend.

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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 #451	30:00	15:00	L	PA/O	01/28/2011	10:00 AM
					01/31/2011	08:30 AM
					02/03/2011	03:00 AM

Host Gayle Pereira talks with Barbara Nelson, Executive Director with Mary's Shelter about teen pregnancy. In California, 34% of teenagers get pregnant before the age of 21. Pregnant teens need to take care of their health. They usually don't because they are trying to hide it. If they are unhealthy, that can result in having a child with a low birth weight. The boy, who gets the teen girl pregnant, usually gets left out of the picture. Some want to help take care of their baby. 40% of pregnant teens will drop out of school and end up living in poverty. It's important to have adult support to get prenatal care and continue with their education.

Joy In Our Town #451	30:00	15:00	L	PA/O	01/28/2011	10:00 AM
					01/31/2011	08:30 AM
					02/03/2011	03:00 AM

Host Gayle Pereira talks with Barbara Nelson, Executive Director with Mary's Shelter about cycle of teen pregnancy. A pregnant teen will have another child within 2 years. It is easier to be involved in the same type of relationship because of already having a kid. Children of teen parents often experiences abuse and neglect because the teen parent is not mature enough and they had poor parental role models themselves. Children with a teen parent have a higher chance of becoming a teen parent as well. They think growing up with a single parent is normal and will follow what they have seen. The pattern continues from generation to generation. It's important that teens break the cycle by learning the skills needed to be sufficient and to be a positive role model for their children.

Joy In Our Town #454	30:00	15:00	L	PA/O	02/18/2011	10:00 AM
					02/21/2011	08:30 AM
					02/24/2011	03:00 AM

Host Sue Perez talks with Luis Galdamez, Executive Director with La Familia Hispana, about teen fatherhood. More teens are becoming fathers. Most teen fathers don't want to be a father. They also don't have a father themselves to follow after. 74% of African American kids and 50% of Latino Kids are born without a father. Teen girls think if they keep the baby, the father will stay. Many dads walk away because they don't have the tools, knowledge and understanding of what it takes to be a father. Many are not prepared to take on the additional responsibilities because they live in poverty, too young and no job. It's important that teen dads know the definition of what it means to be father. This includes leader, friend, man of the house, provider and protector. The Fatherhood League is also trying to help dads to become better dads.

Joy In Our Town #454	30:00	15:00	L	PA/O	02/18/2011	10:00 AM
					02/21/2011	08:30 AM
					02/24/2011	03:00 AM

Host Sue Perez talks with Luis Galdamez, Executive Director with La Familia Hispana, about abstinence education. As of October 1, 2010 all the abstinence training was cancelled by the Obama administration. It's more than just about not having premarital sex, but teaching youth about boundaries, dreams for the future, respecting themselves, higher education and character. Instead of teaching teens to not have sex, they are taught to have sex after they get married. If they wait, they will have a lower chance of divorce and be more successful. The average age a person gets married at is around 25 or 26. That is not too long to wait. Plus they can finish school, have a better outlook and be prepared to be a husband/wife and a parent.

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## *Substance Abuse*

Joy In Our Town #452	30:00	15:00	L	PA/O	02/04/2011	10:00 AM
					02/07/2011	08:30 AM
					02/10/2011	3:00 AM

Host Gayle Pereira talks with Jim Walker from the OC Tobacco Education about smoking. Cigarette smoke is very damaging to the body at a young age. As a young adolescent or even a fetus, the results can be devastating. If it is in the house, then it is affecting the entire family. 25% of adults smoke in the United States. California has a lot of proactive laws that prohibit smoking in public places. 70% of all smokers wish they could quit. It is an addiction because the person doesn't have a choice. Cigarette companies were found to be putting extra nicotine in their cigarettes. Some of the reasons people have started smoking are peer pressure and marketing campaigns. It was made to look glamorous. It's okay to ask people to not smoke or at least not smoke around you. There are resources available to help people quit smoking.

Joy In Our Town #452	30:00	15:00	L	PA/O	02/04/2011	10:00 AM
					02/07/2011	08:30 AM
					02/10/2011	3:00 AM

Host Gayle Pereira talks with Debi Austin, Tobacco Educator, about smoking. Debi picked up her first cigarette at the age of 13 and did not realize how it was going to impact the rest of her life and career. In 1963, she could purchase cigarettes for 25 cents and everyone thought it was for her dad. Between the ages of 13-17, she was smoking a pack a day. She eventually went up to 3 packs a day. Her usage increased because it was addictive and she had to have it. Nicotine is the most addictive and deadliest drug in the world. She continued to smoke even after her vocal cords were removed and she has to speak using a special box. The desire to see her niece grow up was the motivation she needed to quit smoking.

Joy In Our Town #421	30:00	15:00	L	PA/O	02/25/2011	10:00 AM
					03/07/2011	08:30 AM
					03/10/2011	3:00 AM

Host Gayle Pereira talks with Phillip Falcetti with the National Council on Alcoholism and Drug Dependence-Orange County about drug prescription abuse. 1 in 5 people who are 12 to 18 years old have used prescription drugs to get high. 12 and 13 year olds are starting to experiment with over the counter and prescription drugs. 20% of 11<sup>th</sup> graders in Orange County have used prescription drugs to get high. Kids will have Pharm parties where they will mix pharmaceutical drugs, take a handful and then swallow them together. They have no idea what type of reaction may occur. Parents need to make sure they do not keep extra medication and prescription drugs in the house. They need to dispose of them if they do have them.

Joy In Our Town #421	30:00	15:00	L	PA/O	02/25/2011	10:00 AM
					03/07/2011	08:30 AM
					03/10/2011	3:00 AM

Host Gayle Pereira talks with Phillip Falcetti with the National Council on Alcoholism and Drug Dependence-Orange County about underage drinking. It is defined as anyone under the age of 21. Availability and access is the #1 issue. Most kids get the alcohol from their own homes or from friends' homes. 60% of high school grads consumed alcohol in their high school years. 50% of high school students have been in a vehicle with someone who has alcohol in the car. Minors will ask adults to buy alcohol for them. It's important that parents monitor any alcohol that they might have in their homes. Merchants should not let minors loiter outside their stores.

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## Homeless

<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 #453	30:00	15:00	L	PA/O	02/11/2011	10:00 AM
					02/14/2011	8:30 AM
					02/17/2011	3:00 AM

Host Sue Perez talks Kathleen Bowman, Executive Director of Wisplace, about homeless women. There is an increase in women becoming homeless. They are impacted by the economy and have lost jobs as well. It takes women 1 to 1 ½ years to actually become homeless because they will use up all of their resources like savings and friends. It's a downward spiral. Homeless women don't feel safe in emergency shelters because there are men and others with mental issues. The impact of being homeless is greater on women because their self-esteem is impacted and they carry the burden of worrying about the safety of their children. It's important that homeless women have financial empowerment which includes having a job, budgeting for expenses and having a savings.

Joy In Our Town #453	30:00	15:00	L	PA/O	02/11/2011	10:00 AM
					02/14/2011	8:30 AM
					02/17/2011	3:00 AM

Host Sue Perez talks Brateil Aghasi, Interim Executive Director of Women Helping Women, about homeless women. Many homeless women are single mothers and carry the financial and emotional burden. Many are lacking resources, particularly employment. It is a quick downward spiral especially when it comes to the most basic needs like housing. Homeless women risk putting themselves in physical danger and impacting not only their life but their children's life. It's important to help provide critical employment services so that they can be self sufficient and financially independent. Dignity is often restored by a paycheck.

Joy In Our Town #414	30:00	15:00	L	PA/O	03/25/2011	10:00 AM
					03/28/2011	8:30 AM
					03/31/2011	3:00 AM

Host Gayle Pereira talks with Christina Wollin, Intake Manager with the Orange County Rescue Mission, about homelessness. With the economic difficulties, many are facing the possibility because of losing a job or home. Many of the homeless have come from broken homes or families. This has led many to addictions or mental illness which can lead to homelessness. Children often experience instability and chaos which can lead to mistrust. It's important to stop the cycle of homelessness by dealing with the emotional scars and pain. Counseling, behavior modification and support can help a person heal and not end up homeless again.

Joy In Our Town #414	30:00	15:00	L	PA/O	03/25/2011	10:00 AM
					03/28/2011	8:30 AM
					03/31/2011	3:00 AM

Host Gayle Pereira talks with Christina Wollin, Intake Manager with the Orange County Rescue Mission, about healthcare for the homelessness. Some face mental illnesses and are unable to pay for the medication necessary to control it. There is a lack of health insurance due to job loss. The homeless don't know where to go for help even with simple medical needs. They will use the emergency room as a last resort. The government only offers so much in the way of assistance and it is highly regulated. There are medical vans that will go out into the community and assist homeless with simple medical emergencies or wounds. There are also some clinics that will offer payments on a sliding scale. Some of the health issues would be eliminated by a healthier lifestyle.

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**Civic**

Joy In Our Town #448	30:00	15:00	L	PA/O	01/03/2011	8:30 AM
					01/07/2011	10:00 AM
					01/10/2011	8:30 AM
					01/13/2011	3:00 AM

Host Sue Perez talks with Judy Bowden and Todd Cooley about 211 Orange County. 211 is a number that gives people access to resources without going through a lot of barriers or having to try to figure things out on their own. The call center has specialists available to help direct the callers to whatever resources in their community they might need. The live operator asks a series of questions to determine location and what services would be the best for the situation. There has been a huge spike in the last couple of years in the number of callers. Many are finding themselves in situations where they are in need of services and they have no idea where to go. 211 is a way to assist and direct them.

**Health**

Joy In Our Town #449	30:00	15:00	L	PA/O	01/14/2011	10:00 AM
					01/17/2011	8:30 AM
					01/20/2011	3:00 AM

Host Sue Perez talks with Liliana Partida, with the Center For New Medicine, about childhood obesity. There are more unhealthy overweight children than healthy ones. Ten pounds or more of extra weight is a big concern. There is a lack of exercise. In this technology era, children stay home and sit in front of their computer and play video games. Children, who are obese, are at risk for at least one cardiovascular disease. Kids should have a yearly physical and yearly BMI Test. Parents should be providing nutritious meals and exercising with their kids as well.

Joy In Our Town #449	30:00	15:00	L	PA/O	01/14/2011	10:00 AM
					01/17/2011	8:30 AM
					01/20/2011	3:00 AM

Host Sue Perez talks with Liliana Partida, with the Center For New Medicine, about heart disease. It can happen from plaque on the heart. Diet plays a big part. We consume too many partially hydrogenated fats and they end up on our arterial wall. 1 in 4 women die of heart disease after the age of 60. They are more susceptible due to menopause and obesity. Cholesterol is extremely important in creating hormones in the body. Women with high tryglycerides, low HDL or diabetes are more likely to have a heart attack than men. Omega 3 oils and exercise will help raise the good cholesterol or HDL levels. It's also important to have a more plant based diet and limit saturated fats.

Joy In Our Town #450	30:00	15:00	L	PA/O	01/21/2011	10:00 AM
					01/24/2011	8:30 AM
					01/27/2011	3:00 AM

Host Sue Perez talks with Dr. Jill Hoffman with the Children's Hospital Los Angeles about Meningitis. It is inflammation of the meninges that cover the brain. It is most often caused by an infection. Young infants, between the ages of 1-2 are at high risk because they share toys. Young adults are at high risk because they live in close quarters. Symptoms are more than just a common cold. They include high fever, headache, achy, confusion and irritability. A rash that has purple or red dots is also a possible sign. It's important to seek medical attention right away if it appears to be more than the common cold. There is also a vaccine to help prevent it.

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Joy In Our Town #450	30:00	15:00	L	PA/O	01/21/2011	10:00 AM
					01/24/2011	8:30 AM
					01/27/2011	3:00 AM

Host Sue Perez talks with Robbin Holland about Meningitis. Robbin lost her son, Thomas, to Meningitis. He had been experiencing flu like symptoms, so they thought nothing was wrong. They rushed him to the hospital at 5pm Christmas Eve and he passed away 1 am Christmas Day. He had the purple rash that was rapid all over his body. It was frustrating for her to learn that the vaccine for Meningitis is recommended but not mandatory. She learned too late. Her son didn't have the vaccine because she didn't know about it. He was current with all of his mandatory vaccinations. Her son had symptoms two days before, but he didn't go to the doctor. If he had gone sooner, he may have survived.

## *Health*

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

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

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

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	02/08/2011 12:00 PM
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#020811

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

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	03/22/2011 12:00 PM
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#032211

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

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Doctor #280 to Doctor	28:30	28:30	REC	PA/O/E	1/04/2011	9:30 AM
<p><b>Dr. Don Colbert</b> talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. <b>Dr. James Mittelberger</b> talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. <b>Dr. Martin Finkelstein</b> talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.</p>						
Doctor #284 to Doctor	28:30	28:30	REC	PA/O/E	1/11/2011	9:30 AM
<p><b>Dr. Dan Collins</b> talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. <b>Dr. Clark Gerhart</b> talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. <b>Dr. Thomas Distefano</b> talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, There can be additional years of specialized study. It can take quite a few years to become a doctor.</p>						
Doctor #285 to Doctor	28:30	28:30	REC	PA/O/E	1/18/2011	9:30 AM
<p><b>Dr. James Krystosik</b> 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. <b>Dr. John Fischer</b> talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. <b>Dr. Martin Finkelstein</b> talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.</p>						
Doctor #286 to Doctor	28:30	28:30	REC	PA/O/E	1/25/2011	9:30 AM
<p><b>Dr. Eric Braverman</b> talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. <b>Dr. Ace Anglin</b> talked about stress fractures. 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. <b>Dr. Susan Cole</b> talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.</p>						
Doctor #287 to Doctor	28:30	28:30	REC	PA/O/E	2/01/2011	9:30 AM
<p><b>Dr. Jessica Setnick</b> talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. <b>Dr. Teresa Carlson</b> talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. <b>Dr. Karen Bierman</b> talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.</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 #288 to Doctor	28:30	28:30	REC	PA/O/E	2/8/2011	9:30 AM
<p><b>Dr. Bettye Alston</b> 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. <b>Dr. James Mittelberger</b> talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. <b>Dr. David Cawley</b> talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.</p>						
Doctor #289 to Doctor	28:30	28:30	REC	PA/O/E	2/15/2011	9:30 AM
<p><b>Dr. Mike Ronsisvalle</b> talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. <b>Kay Spears</b> talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. <b>Dr. Dale Peterson</b> talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.</p>						
Doctor #290 to Doctor	28:30	28:30	REC	PA/O/E	2/22/2011	9:30 AM
<p><b>Lisa Buldo</b> talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. <b>Dr. Ace Anglin</b> talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. <b>Dr. Glee Steele</b> talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.</p>						
Doctor #291 to Doctor	28:30	28:30	REC	PA/O/E	3/08/2011	9:30 AM
<p><b>Dr. Brian Nimphius</b> talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. <b>Dr. Bob DeMaria</b> talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. <b>Dr. Bernice Gonzalez</b> talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.</p>						
Doctor #292 to Doctor	28:30	28:30	REC	PA/O/E	3/15/2011	9:30 AM
<p><b>Dr. Don Colbert</b> 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. <b>Dr. Malcolm Hill</b> talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. <b>Dr. Kelafo Collie</b> talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.</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 #293	28:30	28:30	REC	PA/O/E	3/22/2011	9:30 AM

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

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# Trinity Broadcasting Network

## *Quarterly Report*

April, May, June 2011

KTBN-TV

Santa Ana, California

Ascertainment List

Leading Community Issues

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

Unemployment

Family

Economy

Environment

Civic

Health

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## *Unemployment*

<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 #428	30:00	15:00	L	PA/O	04/08/2011	10:00 AM
					04/11/2011	08:30 AM
					04/14/2011	03:00 AM

Host Sue Perez talks with Robert Brown, President of Disabled Business Veterans Alliance, about unemployment for disabled veterans. The unemployment rate is high for this group. It is almost twice the standard unemployment rate here in California. It's even worse for homeless veterans. More veterans are returning to the community and more are disabled. Many have skills and are highly trained. The challenge is getting up to speed because they are behind their peers due to giving up a number of years in the service. The military does not teach business skills, so they must be trained in basic business practices.

Joy In Our Town #428	30:00	15:00	L	PA/O	04/08/2011	10:00 AM
					04/11/2011	08:30 AM
					04/14/2011	03:00 AM

Host Sue Perez talks with David Dickey, Disabled Business Owner, about unemployment for disabled veterans. Veterans often have a difficulty transitioning back into civilian life. They are unable to translate their skills developed in the military to the civilian employment world. Often the workforce is not familiar with what veterans bring to the workplace. There are opportunities for disabled veterans to connect with others and to learn how to start their own business.

Joy In Our Town #458	30:00	15:00	L	PA/O	06/10/2011	10:00 AM
					06/13/2011	08:30 AM
					06/16/2011	03:00 AM

Host Sue Perez talks with Edgar Villa, with Cactus Gardens, about the difficulties that former prisoners face in finding employment. It is a complex transition. Many have deficits in cognitive skills, social skills and educational background. There are gaps in employment record and now they have a criminal record to deal with also. Many have body art on their face, arms and neck which make finding employment difficult. It is also difficult to obtain an ID and transportation needed for a job. They work with a lot of agencies to assist in providing the best services possible. They also inform them of their legal rights as far as employment. They also provide encouragement because for every no they are closer to a yes.

Joy In Our Town #458	30:00	15:00	L	PA/O	06/10/2011	10:00 AM
					06/13/2011	08:30 AM
					06/16/2011	03:00 AM

Host Sue Perez talks with Penni Lavoot, with the Department of Rehabilitation, about the difficulties that former prisoners face in finding employment. They need to have permanent housing and a phone so employers can reach them. This is very difficult when finances aren't available. There are gaps in employment history and education. They lack personal and professional references. They need to be taught job skills such as how to act on an interview and how to dress. They need transportation to get to the job interview. Many lack computer skills which are necessary to find a job. They help provide vocational services and utilize free educational services in the community.

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## Family

<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 #437	30:00	15:00	L	PA/O	04/15/2011	10:00 AM
					04/25/2011	08:30 AM
					04/28/2011	03:00 AM

Host Gayle Pereira talks with Mark Desmond with High Hopes Head Injury Program about how brain injuries can impact the family. There are about 3,000 head injury accidents each year in Orange County. It can happen to anybody and at anytime. It can change a family instantaneously. It's considered the silent epidemic because there is so much involvement by the family in order to support the person that you don't hear much about it. Families have to work hard to make it financially and to help a son/daughter or husband/wife. It costs about 8.5 million dollars for a brain injury patient over their lifetime. It's a big impact on the family to help the injured survive and then recover. There are a lot of feeling and emotions the family and the injured person goes through. There is hope and it requires a lot of dedication and work from the family.

Joy In Our Town #437	30:00	15:00	L	PA/O	04/15/2011	10:00 AM
					04/25/2011	08:30 AM
					04/28/2011	03:00 AM

Host Gayle Pereira talks with Harold and Joshua Lawrence about how brain injuries can impact the family. Harold's son, Joshua, suffered a brain injury after falling out of a tree 30 feet above and landing on concrete. Their lives were forever changed in an instant. Each head injury is different. It was surreal at first and then the focus was on helping Joshua recover. They had to sell their home in order to cover the high medical costs. There was a lot of confusion and denial at the beginning of Joshua's injury. The whole family had to go through a process of coming to terms with it. They became an advocate for Joshua and his recovery process. Joshua is able to walk with assistance, but hopes to one day be able to do it on his own.

Joy In Our Town #459	30:00	15:00	L	PA/O	06/17/2011	10:00 AM
					06/20/2011	08:30 AM
					06/23/2011	03:00 AM

Host Sue Perez talks with Steve Cuffari, with Journey's Counseling Ministry, about challenges in parenting. Husbands and wives have to wear many hats to take care of their children. Economics and the recession have caused some men to stay at home. Some mother's just see themselves as their child's mom and they struggle with their identity. Women are wired for relationships and feel torn between taking care of the kids and having other relationships. Parents usually decide to get help when the kids are three or four and they wonder how they are going to take care of their kids. Parents need to have a plan and learn to hit the pause button to figure out what's important to the family. Parents can learn about becoming a better parent. It also important for parents to stay connected to their children.

Joy In Our Town #459	30:00	15:00	L	PA/O	06/17/2011	10:00 AM
					06/20/2011	08:30 AM
					06/23/2011	03:00 AM

Host Sue Perez talks with Steve Cuffari, with Journey's Counseling Ministry, about challenges in marriage. Happy parents raise happy kids. Parents have to stay in tune and in touch with each other. They need to make sure to spend quality time together. You have a new family when a child is added to the marriage and parents must adjust. Every marriage has problems, but those are times for negotiation. Parents need to turn off the cell phone and TV and talk about what's going on in the lives. It's also important to express affection and brag about mom/dad in front of the children.

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## *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 #455	30:00	15:00	L	PA/O	04/29/2011	10:00 AM
					05/02/2011	08:30 AM
					05/05/2011	3:00 AM

Host Gayle Pereira talks with Paul Karpf, president of Financial Recovery USA about foreclosures. Reports indicate that foreclosures are down. However, there are 10,000 homes 30 days past due or in foreclosure proceedings. People are using tactics to stall or delay foreclosures. The need to have things is what causes foreclosures. People purchase a home they can't afford. All it takes is for one little hiccup to cause things to fall apart. There are some consumers who should not have had a house in the first place. People have also applied for dangerous adjustable rates.

Joy In Our Town #452	30:00	15:00	L	PA/O	04/29/2011	10:00 AM
					05/02/2011	08:30 AM
					05/05/2011	3:00 AM

Host Gayle Pereira talks with Paul Karpf, president of Financial Recovery USA about credit card debt. It can make paying a house payment harder. People use their credit card to buy things they don't need. Others use their credit card to pay for necessities. When what you owe is close to the limit you have available on your credit card, your credit card score goes down. The government gives you two options when it comes to credit card debt. You can either pay your bills or go bankrupt. It's important to honor as much of your debt as possible and then don't do it again. When you don't pay your credit card, they will sue you. Debt settlement is only for people who can't pay their debt. It's important to not ignore notices that come in the mail. It's important to attack the debt and to use certified help in the process.

Joy In Our Town # 389	30:00	15:00	L	PA/O	05/20/2011	10:00 AM
					05/23/2011	08:30 AM
					05/26/2011	3:00 AM

Host Sue Perez talks with Kelly Rogers, Director of Education for the Consumer Credit Counseling Service of Orange County, about bankruptcy. It is very difficult to file for bankruptcy and not have it hurt your credit report. Medical bills contribute to 60% of debt. In 2005, a law was pass that would require a person to do pre-filing counseling before being able to file for bankruptcy. When consumers file for bankruptcy, creditors take a loss. Many people use their credit cards for basic living or pull out money to use for their mortgages. There are a lot of options to prevent bankruptcy. Housing can be the easiest kind of problem to deal with. People need to be proactive in seeking assistance for their situation from either counselors or lenders.

Joy In Our Town #389	30:00	15:00	L	PA/O	05/20/2011	10:00 AM
					05/23/2011	08:30 AM
					05/26/2011	3:00 AM

Host Sue Perez talks with Kelly Rogers, Director of Education for the Consumer Credit Counseling Service of Orange County, about identify theft. It refers to someone's name being stolen. 10 million people are affected by identity theft each year and no one is safe. People need to be careful of the personal information that they give out. If a bank calls asking for information, call the bank back to verify. Shred all unsolicited mail. Never keep your social security card in your wallet. Check our mail and the billing cycles. It's better to receive them electronically so that you can monitor it. It's also important to check your credit score each year for unnecessary accounts. Seniors need to be extra careful since they are often seen as easy targets.

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## *Economy*

Joy In Our Town #446	30:00	15:00	L	PA/O	05/27/2011	10:00 AM
					06/02/2011	3:00 AM

Host Gayle Pereira talks with Ed Gerber, Executive Director of the Lestonnac Free Clinic, about the lack of affordable health care. It used to be the working poor but the economy has changed that around. People that didn't need help in the past are having to reach out for help. Everyone in Orange County knows somebody that needs help or assistance. Despite the hard economic times, health care is still important to people. It's just hard for people to afford. The cost of dental care is also a big problem because people don't have the money for it. Even the cost to go to the Emergency Room is staggering. Health care can help people until they are able to get medical insurance or see their regular doctor.

Joy In Our Town #446	30:00	15:00	L	PA/O	05/27/2011	10:00 AM
					06/02/2011	3:00 AM

Host Gayle Pereira talks with Isabel Becerra, executive director of the Coalition of Orange County Community Clinics, about the lack of affordable health care. There has been a significant increase of those needing medical assistance due to the economy. There are now people that used to work in the banking and real estate industry that need assistance. Some are classified as unexpectedly uninsured and this is due to a loss of a job or not being able to afford health insurance at a new job. All clinics have been impacted by those seeking dental care. The state budget eliminated dental benefits for all Med I Cal beneficiaries and has doubled the amount of individuals in need of dental services. There are clinics available that will help provide quality care to individuals.

## *Environment*

Joy In Our Town #444	30:00	15:00	L	PA/O	05/13/2011	10:00 AM
					05/16/2011	8:30 AM
					05/19/2011	2:30 AM

Host Sue Perez talks with Gary Spangler from All Green Electronics Recycling about electronic recycling. People know it is illegal to throw out electronics, so they hold onto it and it piles up. Electronics can't be recycled fast enough, especially old televisions. E-waste is anything obsolete, unused or broken that plugs in or runs on batteries. If they are thrown in a dumpster, it breaks apart and gets mishandled. Some electronics have toxic metals. Some are shipped to other countries. They tend to burn off different metals which can cause cancer and birth defects. Recycling organization, like BAN, helps to make sure the wrong recycled materials from going to the wrong places. Find the right place to recycle old electronics. Find different advocacy groups in your city to make sure your city has a proper electronic recycling program.

Joy In Our Town #444	30:00	15:00	L	PA/O	05/13/2011	10:00 AM
					05/16/2011	8:30 AM
					05/19/2011	2:30 AM

Host Sue Perez talks with Gary Spangler from All Green Electronics Recycling about urban runoff. Urban runoff is when you have surface water going into storm drains and then going into the ocean. The water carries with it pesticides and other chemicals from yards and laws. It has not been properly processed before entering the drains. It not only impacts the water, but also the organisms that live in the water. Humans are impacted as well because they eat the organisms living in the ocean. Watch the weather channel before you treat your lawn. Sprinklers shouldn't go on while it is raining. You don't want too much water on the ground at once. There are signs next to sewers letting people know the water goes to the ocean.

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Joy In Our Town #460	30:00	15:00	L	PA/O	06/24/2011	10:00 AM
					06/27/2011	8:30 AM
					06/30/2011	3:00 AM

Host Sue Perez talks with Jeff Thomas & Darcy Burke from the Municipal Water District of Orange County about the drought. There is a large problem with water sources in Orange County, in California and the West Coast. There is a drought because of the routes we have to get our water from. Water travels an average of 500 miles to get here. Just because it rains here doesn't mean we have a lot of water in Orange County. You have to look at the cost and volume of water to see why we can't catch the water locally. Plus there would need to be a large enough structure to hold all of the water from the rain. Therefore it is necessary to import water.

Joy In Our Town #460	30:00	15:00	L	PA/O	06/24/2011	10:00 AM
					06/27/2011	8:30 AM
					06/30/2011	3:00 AM

Host Sue Perez talks with Jeff Thomas & Darcy Burke from the Municipal Water District of Orange County about the South Orange County Desalination Project. Huntington Beach and Dana Point are using desalination projects. It is when a special drill is placed at a slant and then goes into the bottom of the ocean. It is then able to pull up ancient water packed full of nutrients and minerals. There is no impact on the environment because the angle of the drill doesn't impact the ocean floor. The whole project is about 159 million dollars. It is double what imported water costs, but it would allow South Orange County residents access to water in case there was an earthquake or problem that prevented water from being imported.

## *Civic*

Joy In Our Town #457	30:00	15:00	L	PA/O	06/03/2011	10:00 AM
					06/06/2011	8:30 AM
					06/09/2011	3:00 AM

Host Sue Perez talks with Michele Martinez, Santa Ana Councilmember, about obesity. It plagues the community based on the environment. The city is cognoscente of policies implemented. The city is trying to create a healthy place to live, work and play in. In order to build a healthier community, changes need to occur through policy and elected officials. The city has several different initiatives. It's important to make sure the streets are safe to ride bikes on and residents have access to nutritious food, fresh fruits and vegetables. The city receives support from organizations like Latino Health Access. They city is also working with Santa Ana Unified to take the junk food out of the schools and to provide more physical activity. They are also working to educate parents on how to cook a nutritious meal.

## *Health*

Joy In Our Town # 427	30:00	15:00	L	PA/O	04/01/2011	10:00 AM
					04/04/2011	8:30 AM
					04/07/2011	3:00 AM

Host Sue Perez talks with Lynn Mallowney with the Alzheimer's Association of Orange County about Alzheimer's Disease. Alzheimer's disease is a gradual process where a person loses memories and relationships. Age is still the greatest risk factor. It affects women predominately because they not only get the disease but are also the caretaker. Hispanic and Vietnamese are at a higher risk. It is not a natural function of aging. The stigma of the disease keeps families isolated and frightened. A quicker diagnosis allows for intervention and a more successful

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outcome. It is often diagnosed as depression or mid-life crisis in people in their 40's or 50's which delays diagnosis and treatment.

## Health

<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 # 427	30:00	15:00	L	PA/O	04/01/2011	10:00 AM
					04/04/2011	8:30 AM
					04/07/2011	3:00 AM

Host Sue Perez talks with Dr. Malcolm Dick about Alzheimer's disease. It is the most common neurological degenerative disease in the aging. It is common in those over the age of 65, but can be seen as early as 40 years of age. The disease progresses over a span of 7 to 9 years. Symptoms can appear 15 to 20 years before a diagnosis is made. It can affect other cognitive abilities in addition to memory. The person eventually will need the assistance of other for help. It's important to provide families with a comprehensive diagnosis. This will allow the patient and family to form a treatment plan and connect them with services to help with the day to day care.

Joy In Our Town #455	30:00	15:00	L	PA/O	04/29/2011	10:00 AM
					05/02/2011	8:30 AM
					05/05/2011	3:00 AM

Host Gayle Pereira talks with Rebeeca Cooper, CEO and founder of Rebecca's House, about eating disorders. Individuals with anorexia think they are fat when they are not. Bulimia isn't just vomiting to lose weight; it can also be excessive exercise or excessive laxatives. Some people are addicted to different types of food. Most eating disorders start at 11-15 years old. Due to gaining bone and muscle, some teens think it is strictly fat. Signs of an eating disorder could be frequent bathroom visits or not eating any foods that contain fat. People that don't have a firm sense of who they are can be susceptible to eating disorders. People that have eating disorders need to learn to eat the right foods and understand why they are using the wrong foods.

Joy In Our Town #457	30:00	15:00	L	PA/O	06/03/2011	10:00 AM
					06/06/2011	8:30 AM
					06/09/2011	3:00 AM

Host Sue Perez talks with Barry Ross with NuPAC about obesity. In Orange County, there are 1/2 million people that are considered overweight or obese. That is larger than the population of 11 states. There are 200,000 obese or overweight children and the number is going up each year. It's an individual choice to eat healthy and exercise, but it's the environment that supports or encourages it. Parents don't feel safe and don't allow their children to go outside and play. It's important that the community gets involved to make a difference. The "Eat less, Move More" campaign is working to engage different sectors to combat obesity. They are working with faith based organizations, the cities, school districts, families and restaurants. It's necessary to change the culture to promote health.

Joy In Our Town #457	30:00	15:00	L	PA/O	06/03/2011	10:00 AM
					06/06/2011	8:30 AM
					06/09/2011	3:00 AM

Host Sue Perez talks Ruth Kurisu with Health Funders Partnership of Orange County about obesity. It is determined by the BMI, Body Mass Index. It is basically have an excessive amount of body fat regardless of the height. Children that are obese will likely become adults that are obese. It can lead to heart disease, type 2 diabetes and pulmonary disease. Medical bills for obesity related diseases top 120 billion dollars a year. The number of deaths from obesity is the same as those that die from smoking tobacco. The problem is too big for one organization to tackle, so there is a collaborative effort with other organizations. It's important to prevent, educate and treat people. School nurses were trained to screen children for type 2 diabetes. Schools are encouraged to offer healthy foods in the cafeteria and in vending machines. Residents are empowered to voice the need for safe parks and playgrounds.

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## Health

<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>
700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	12:00 PM

#061611

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

Doctor #295	to	Doctor	28:30	28:30	REC	PA/O/E	4/05/2011	9:30 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. **Jesssic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

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

*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 #297	28:30	28:30	REC	PA/O/E	4/26/2011	9:30 AM

## *Health*

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

Doctor to Doctor #298	28:30	28:30	REC	PA/O/E	5/03/2011	9:30 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.

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

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

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## Health

<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 #301	28:30	28:30	REC	PA/O/E	5/24/2011	9:30 AM
<p><b>Dr. Doreen Lewis</b> talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. <b>Dr. George Alonso</b> talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. <b>Dr. Abinash Achrekar</b> talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.</p>						
Doctor to Doctor #302	28:30	28:30	REC	PA/O/E	5/31/2011	9:30 AM
<p><b>Eric Braverman</b> talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. <b>Dr. Nicole Gordon-Moton</b> talked about colon cancer. It is the 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. <b>Dr. David Cawley</b> talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.</p>						
Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	6/07/2011	9:30 AM
<p><b>Dr. Tonya Lyons Anderson</b> talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. <b>Dr. Randy Burden</b> talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. <b>Dr. Bernice Gonzalez</b> talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.</p>						
Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	6/14/2011	9:30 AM
<p><b>Dr. Ace Anglin</b> talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. <b>Dr. James Krystosik</b> talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. <b>Jannie Wolff</b> talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.</p>						
Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	6/21/2011	9:30 AM
<p><b>Dr. Valerie Saxon</b> talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. <b>Dr. Bill Williams</b> talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. <b>Dr. Dale Peterson</b> talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.</p>						

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# Trinity Broadcasting Network

## *Quarterly Report*

July, August, September 2011

KTBN-TV

Santa Ana, California

Ascertainment List

Leading Community Issues

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

Public Safety

Family

Substance Abuse

Crime

Civic

Health

<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>
<b>Public Safety</b> Joy In Our Town #462	30:00	15:00	L	PA/O	07/15/2011	10:00 AM
					07/18/2011	08:30 AM
					07/21/2011	03:00 AM

Host Sue Perez talks with Amy Estey and Larry Fortmuller from the American Red Cross-Orange County about earthquake safety. In Southern California, a big earthquake of at least 7.8 can happen at any time and last for 2-3 minutes. The Northridge earthquake was 6.8. When an earthquake happens, it is important to stop, drop and hold on. Get under a large, strong object for safety and hold on it. It's important to secure items around the house so they won't fall. It's not the earthquake, but everything else that harms you. It's important to be prepared and think what might happen during an earthquake. Make sure you have a current first aid kit with food and water to last for a few days. The American Red Cross offers class in emergency preparedness, CPR and First-Aid.

Joy In Our Town #462	30:00	15:00	L	PA/O	07/15/2011	10:00 AM
					07/18/2011	08:30 AM
					07/21/2011	03:00 AM

Host Sue Perez talks with Amy Estey and Larry Fortmuller from the American Red Cross-Orange County about fire safety. A common place for fires to start is where fire is such as the fireplace, kitchen, garage and barbeque area on the patio. If you see a fire start and it's smaller than a trash can, you should try to put it out with a fire extinguisher. If you deplete it, the fire is more than you can handle. You should then close the door behind you and call 911. A fire extinguisher should be on every floor of a home. Smoke detectors should be outside every living space and room including the garage and attic. Batteries should be changed twice a year. The most common fire is kitchen fires. Baking soda is the best for a grease fire, not water. There are fire extinguishers If you smoke alarm goes off, put your hand on the door. If it's hot, then an alternative exit should be used.

Joy In Our Town #465	30:00	15:00	L	PA/O	08/05/2011	10:00 AM
					08/08/2011	08:30 AM
					08/11/2011	03:00 AM

Host Sue Perez talks with Lynette Round and Christy Romero with the Orange County Fire Authority about water safety. California leads the states in the number of drowning. There has been an increase in adults that have drowned. Adults need to swim with a buddy because they could have a medical issue while swimming. Alcohol is another factor that causes adults to drown. It is the number one cause of death for children under the age of 5. Toddlers can drown in a bucket or toilet. When kids learn how to swim, parents feel that they don't need to watch their children. There should always be adult supervision when children are in or near around water. Barriers need to be in place such as alarms on doors/windows and a fence around the pool. There are classes available to learn CPR and water safety.

Joy In Our Town #465	30:00	15:00	L	PA/O	08/05/2011	10:00 AM
					08/08/2011	08:30 AM
					08/11/2011	03:00 AM

Host Sue Perez talks with Lynette Round with the Orange County Fire Authority about home fire safety. The leading cause of home fires is cooking. A person should never leave food cooking unattended. If you have to leave, take a wooden spoon with you as a reminder. Never put water on a grease fire. Always use a fire extinguisher or baking soda. Electrical fires are the 5<sup>th</sup> leading causes of fire. A plug can only handle two sources. If you use an extension cord, check to make sure it isn't under the carpet or getting pinched. Check smoke alarms once a month. Smoke alarms should be replaced every 8 years. There should be 1 in every sleeping area and in the hallway. Test your alarms while sleeping. Practice fire safety drills and know your exit doors. Have a safety escape ladder for second story windows. Practice using them because they are shaky.

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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>
Joy In Our Town #472	30:00	15:00	L	PA/O	09/23/2011	10:00 AM
					09/26/2011	08:30 AM
					09/29/2011	3:00 AM

Host Sue Perez talks with Officer Paulo Morales, with the Cypress Police Department, about distracted driving. It's just not cell phones. It also includes eating, reading, writing, using make-up and changing the radio station. Visual, cognitive and manual are the three parts needed to drive. Visual is seeing the problem. Cognitive is knowing what to do and manual is taking action. Distracted driving takes time away from person being able to react. In 2009, there were 54,000 deaths and 450,000 injuries as a result of distracted driving. In California, it's against the law to talk on your cell phone unless it is a hands free device, such as a bluetooth or speaker phone built in the car. Texting while driving is also against the law. A text message ticket is no points on your record. Teen drivers are not allowed to use any device while driving.

## *Family*

Joy In Our Town #469	30:00	15:00	L	PA/O	09/02/2011	10:00 AM
					09/05/2011	08:30 AM
					09/08/2011	03:00 AM
					09/30/2011	10:00 AM

Host Sue Perez talks with Sherrie Ruben, founder of H.O.P.E, about the impact of prescription drug abuse on the family. Sherrie's son, Aaron, survived an overdose of Oxycontin and other prescription drugs. He was in a comma for 3 ½ weeks. The family was in the mist of making funeral arrangements when Aaron started to open his eyes. He improved tremendously and spent 2 years in rehab. Aaron is in a wheel chair and has brain damage because of the overdose. It has been very difficult on family and friends to see Aaron this way. Sherrie had to get reacquainted with her son and come to terms with who he is now. Some of the signs were moodiness, anger, sweaty, nodding off and shaking when sweaty. Aaron would need money and say he would be back in 15 minutes. Nothing every good came out of being gone for 15 minutes. Sherrie also saw her son's grades begin to drop. It's important for parents to be aware of the problem and to be educated about the dangers of prescription drug abuse. Sherrie and Aaron go out into the community and high schools to educate people about the realities of prescription drug abuse.

Joy In Our Town #469	30:00	15:00	L	PA/O	09/02/2011	10:00 AM
					09/05/2011	08:30 AM
					09/08/2011	03:00 AM
					09/30/2011	10:00 AM

Host Sue Perez talks with Jodi Barber about the impact of prescription drug abuse on the family. Jodi lost her son, Jarod, to prescription drug abuse. He started smoking marijuana at the age of 16. She thought that was the biggest issue. He promised he would never do it again. Jarod had anxiety issues and felt drugs made it better, but made matters worse. They tried everything to get him to quit, but nothing seemed to work. Prescription drugs abuse is a growing epidemic that is out of hand. The most common drugs used are Oxycontin and Opana. Jodi found out there was a problem when she found her son in the backyard at 3 in the morning nodding off. Jarod finally told his parents that he wanted help. The doctor, Jarod ended up going to see, prescribed pills that lead eventually lead to his death. Prescription drug abuse devastates the family. It causes a change in the personality of the child. The parents end up getting angry and frustrated as a result. Jodi puts up posters containing the pictures of 19 youth that have died because of prescription drug abuse. She receives calls every week from people seeking help for their children.

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**Family**

<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 #471	30:00	15:00	L	PA/O	09/16/2011	10:00 AM
					09/19/2011	08:30 AM
					09/22/2011	03:00 AM

Host Sue Perez talks with Dave Balch, founder of the Patient/Partner Project, about how cancer impacts the family. There is a lot of worry when cancer comes into a family. There are a lot of schedule changes in addition to the regular schedule. Family members often have to take on other responsibilities because of the family member having cancer. Some cancer patients tell no one and others tell everyone. The family has to deal with people who want to help. Sometimes the family doesn't want the help being offered. The help being offered can sometimes cause more stress for the family. If people want to help, they should ask the family. If there are children involved, it's important to be honest with them. It can be very scary time, so it's important to have open communication to discuss concerns, worries or frustrations. Humor is a helpful tool when times get tense. Families can watch funny movies or reflect on funny things that have happen in the past.

Joy In Our Town #471	30:00	15:00	L	PA/O	09/16/2011	10:00 AM
					09/19/2011	08:30 AM
					09/22/2011	03:00 AM

Host Sue Perez talks with Dave Balch, founder of the Patient/Partner Project, about how cancer impacts the caregiver of the family. It can be very difficult emotionally to see someone that you love go through so much. There is added responsibility with being the caregiver. You have to get prescriptions filled and make sure the patient takes what they need at the proper time. You may have to call the doctor for instructions on medications. You may have to bathe, drive to doctor appointments and take care of bandages for the patient. You have to be careful about doing everything for the patient because they will still want to do thing on their own. It's important for the caregiver and patient to communicate, express concerns, cry and to laugh together.

Joy In Our Town #470	30:00	15:00	L	PA/O	09/09/2011	10:00 AM
					09/12/2011	8:30 AM
					09/15/2011	3:00 AM

Host Sue Perez talks with Star Simmons, Founder of the Sickle Cell Foundation of Orange County, about how Sickle Cell Anemia impacts the family. Star is a carrier of the trait and both her children have it. It impacts her daughter in her head and her son in his joints. It's heartbreaking for the parents because they see their child in pain and there is no cure. They also don't know what to expect. You want your child to succeed, but they have the huge challenge of dealing with it on a daily basis. It's a heavy load physically, emotionally and spiritually. It's difficult financially for those that don't have insurance. It also impacts the child's education because they miss school. Doctor referrals are important because you need to be with a team of doctors that are familiar with Sickle Cell. The better the care the faster the child gets out of the hospital.

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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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## *Substance Abuse*

Joy In Our Town #461	30:00	15:00	L	PA/O	07/08/2011	10:00 AM
					07/11/2011	08:30 AM
					07/14/2011	3:00 AM

Host Sue Perez talks with Edgar Villa, Clinical Director with Cactus Gardens, about substance abuse and mental illness. Abuse is usually a onetime occurring event. Dependence is when you have a tolerance and withdraw. A person needs more to get the same affect or because the affects don't last as long. Addiction you take it more frequently and it becomes more of an obsession. Mental illness mimics some of the affects of substance abuse. It can also exasperate some of the symptoms of mental illness. Due to the mental illness, they look like they have a substance abuse issue. 60% of those that have bio-polar also have substance abuse issues. Then it's Schizophrenia, mood disorders, depression and anxiety. It's important to distinguish both and to treat both issues.

Joy In Our Town #461	30:00	15:00	L	PA/O	07/08/2011	10:00 AM
					07/11/2011	08:30 AM
					07/14/2011	3:00 AM

Host Sue Perez talks with Victoria Scott, Instructor on Alcohol and Drug Studies at InterCoast College, about substance abuse and mental illness. The problem is both conditions are interlinked. One issue affects the other. Many time people with mental illness will treat themselves with Marijuana, alcohol or some type of substance. Bio-polar in the manic stage will often drink to take the edge off. This can damage the brain further and make it harder to stabilize in the hospital. It's important to get a good assessment to distinguish between the mental illness and substance abuse problem. It takes a team of professionals such as a counselor, therapist, psychologist and psychiatrist to support those that have mental illness and substance abuse issues.

Joy In Our Town # 463	30:00	15:00	L	PA/O	07/22/2011	10:00 AM
					07/25/2011	08:30 AM
					07/28/2011	3:00 AM

Host Sue Perez talks with Mary Beth Griffin, Executive Director with MADD Orange County, about drinking and driving. It is still a problem in Orange County. 2,000 people a year are killed or injured in drunk driving related crashes in Orange County. MADD receives calls weekly from families saying loved ones were just impacted by a crash and they don't know what to do or where to go for help. Drunk drivers feel they can get away. They also don't understand what impairment is and what it takes to get to the legal threshold which is a .08 blood alcohol concentration. It's important to support law enforcement efforts. Require convicted drunk drivers to blow before they go by using breath analyzer devices. To have advanced technology in cars that won't let the car start for drunk drivers. If you are going to drink, then plan on not driving at all.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## *Substance Abuse*

Joy In Our Town #463	30:00	15:00	L	PA/O	07/22/2011	10:00 AM
					07/25/2011	08:30 AM
					07/28/2011	3:00 AM

Host Sue Perez talks with Paulo Morales, an officer with the Cypress Police Department, about drinking and driving. It is a large, difficult and heartfelt problem for families that have been impacted by a drunk driver. Every weekend, someone is killed or injured by an impaired driver. Many feel that they would never drink and drive or that they can get away with it. Alcohol is an anesthetic and it numbs a person. It particularly impacts the brain and thinking. After the 1<sup>st</sup> drink, the brain is being numbed and is not able to make proper decisions. It's important to make decisions ahead of time. You can always make arrangements to have a designated driver or take a taxi home. If a person is not sure their blood alcohol concentration then they can purchase alcohol detecting devices. They breathe into it to determine their level.

## *Crime*

Joy In Our Town #467	30:00	15:00	L	PA/O	08/19/2011	10:00 AM
					08/22/2011	08:30 AM
					08/25/2011	3:00 AM

Host Sue Perez talks with Judi Westberg-Warren, President of Webwise Kids, about cyber bullying. It is a problem not only in Orange County, but nationwide. Kids are not aware of consequences of what they say or do. Bullying has always been a problem, but now the consequences are wide spread due to the internet. In the past if there was an inappropriate picture, it would have been destroyed. Now the picture can be posted and seen all over the internet. Kids are vulnerable now in middle school and even into high school. The internet allows people to be anonymous and for others to join in. Cyber bullying can result in suicide, police involvement and criminal activity. The laws don't know how to handle these situations and are trying to catch up with technology. It's important for parents to know what's going on with their children and to check their activities online. It's also important for parents to educate their children on long term consequences on their actions.

Joy In Our Town #467	30:00	15:00	L	PA/O	08/19/2011	10:00 AM
					08/22/2011	08:30 AM
					08/25/2011	3:00 AM

Host Sue Perez talks with Judi Westberg-Warren, President of Webwise Kids, about online predators. They are still a problem in Orange County and it's not talked about. Kids are at risk because of the world wide web of predators. Predators have a way of luring kids off line. They take time to build a relationship and the kid is willing to walk away with them. Then children are often sexually victimized. It is illegal to lure a child away into a sexual encounter. It is difficult to prosecute those laws involving online predators. It is easier if they are found with child pornography on their computer. Police are trying to enforce laws to protect kids. They look to shut down the network of predators. Laws need to catch up with technology. Parents should call the police if they believe their child is being lured by a predator.

Joy In Our Town #468	30:00	15:00	L	PA/O	08/26/2011	10:00 AM
					08/29/2011	08:30 AM
					09/01/2011	3:00 AM

Host Sue Perez talks with Julie Schoen, Attorney with the Council on Aging Orange County, about financial elder abuse. It is a crime and the intent is to get money from someone over the age of 65. Family can be guilty of this crime as well. Adult children are overseeing mom or dad's finances. They start to write checks to themselves because they think they are entitled to the money. People have scams where they ask the elderly to invest a certain amount of money into something. The elderly are led to believe they are going to make money from it. Grandparent scams are when someone will call pretending to be a relative. They will say they are in an emergency situation and need money wired. Some people make friends with the elderly only to start asking for money from

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them. The elderly should set up a small separate account for emergencies. If someone should take they money, they won't have access to all the money in the account. If an elderly person has wired money and suspect foul play, they can contact the Economic Crime Division of the Police Department.

<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 #468	30:00	15:00	L	PA/O	08/26/2011	10:00 AM
					08/29/2011	08:30 AM
					09/01/2011	3:00 AM

Host Sue Perez talks with Julie Schoen, Attorney with the Council on Aging Orange County, about Medicare fraud. Medicare fraud and abuse is a huge problem. The new enrollment period is in October. Some people will target the elderly and call asking them to confirm their medicare number and bank account number. When someone has your medicare number, they can charge anything to it. Doctors can abuse the system by charging for more expensive things. Home health care has had a lot of fraud in the past and now it is harder to get it from Medicare. This is particularly difficult for those that need it. It's important for the elderly to not give out their Medicare number. They will not be calling or coming to your door to confirm the number. It's important that the elderly check their Medicare bill to ensure they are being charged correctly for services.

Joy In Our Town #472	30:00	15:00	L	PA/O	09/23/2011	10:00 AM
					09/26/2011	08:30 AM
					09/29/2011	3:00 AM

Host Sue Perez talks with Officer Paulo Morales, with the Cypress Police Department, about scams. They have always been a big problem. There are scams that take advantage of the elderly. There is identity theft and many other kinds of scams. Some people talk out loud on their cell phone and give out personal information that others can write down. There are devices on ATMs that allow scammers to get your information. Don't let others see your pin number. It's important to not throw away bills or even catalogs that contain personal information. Do not leave checks clipped to the mailbox for the postal carrier to pick up. Scammers can do a lot if they have a personal check with your signature on it. They can easily order additional checks. It takes awhile for the bank to clear checks and in the meantime the scammers have been using fake checks. It can cause a mess and take awhile to settle. Use shredders at home to throw out personal information. Go to your local police department if you think you have been scammed.

## *Civic*

Joy In Our Town #457	30:00	15:00	L	PA/O	07/01/2011	10:00 AM
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Host Sue Perez talks with Michele Martinez, Santa Ana Councilmember, about obesity. It plagues the community based on the environment. The city is cognoscente of policies implemented. The city is trying to create a healthy place to live, work and play in. In order to build a healthier community, changes need to occur through policy and elected officials. The city has several different initiatives. It's important to make sure the streets are safe to ride bikes on and residents have access to nutritious food, fresh fruits and vegetables. The city receives support from organizations like Latino Health Access. They city is also working with Santa Ana Unified to take the junk food out of the schools and to provide more physical activity. They are also working to educate parents on how to cook a nutritious meal.

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**Health**

<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 #457	30:00	15:00	L	PA/O	07/01/2011	10:00 AM
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Host Sue Perez talks with Barry Ross with NuPAC about obesity. In Orange County, there are 1/2 million people that are considered overweight or obese. That is larger than the population of 11 states. There are 200,000 obese or overweight children and the number is going up each year. It's an individual choice to eat healthy and exercise, but it's the environment that supports or encourages it. Parents don't feel safe and don't allow their children to go outside and play. It's important that the community gets involved to make a difference. The "Eat less, Move More" campaign is working to engage different sectors to combat obesity. They are working with faith based organizations, the cities, school districts, families and restaurants. It's necessary to change the culture to promote health.

Joy In Our Town #457	30:00	15:00	L	PA/O	07/01/2011	10:00 AM
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Host Sue Perez talks with Ruth Kurisu with Health Funders Partnership of Orange County about obesity. It is determined by the BMI, Body Mass Index. It is basically have an excessive amount of body fat regardless of the height. Children that are obese will likely become adults that are obese. It can lead to heart disease, type 2 diabetes and pulmonary disease. Medical bills for obesity related diseases top 120 billion dollars a year. The number of deaths from obesity is the same as those that die from smoking tobacco. The problem is too big for one organization to tackle, so there is a collaborative effort with other organizations. It's important to prevent, educate and treat people. School nurses were trained to screen children for type 2 diabetes. Schools are encouraged to offer healthy foods in the cafeteria and in vending machines. Residents are empowered to voice the need for safe parks and playgrounds.

Joy In Our Town #463	30:00	15:00	L	PA/O	07/22/2011	10:00 AM
					07/25/2011	8:30 AM
					07/28/2011	3:00 AM

Host Sue Perez talks with Dr. Daniel Salinas, with Children's Hospital of Los Angeles, about Cystic Fibrosis. It is a life shortening genetic disease. It affects 30,000 people in the United States. It requires a defective gene from both mom and dad to have a defective protein. There are 1800 different types of mutations in Cystic Fibrosis. Once the defective protein is in the body, it creates problems. Phlegm in the lungs creates the feeling like having a head/chest cold. The average life span is now up to 37 years old with modern therapy. There are chronic cough, infections, problem gaining weight and trouble breathing. Early diagnosis at birth allows for early intervention. Surfing helps because the salt in the mist breaks down the thick secretions and clears the airways.

Joy In Our Town #463	30:00	15:00	L	PA/O	07/22/2011	10:00 AM
					07/25/2011	8:30 AM
					07/28/2011	3:00 AM

Host Sue Perez talks with Kala Alexander, with the Maui Ola Foundation, about Cystic Fibrosis. It's the number one most common fatal genetic disease in American. Children with Cystic Fibrosis have to take a lot of pills everyday and go through different daily breathing treatments. They are susceptible to infections so they are often homeschooled. They also have to stay away from other children with Cystic Fibrosis because of cross contamination. Surfing gives them another activity that they can do, builds moral and helps them to breathe better. The salt in the air helps to clear the airway passages. Parents are able to connect with one another, support one another and not feel alone.

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**Health**

<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 #465	30:00	15:00	L	PA/O	08/05/2011	10:00 AM
					08/08/2011	8:30 AM
					08/11/2011	3:00 AM

Host Sue Perez talks with Dr. Leonard Sender about skin cancer. It is the most common cancer in the United States. There are 1.5 million skin cancer patients a year. Squamous Cell Carcinoma, Basal Cell Carcinoma and Malignant Melanoma are three types of skin cancer. The first two are directly related to the sun, take years to develop and occur in adult populations. Malignant Melanoma is pervasive in all ages and is the most dangerous form. It is often misidentified as a normal mole or normal spot on the skin. Early detection decreases the type of surgery you may need. People need to take their skin care seriously and use sun screen. It's also important to educate young people about skin cancer and early detection.

Joy In Our Town #465	30:00	15:00	L	PA/O	08/05/2011	10:00 AM
					08/08/2011	8:30 AM
					08/11/2011	3:00 AM

Host Sue Perez talks with Jessica Dhillon, program coordinator with Spot a Spot, about skin cancer. Spot a Spot goes into the community and educates children on what to look for when it comes to skin cancer. It's important to pay attention to the skin and to look for things that don't look right. It's important to look at different spots on the skin for possible skin cancer. It's also important to be sun safe. All kids should be wearing sunscreen and protective clothing. Children are enthusiastic about doing things to help keep them healthy.

Joy In Our Town #470	30:00	15:00	L	PA/O	09/09/2011	10:00 AM
					09/12/2011	8:30 AM
					09/15/2011	3:00 AM

Host Sue Perez talks with Dr. Yutaka Niihar, with Emmaus Medical, about Sickle Cell Anemia. It is one of the most devastating diseases. There hasn't been major progress in the treatment of the disease. Pain is one of the major symptoms the patient will feel. They may also experience swelling, shortness of breath and changes to skin color. It impacts every organ in the body. It's important to reduce pain to improve the general condition of lives. Patients often get mistreated because the doctors don't know about the disease and the right amount of medication to give. It can result in a patient staying in the hospital for weeks rather than a day or two. It's important to find a doctor that understands this disease. L-Glutamine is showing signs of helping patients with Sickle Cell Anemia. Stem Cell transplant helps, but is limited because of the difficulty in finding a match.

Doctor to Doctor #307	28:30	28:30	REC	PA/O/E	7/05/2011	9:30 AM
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**Dr. Scott Hannen** talked about food and suppression. Some foods can steal energy which can lead to being tired, rundown and feeling depressed. It's important to eat a balanced 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.

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## Health

<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 #308	28:30	28:30	REC	PA/O/E	7/12/2011	9:30 AM
<p><b>Dr. Mike Ronisvalle</b> talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. <b>Jessica Setnick</b> talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. <b>Dr. James Mittelberger</b> talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.</p>						
Doctor to Doctor #309	28:30	28:30	REC	PA/O/E	7/19/2011	9:30 AM
<p><b>Dr. Doreen Lewis</b> talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. <b>Dr. George Rhoades</b> talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. <b>Dr. Mark Sheehan</b> talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.</p>						
Doctor to Doctor #310	28:30	28:30	REC	PA/O/E	7/26/2011	9:30 AM
<p><b>Dr. Rita Hancock</b> talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. <b>Dr. Randy Brinson</b> talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. <b>Dr. Jeffery Crowhurst</b> talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.</p>						
Doctor to Doctor #311	28:30	28:30	REC	PA/O/E	8/02/2011	9:30 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>						

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# Health

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

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

Doctor to Doctor #316	28:30	28:30	REC	PA/O/E	9/06/2011	9:30 AM
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**Dr. Valerie Saxon** talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. **Dr. Wayne Gordon** talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. **Dr. Rick Winick** talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.

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

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

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# Trinity Broadcasting Network

## *Quarterly Report*

October, November, December 2011

KTBN-TV

Santa Ana, California

Ascertainment List

Leading Community Issues

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

Youth

Education

Seniors

Health

## 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 #469	30:00	15:00	L	PA/O	10/03/2011	08:30 AM
					10/06/2011	03:00 AM

Host Sue Perez talks with Sherrie Ruben, founder of H.O.P.E, about the impact of youth prescription drug abuse. Sherrie's son, Aaron, survived an overdose of Oxycotin and other prescription drugs. He was in a comma for 3 1/2 weeks. The family was in the mist of making funeral arrangements when Aaron started to open his eyes. He improved tremendously and spent 2 years in rehab. Aaron is in a wheel chair and has brain damage because of the overdose. It has been very difficult on family and friends to see Aaron this way. Sherrie had to get reacquainted with her son and come to terms with who he is now. Some of the signs were moodiness, anger, sweaty, nodding off and shaking when sweaty. Aaron would need money and say he would be back in 15 minutes. Nothing every good came out of being gone for 15 minutes. Sherrie also saw her son's grades begin to drop. It's important for parents to be aware of the problem and to be educated about the dangers of prescription drug abuse. Sherrie and Aaron go out into the community and high schools to educate people about the realities of prescription drug abuse.

Joy In Our Town #469	30:00	15:00	L	PA/O	10/03/2011	08:30 AM
					10/06/2011	03:00 AM

Host Sue Perez talks with Jodi Barber about the impact of youth prescription drug abuse. Jodi lost her son, Jarod, to prescription drug abuse. He started smoking marijuana at the age of 16. She thought that was the biggest issue. He promised he would never do it again. Jarod had anxiety issues and felt drugs made it better, but made matters worse. They tried everything to get him to quit, but nothing seemed to work. Prescription drugs abuse is a growing epidemic that is out of hand. The most common drugs used are Oxycotin and Opana. Jodi found out there was a problem when she found her son in the backyard at 3 in the morning nodding off. Jarod finally told his parents that he wanted help. The doctor, Jarod ended up going to see, prescribed pills that lead eventually lead to his death. Prescription drug abuse is devastating. It causes a change in the personality of the child. The parents end up getting angry and frustrated as a result. Jodi puts up posters containing the pictures of 19 youth that have died because of prescription drug abuse. She receives calls every week from people seeking help for their children

Joy In Our Town #473	30:00	15:00	L	PA/O	10/07/2011	10:00 AM
					10/10/2011	08:30 AM
					10/13/2011	03:00 AM

Host Gayle Pereira talks with Dr. Jill Murray about teen dating violence. 1 in 3 girls will be in an unhealthy relationship by the time she graduates high school. 85% of those relationships will be violent. Teens that are afraid to talk about their boyfriend's temper are in an abusive relationship. Abuse is all about power and control. Teens become emotionally dependent on their abuser. A cycle of abuse can be generational. Love is a behavior, not just a feeling. It's the way a person treats you all the time. In abusive relationships, the partner has to win by suffocating their partner's self-esteem. It's important to help teens learn how to identify an abusive relationship.

Joy In Our Town #473	30:00	15:00	L	PA/O	10/07/2011	10:00 AM
					10/10/2011	08:30 AM
					10/13/2011	03:00 AM

Host Gayle Pereira talks with Dr. Jill Murray about how technology is influencing teens. Cell phones are used by teens to get texts and phone calls from their friends. Texting as a form of abuse mostly goes on between midnight and 5 am. An abuser can text someone between 20-40 times. One of the most abusive signs is a teen isn't allowed to sleep. Parents can put limits on a cell phone so the teen doesn't receive texts during sleeping hours. Sexting has become a huge problem. 40-45% of teens have sent naked pictures. Boys will say the photo is just for them and then forward it. Once a teen girl sends out a photo, she has no control over it and it can go public. Parents need to speak to their teens about this at an early age. Teens need to learn to respect their bodies and keep it private.

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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>
Joy In Our Town #477	30:00	15:00	L	PA/O	11/18/2011	10:00 AM
					11/21/2011	08:30 AM

Host Gayle Pereira talks with Egypt McKee, with Out of Egypt Ministries, about teen pornography. It is popular with students, there is a lot of it and it's a problem. There is nothing good on late night television. The internet has empowered pornography to take on a different life. There are multiple effects from it. It impacts a teen on an emotional, spiritual, physical and psychological level. It not only impacts teens but also their relationships from personal to professional. The visual images are intoxicating, shocking and produce guilt. The teen doesn't know how to process the shame that goes along with it. It doesn't start with pornography, but young girls learn they can get attention by wearing revealing clothing. Young children are also exposed by older males leaving up pornography sites on the computer. Every teen just wants to be validated. Parents need to have strong relationships with their children that promote trust, communication and being transparent. They need to ask tough questions and to safeguard their house by putting up boundaries.

Joy In Our Town #477	30:00	15:00	L	PA/O	11/18/2011	10:00 AM
					11/21/2011	08:30 AM

Host Gayle Pereira talks with Egypt McKee, with Out of Egypt Ministries, about teen suicide. Many teens that are suicidal have come to the point where they believe they are not going to be okay, they have no value and life is worthless. They are invested deeply and committed to this belief. It can lead to misery and depression. Teen suicide has a devastating effect. Many teens fail and many teens succeed. People will never know what was really going on in that teen's life because they will never be able to tell. Signs can be regression, violent outbursts, grades start to slip, don't show up to appointments and parents feeling something is not right. Teens are looking for validation and affirmation. It's important for parents to know their teen, to talk to them and to validate them by saying, "I believe in you".

## *Education*

Joy In Our Town #478	30:00	15:00	L	PA/O	11/25/2011	10:00 AM
					11/28/2011	08:30 AM
					12/02/2011	10:00 AM

Host Gayle Pereira talks with Nadia Flores, with THINK Together, about the importance of early literacy education. Children entering kindergarten are not prepared because parents aren't taking the time to ask open ended questions and also promote a love of literacy. Busy schedules and technology are reducing the number of hours reading. Literacy is the foundation for a lifelong learner. Children entering school should know their basic numbers, colors and vocabulary. Children are learning to read up until 3<sup>rd</sup> grade. Then they are reading to learn about different concepts in school. If they are having trouble reading, this can be challenging and difficult. The parent is really the child's best first teacher. It's important to provide books so parents have access to them. It's also important to teach parents strategies in using the books.

Joy In Our Town #478	30:00	15:00	L	PA/O	11/25/2011	10:00 AM
					11/28/2011	08:30 AM
					12/02/2011	10:00 AM

Host Gayle Pereira talks with Dr. Mark Colon, with American Academy of Pediatrics, Orange County Chapter, about the importance of early literacy education. A third of kids entering school lack the literacy skills needed to read. This is particularly apparent in parents of lower social economic background. The most effective tool to promote literacy and for children to be ready to read when they enter school is for parents to read to their children. Children that are read to between 12-18 months will actually turn the book the correct way when it's handed to them upside down. A child read to prior to entering school will be 6 months ahead developmentally. There is a big disadvantage for children that are not being read to. It's doesn't matter a parent's reading level as long as they are engaging the child and cultivating a love for books. Parents should read to their child as least 20 minutes a day.

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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>
Joy In Our Town #479	30:00	15:00	L	PA/O	12/05/2011	08:30 AM
					12/09/2011	10:00 AM
					12/16/2011	10:00 AM

Host Sue Perez talks with Officer Tom Serafin, with the Santa Ana Police Athletic and Activities League, about after school programs. Students that are not in athletics and are not doing well academically fall through the cracks. Students tend to get into trouble with law enforcement between the hours of 2:30-6:30 pm. They are not being supervised and are hanging out with the wrong crowd on the streets. Some of the trouble they get into is tagging/graffiti, narcotics/alcohol and stealing/robbery. If students have an after school program they feel comfortable and belong in, then they will make it their focus and turn around. It's important to have this established prior to Junior High school because that is when students tend to misbehave due to trying to establish their identity. There needs to be collaboration between the students, parents and school in order to ensure the student has personal success at school and home.

Joy In Our Town #479	30:00	15:00	L	PA/O	12/05/2011	08:30 AM
					12/09/2011	10:00 AM
					12/16/2011	10:00 AM

Host Sue Perez talks with Principal Sela Longacre Officer, of Andrew Jackson School, about after school programs. There are various types of after school programs. The school works with the Santa Ana Police Athletic and Activities League. They work on developing a strong connection between the school and the program. Teachers are contacted and work with the program to create and individualized educational plan for the student. Students that are struggling academically are encouraged to go to the program. If there is a discipline problem at school, the program can be contacted and asked to help address the issue with the students. Students are expected to maintain grades in the program. It runs even during the summertime when kids are out of school. Parents are very supportive and can contact the program for help with their child.

## *Seniors*

Joy In Our Town #468	30:00	15:00	L	PA/O	11/14/2011	08:30 AM
					11/17/2011	3:00 AM

Host Sue Perez talks with Julie Schoen, Attorney with the Council on Aging Orange County, about financial elder abuse. It is a crime and the intent is to get money from someone over the age of 65. Family can be guilty of this crime as well. Adult children are overseeing mom or dad's finances. They start to write checks to themselves because they think they are entitled to the money. People have scams where they ask the elderly to invest a certain amount of money into something. The elderly are led to believe they are going to make money from it. Grandparent scams are when someone will call pretending to be a relative. They will say they are in an emergency situation and need money wired. Some people make friends with the elderly only to start asking for money from them. The elderly should set up a small separate account for emergencies. If someone should take the money, they won't have access to all the money in the account. If an elderly person has wired money and suspect foul play, they can contact the Economic Crime Division of the Police Department.

Joy In Our Town #468	30:00	15:00	L	PA/O	11/14/2011	08:30 AM
					11/17/2011	3:00 AM

Host Sue Perez talks with Julie Schoen, Attorney with the Council on Aging Orange County, about Medicare fraud. Medicare fraud and abuse is a huge problem. The new enrollment period is in October. Some people will target the elderly and call asking them to confirm their Medicare number and bank account number. When someone has your Medicare number, they can charge anything to it. Doctors can abuse the system by charging for more expensive things. Home health care has had a lot of fraud in the past and now it is harder to get it from Medicare. This is particularly difficult for those that need it. It's important for the elderly to not give out their Medicare number. They will not be calling or coming to your door to confirm the number. It's important that the elderly check their Medicare bill to ensure they are being charged correctly for services.

*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>
Joy In Our Town #480	30:00	15:00	L	PA/O	12/23/2011	10:00 AM

Host Sue Perez talks with Lynn Edgington, founder of the Eagle Research Associates, Inc., about senior scams. There are three scams seniors typically target seniors. Bank fishing fraud is when a senior gets an email from their bank saying they need to take action immediately. They are usually provided a link that looks like their online banking account. They are asked to put in their account number and password. Once the scammers have this information they are able to empty out the bank account. Another scam is cash gifting. IRS code 26 allows you to give up to \$13,000 per year, but without any expectations of a return. The senior is told that if they give a certain amount of money, they will receive a certain amount back. They say it is tax deductible, but it's really tax evasion. The third scam involves the senior being invited to a meeting and asked to invest in a gold mine. The senior later learns that it doesn't exist and has been scammed out of their money. Scammers usually target the self-reliant, highly educated and wealthy individual as well as seniors. It's important to invest in a reliable company, to research the company and understand what you are investing in.

Joy In Our Town #480	30:00	15:00	L	PA/O	12/23/2011	10:00 AM
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Host Sue Perez talks with Lynn Edgington, founder of the Eagle Research Associates, Inc., about senior medical identity theft. It is the least know type of identity theft that targets seniors. By taking a senior's medical information, they are able to steal their identity. Scammers will go door to door pretending to represent an insurance company. They will pretend to sell a senior a fake policy and collect their medical history. They will get information on medicines, doctors, addresses and phone numbers. When the senior goes to collect, that is when they realize there is no insurance coverage and their identity has been stolen. Scammers will also go through mail belonging to a senior looking for a letter from a doctor. They will send a fake letter asking for a check or credit card number. Once they get a response, they are then able to sell the information. It's important to pay attention to medical statements and to check medical records regularly. Seniors need to check first, verify second and trust last.

## *Health*

Joy In Our Town #474	30:00	15:00	L	PA/O	10/14/2011	10:00 AM
					10/17/2011	8:30 AM
					10/20/2011	3:00 AM

Host Gayle Pereira talks with Jessica Prendiz, Vice President of HOPE for SMA, about Spinal Muscular Atrophy. It is a motor neuron disease that affects muscles throughout the body. It causes weakness in the whole entire body and can affect crawling and walking. Babies with SMA have to have an abundance of medical supplies just to keep them alive. It is a progressive disease that moves tremendously fast. Both parents have to carry the gene for SMA. 1 in 40 has the gene. A child has a 25% chance of being affected if both parents have the gene. 700 babies are born a year in the United States with SMA. Children with SMA are bright, social and cognitively normal. Parents can do genetic testing before having children to see if they are carriers for the gene.

Joy In Our Town #474	30:00	15:00	L	PA/O	10/14/2011	10:00 AM
					10/17/2011	8:30 AM
					10/20/2011	3:00 AM

Host Gayle Pereira talks with Sunnie Ortega, with Healthbridge Children's Hospital, about Spinal Muscular Atrophy. It is a neuron muscular disease. The motor neurons actually degenerate which causes the muscle to waste away. There are three stages to SMA. The first stage is the most severe and can impact digestion, respiratory, fingers, hands, legs, etc. It can progress very quickly. The second stage it may just impact the arms and fine motor skills. The third stage doesn't have as many affects. There may be difficulty walking long distances or holding weight. A baby may show signs of SMA between the ages of 3 to 6 months of age. It is a genetic disease where both parents must be a carrier of the gene. Parents are often trained to take care of their child with SMA at home.

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**Health**

<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 #475	30:00	15:00	L	PA/O	10/21/2011	10:00 AM
					10/24/2011	8:30 AM
					10/27/2011	3:00 AM

Host Sue Perez talks with Erin Kelly, Program Director with OC Affiliate of Susan G. Komen for the Cure, about breast cancer. October is breast cancer awareness month. It is the most common cancer diagnosed and the leading cause of cancer death. 1 in 8 women will be diagnosed in their lifetime. They don't really know the cause of it. Risk factors are being a woman and getting older. Most women are over the age of 40. 6% of all cases of breast cancer occur under the age of 40. It does impact men, but it's rare. They are often diagnosed at a later stage than women. It's important to be aware of your breast and pay attention to any changes. Early treatment and detection can result in a long life after breast cancer.

Joy In Our Town #475	30:00	15:00	L	PA/O	10/21/2011	10:00 AM
					10/24/2011	8:30 AM
					10/27/2011	3:00 AM

Host Sue Perez talks with Maribel Moreno and Debbie Binning, with AltaMed, about breast cancer. Everyone knows someone that has had breast cancer. Women are more empowered to take charge and to prevent it from happening to a mother, sister or friend. It most occurs in women in their 40's and older. It's rare in women 30 and younger. There are quite a few different types of breast cancer. There is lobular, ductal and inflammatory. Survival rate is based upon what type it is and the stage it is in. Symptoms can be pain, lump, change in the color of the breast. Screening is important as well as self breast exams. Treatment varies from person to person based upon contributing factors. Generally, an individualized plan is created for the treatment of the breast cancer.

Joy In Our Town #476	30:00	15:00	L	PA/O	10/28/2011	10:00 AM
					11/07/2011	10:00 AM

Host Sue Perez talks with Dr. Leigh Erin Connealy about cancer. Cancer is an unbalance in the body and the goal is to bring it back into balance. It is the number one cause of death. Everyone is touched by this devastating disease. Genetics is not the cause, but rather lifestyle and diet. Toxins are all in the food, air and water. We eat a lot of dead processed food. It's important to drink clean water and to eat plenty of fruits and vegetables. Stress and unresolved emotional conflict such as anger can contribute to cancer as well. It starts in the head and ends in the body. It's important to relax and remove toxic relationships. The traditional treatments for cancer are chemotherapy, surgery and radiation. There is a 2% survival rate. It's a multifaceted problem that requires a mind, body and spirit approach. Get plenty of sleep, water and exercise. Detoxification and eating healthy foods can help as well.

Joy In Our Town #476	30:00	15:00	L	PA/O	10/28/2011	10:00 AM
					11/07/2011	10:00 AM

Host Sue Perez talks with Dr. Leigh Erin Connealy about hormones. They are chemical messengers that turn the body on and off. They also tell our organs and glands what to do. We cannot live without them. They work together like a symphony. The thyroid is the battery to the body. If you get cold easily and are sluggish, it could be a thyroid problem. The pancreas hormones control your blood sugar. It is very susceptible to toxins. The adrenal gland is our stress and immune gland. It produces over 100 different hormones. The DHEA Sulfate Test can determine if your adrenal glands are working properly. Hormonal problems are often caused by endocrine disrupters. Those are chemicals in the environment that interfere with the hormones. Plastic is the number one pollutant. It disrupts everything and gums up the body. It's important to get plastic out of your life. You should never take synthetic hormones because they all exist naturally in nature.

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## Health

<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 #320	28:30	28:30	REC	PA/O/E	10/04/2011	9:30 AM
<p><b>Doreen Lewis</b> talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It's important to look at the chemicals being used, cut sugar and exercise. <b>Dr. Elizabeth Matthews</b> talked post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It's important to get help and the treatment based up the severity of the depression. <b>Dr. Samuel Verghese</b> talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.</p>						
Doctor to Doctor #321	28:30	28:30	REC	PA/O/E	10/11/2011	9:30 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	9:30 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	9:30 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>						

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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 #324	28:30	28:30	REC	PA/O/E	11/15/2011	9:30 AM

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

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

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

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