

Trinity Broadcasting Network

WELF-TV

January, February March 2011

Eastern Time

Leading Community Issues

Health

Economy

Seniors

Family

Crime

Civic

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

Joy In Our Town	30:00	12:35	LCL	PA/O/E	01/07/11	1:00 PM
#396-010711					01/08/11	2:00 AM
					01/10/11	11:30 AM
					01/11/11	3:30 AM
					01/13/11	3:30 AM

Cynthia Adams talks with Dr. Charles Adams of the Full Circle Medical Center, who is a traditionally trained doctor of internal medicine. Dr. Adams talks about the integration of traditional and alternative medicinal practices. Illnesses may have several underlying causes. Doctors should find the cause and not only treat the symptoms. Depression or hypertension could have many factors; traditional medicine does not always look at the underlying cause. It has always been about integrating alternative methods and what you already know about the patient. He mentions organizations for practitioners and patients to use as resources: The American College for the Advancement of Medicine, The International College for Integrative Medicine and The American Holistic Medical Association. Cynthia asks the doctor to give examples of how alternative medicine would treat standard illnesses differently than modern medicine. Dr. Adams gives several examples and mentions the importance of nutrition. They discuss battling quackery a hot topic discussed in traditional and alternative fields today. They also discuss supplements and sugar in the diet. They end with discussing magnesium, potassium and vitamin D deficiency. They give resources and contact information

Health

Joy In Our Town	30:00	13:37	LCL	PA/O/E	01/07/11	1:00 PM
#396-010711					01/08/11	2:00 AM
					01/10/11	11:30 AM
					01/11/11	3:30 AM
					01/13/11	3:30 AM

Onya Richter talks with Dr. James Marcum of The Chattanooga Heart Institute. Dr. Marcum states that health is in crisis in the US. The leading cause of death in women is cardiovascular disease. The next top 8 killers of women, such as lupus, cancer or fibromyalgia do not equal the number of deaths from heart disease. The fatality rates are actually increasing. Public awareness has been raised about breast cancer, but the leading cause of death doesn't have the media attention of breast cancer. Americans have a problem with high blood pressure. There are many things that can add up to high blood pressure such as stress, a high sodium diet, not getting quality sleep, obesity and dehydration. Stress causes you to produce adrenalin which raises your blood pressure. When our body is overweight, chemicals are produced that increase blood pressure, increase hunger and raise blood sugar levels. It increases your risk of heart attack and sleep apnea. Controlling weight through diet and exercise can reduce these problems and allow many to quit taking blood pressure medication. Our modern medicine is based more on treating symptoms than curing the problem. Dr. Marcum says we should have whole foods instead of fast food and junk food. Drink more water and juice instead of coffee and soda; we need to change our eating and sleeping habits. If you have genetic problems, you may need to work harder to stay fit. He talks about a diet plan based on drinking lots more water for a month to create a good habit. He invites people to take part in a new diet plan he has started locally. They give contact information.

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

Joy In Our Town #398-012111	30:00	12:43	LCL	PA/O/E	01/21/11	1:00 PM
					01/22/11	2:00 AM
					01/24/11	11:30 AM
					01/25/11	3:30 AM
					01/27/11	3:30 AM
					02/01/11	2:00 AM

Cynthia Adams talks with Jack Silberman of Jack Silberman's Fitness Center They talk about January being traditionally a month that people start fitness programs due to New Year's resolutions. Exercise is essential to good health; people need to realize that establishing an exercise routine will help ingrain the habit. It is important to maintain mobility as we age and exercise is important. Cynthia asks if a person can do too much exercise. Jack explains that yes the body needs to recuperate so it needs to stay balanced. They discuss personal training and accountability to a trainer. They talked about incorporating resistance training as people get older. Jack explains this is anything from lifting weights to lifting cans. Anything that causes the muscle fatigue will build it. If you don't use it you will lose it. They discuss youth and obesity. Jack explains fast food and lifestyle and children's inactivity all contribute to lack of physical fitness. Parents must pay attention to these factors at home. They discuss diet tips such as eating 5 or 6 small meals a day which keeps the rate of metabolism up. They discussed different menu ideas and suggestions. They give resources and contact information.

Health

Joy In Our Town #398-012811	30:00	13:33	LCL	PA/O/E	01/21/2011	1:00 PM
					01/22/2011	3:30 AM
					01/28/2011	3:30 AM
					02/01/2011	3:30 AM
					02/03/2011	2:00 AM

Public Affairs Host for WELF, Cynthia Adams talks with Dr. Charles Adams of the Full Circle Medical Center. Dr. Adams explains how he researches both natural as well as conventional drug therapies. The questions he asks when he considers treating a patient with integrative therapies are does it work, how much does it cost and what are the side effects. He tries to be objective in his consideration with research as the key. He keeps an open mind and looks at all the data and treatment results when considering treatment. The other factor Dr. Adams looks at is the integrative therapy going to address the root problem of the patient's symptoms. He states that many times conventional medicine only addresses the symptom and will not even begin to fix or prevent the root cause. Contact information.

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Health

Joy In Our Town	30:00	13:33	LCL	PA/O/E	02/04/2011	1:00 PM
#400-020411					02/05/2011	02:30 AM
					02/07/2011	3:30 AM
					02/08/2011	3:30 AM
					02/10/2011	2:00 AM
					02/15/2011	2:00 AM

Public Affairs host for WELF, Dr. David Banks talks with Dr. Charles Adams of the Full Circle Medical Center. After establishing the subject matter as Health, Dr. Banks asks Dr. Adams to address the most common cause of illness. Dr. Adams explains the lack of exercise. He reminds us of the king of exercise Jack LaLane always said: "Exercise is easier to do than not to do" and "If we do not take care of our own body who will". They discuss the fact that the President of the United States exercises, his habits and how cheap it can be to exercise. Dr. Adams reminds the viewers that they only need 30 minutes of continuous exercise 3-4 days a week to make a difference in their health. They discuss where a person can go to get this exercise in a climate controlled environment. Examples given were the mall, and some big box stores like Best Buy. These places are safe, well-lit, climate controlled and free. They discuss the importance of vitamin D in the diet, the ranges of normal levels and the percentage of the population that is deficient in vitamin D. Dr. Adams reminds the viewers that if exercise is king, then diet is queen. They discuss the dietary rule of eating like a king at breakfast, queen at lunch and pauper for dinner. They discuss common food allergies and how to avoid foods that are bad for you. Contact information given.

Health

Joy In Our Town	30:00	13:31	LCL	PA/O/E	02/11/2011	1:00 PM
#401-021111					02/12/2011	3:30 AM
					02/14/2011	11:30 AM
					02/15/2011	3:30 AM
					02/17/2011	3:30 AM
					02/21/2011	2:00 AM

Public Affairs Host for WELF, Dr. Banks introduces Dr. Charles Adams, talking on the subject of health in the area of dieting. Dr. Adams says that most commercials are promoting food. Diet is very important and is really a crucial key to disease prevention. 10,000 years we started farms and the human diet was changed drastically. Today a lot of allergies are related to farm products. In addition fast food has zero nutrition and exacerbates the diet problem. A lot of the popular grains eaten today have proteins that effect humans with a great amount of symptoms that are now being treated with drugs to mask the original issue. Dr. Adams suggests that we should stick with vegetables, fruit, nuts and meat. In addition Americans do not consume enough water." Dr. Adams states many of the popular food networks on television state breakfast is not important, but it should really think dinner should be the biggest meal of the day, this is such a misconception. We do not need to tax our digestion system late at night with a heavy meal. Instead eat light several small meals a day instead. There is much discussion in the health industry about body mass index. As we age the mass of bad weight becomes greater. The average BMI should be in between 20-25. Dr Adams also discusses types of metabolism that occur in people. Some people need many healthy snacks and some do better for 3 meals at the same time. All these things need to be taken into consideration. Contact info given.

<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	30:00	12:59	LCL	PA/O/E	02/18/2011	1:00 PM
#402-021811RE					02/19/2011	3:30 AM
i					02/21/2011	11:30 AM
c					02/22/2011	3:30 AM
A					02/24/2011	3:30 AM
f					02/24/2011	11:00 AM
a						
i						

Public Affairs host for WELF, Dr. David Banks talks with Dr. James Marcum. Dr. Banks asks Dr. Marcum to explain what the biggest issue is today causing heart disease. Dr. Marcum explains how our country has moved away from its roots with the onset of modern technology. Diet, lifestyle, common sense prevention and exercise have changed drastically over the last 100 years. He discusses how basic things have been neglected like drinking water, breathing deeply, sleep and relaxation habits have totally changed. Dr. Marcum teaches people how to take ownership of their health. Most of his patients just want to go to a doctor and have a pill prescribed to fix their illness. Currently \$1.00 out of every \$4.00 earned in America is spent on healthcare. Out of that \$1.00 zero dollars are spent on prevention. These monies are used to treat only symptoms. For example bypass surgery is only treating the symptom. It can be avoided if patients practice prevention. He cites an example of a patient who recently came in for bypass surgery. It started with a pill to make him sleep, next that caused sleepiness during the day so pt. utilized heavy caffeine, next his blood pressure went up so b/p meds dispensed, next loss of energy so pt. snacked, weight gain, joint problems, knee replacement, loss of activity, heart problems. Dr. Marcum explains the chain of events leading up to this mans condition could have been preventable. He had sleep apnea. They discussed stress as a major factor for many ills and how to combat it with exercise. They discussed how man was made originally to care for the earth, not sit in a cubicle and eat fast food. The solution was to take back our health and do it God's way. Contact information is given.

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

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

700 Club NewsWatch #020811	CBN	1:00:00	5:00	REC	PA/O/E	02/08/2011 12:00 PM
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Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern climates. Light therapy is a very effective treatment and involves sitting in front of a specialized light box for 30 minutes a day. The box needs to have a power of 10,000 lux, which is more than 20 times stronger than the average light bulb. Beware though: Tanning beds are not an acceptable treatment because they emit ultraviolet rays. So say "no" to the tanning bed, but "yes" to the light box. And in addition to the light box, other ways to brighten up your life include: Using higher wattage light bulbs, installing a sky light, sitting closer to the window, trimming branches that block sunlight and simply opening the blinds. If you have "S.A.D." 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 "S.A.D." to reach for their comforter, they should reach for their gym bag instead. Exercise is another great tool for fighting the effects of "S.A.D.". 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 "S.A.D.", a few lifestyle changes can help you enjoy winter. And spring will be here before you know it!

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

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

Doctor #280	to Doctor	28:30	28:30	REC	PA/O/E	1/04/2011	9:30 AM
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Dr. Don Colbert talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	1/18/2011	9:30 AM

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

Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	1/25/2011	9:30 AM
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Dr. Eric Braverman talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.

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

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

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

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Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	2/22/2011	9:30 AM
<p>Lisa Buldo talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. Dr. Ace Anglin talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. Dr. Glee Steele talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.</p>						
Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	3/08/2011	9:30 AM
<p>Dr. Brian Nimphius talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. Dr. Bob DeMaria talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. Dr. Bernice Gonzalez talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.</p>						
Doctor to Doctor #292	28:30	28:30	REC	PA/O/E	3/15/2011	9:30 AM
<p>Dr. Don Colbert talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. Dr. Malcolm Hill talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. Dr. Kelafo Collie talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.</p>						
Doctor to Doctor #293	28:30	28:30	REC	PA/O/E	3/22/2011	9:30 AM
<p>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.</p>						

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Economy

Joy In Our Town #400-020411	30:00	13:31	LCL	PA/O/E	02/04/2011	1:00 PM
					02/05/2011	2:30 AM
					02/07/2011	3:30 AM
					02/08/2011	3:30 AM
					02/10/2011	2:00 AM
					02/15/2011	2:00 AM

Public Affairs host for WELF, Dr. David Banks introduces Linda Rath from Consumer Counseling Services and Linda tells the role of CCS, it's known as a service or debt management agency working out of credit card debt, they go into the schools (education), meet with groups, businesses; help with financial management, bankruptcy, housing loans, debt avoidance and etc. Budgeting is the main focus of CCS; the budget is a spending plan so you can actually see where your money is going. Linda says their goal is to help clients focus on their spending needs rather than their wants. Fitting your money into your budget is important. The plan should cover your housing, food, utilities, transportation and savings. It was suggested to go to web sites to get information on budgeting and gather a work sheet. (www.mycreditcounselors.com. www.moneychimp.com) It' important that couples communicate and get on the same page. CCS suggests client should spend with cash to help end impulse buying. Establishing a saving account is vital for emergencies, look at saving 10 percent or less every pay check. CCS is apart the local Partnership and United way. Contact information is given.

Economy

Joy In Our Town #401-021111	30:00	13:31	LCL	PA/O/E	02/11/2011	1:00 PM
					02/12/2011	3:30 AM
					02/14/2011	11:30 AM
					02/15/2011	3:30 AM
					02/17/2011	3:30 AM
					02/21/2011	2:00 AM

Intro of host and guest: Dr. Banks introduces Linda Rath from Consumer Counseling Services and Linda tells the role of CCC, it's known as a service or debt management agency working out of credit card debt, they go into the schools (education), meet with groups, bankruptcy, housing loans, debt avoidance and etc. Budgeting is the main focus of CCS; Budget is bondage, so how can we break it down in simple terms for our viewers. First housing, 35% is the amount families should budget for mortgage, rent and utilities. Next there is transportation, gas, maintenance, insurance ect. Next they look at credit card debt. A very big issue is people with huge credit card debt that have no way to pay it back. Dr Banks asks how are single vs. married couples handled? CCC does joint sessions with single people dating so that all the hot issues can come out in a counseling session. Couples need to know how they each view money management before they get married. There are several good websites to go to out there for help with establishing a budget, "moneychimp" is one. But Linda states emphatically people need more than a worksheet, they need counseling and support to stay on track. Dr. Banks asks about spontaneous spending and how it is controlled? Linda states about 5-10\$ a day dribbles through most people's fingers a day. At the end of the month it mounts up. Linda's solution is pay cash, and keeps only the cash allotted for those luxuries. Dr. Banks asks how people can stay disciplined. Linda explains money envelopes are good but more importantly look at the monthly picture this way you can see when you need to pay bills in order to avoid the mistake of looking only at this week. People spend thousands of dollars per year incurring unnecessary late fees. Linda also states 10% of your income should be put aside in savings. The goal is to save up for emergencies. They define need/wants: needs are necessities, food, rent, car; wants may be how expensive of a car or house do you really need, or perhaps eating out, 4 nights a week, or a nicer apartment. Dr. Banks asks Linda how they deal with people feeling the need to reward them on a budget diet. Linda states the importance of rewards but don't reward yourself with debt. Contact information given with the web sites on budgeting and work sheets: (www.mycreditcounselors.com, www.moneychimp.com) CCC local offices are in Chattanooga.

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

Joy In Our Town	30:00	13:26	LCL	PA/O/E	03/25/2011	1:00 PM
#406-032511					03/26/2011	3:30 AM
					03/28/2011	11:30 AM
					03/29/2011	3:30 AM
					03/30/2011	11:30 AM
					03/30/2011	2:00 AM
					03/30/2011	3:30 AM

Public Affairs host for WELF, Dr. David Banks talks with Dan Stevens, Senior Financial Advisor for the Consumer Credit Counseling Services under the umbrella of the Partnership for Family, Children's Services about senior finances. Dan explains what the agency does and then explains his area of expertise which is senior financial advisor. Dan explains some of the issues of senior debt. Fixed income and inability to pay credit card debt back, inability to meet mortgage payments if they are recently widowed. Also how susceptible seniors are to financial scams. Dan gives some valuable tips to viewers on how to avoid senior scams. One example given is to check out the business with the Better Business Bureau before participating in any investment endeavor. Dan also explains how they help seniors eliminate their credit card debt entirely by enrolling them in debt repayment programs sponsored by credit card companies. Part of this program is CCC educating clients to prevent further debt by helping them with budgeting and showing them a financial plan that they can stick to remain in the clear. Dan discusses the horrors of medical debt and how to approach doctors and creditors. Most creditors recognize accredited programs such as CCC and will accept a repayment plan from these non-profit agencies because they know the clients are getting educated so they will not fall into debt again. Dan discusses with the host how a person may partake of CCC's program and how the intake process happens. He talks about a widow left in dire straits financially and how she participated in a reverse mortgage program that allowed her to live comfortably once again. Dan stressed this program may not be for everyone so it is important to have a professional look at your situation. Annual events are mentioned along with financial education opportunities coming up. Contact information given.

Economy

Joy In Our Town	30:00	13:33	LCL	PA/O/E	03/18/2011	1:00 PM
#405-031811					03/21/2011	11:30 AM
					03/22/2011	2:00 AM
					03/22/2011	2:00AM
					03/24/2011	11:30AM
					03/24/2011	3:30 AM
					03/29/2011	2:00 AM

Public Affairs host for WELF, Dr. David Banks talks with June Puett, UTC Extension and Chrissy McCoy, SunTrust Bank about today's economy and how to save money. Both of our guests are part of a program called Tennessee Saves Coalition. TSC started about 12 years ago and they partnered with other collaborative groups to keep in the forefront of people's minds the idea of saving. An annual event coming up is Tennessee saves. Christy explains that SunTrust has been partnering with community for over 10 years. Each year they have different events to showcase and encourage young savers to save. This year it is the "Piggy Bank Pageant" Young savers enter into a contest to decorate a plain piggy bank. Best idea wins a savings bond! Chrissy also teaches a coupon clipping class to clip and find great coupons and how to make a plan to save money. Average savings is \$18.75 per month. She talks about how this is an excellent opportunity to teach children the value of a dollar. They discuss the issue of people who feel they do not have the ability to save right now and how to encourage them on where to begin. Chrissy talks about the cycles of sales and the advantage of coupon savings and how the excess saved can be put into a savings account. They show examples of decorated piggy banks from contestants. Website information is given for voting on the piggy banks.

<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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Seniors

Joy In Our Town	30:00	13:16	LCL	PA/O/E	02/25/2011	1:00 PM
#403-022511					02/26/2011	3:30 AM
					03/07/2011	11:30 AM
					03/10/2011	11:30 AM

Public Affairs host for WELF, Dr. David Banks talks with Jayme Upton Outreach Coordinator of the Alexian Brothers Corporation and Jim Rogers with Alexian Brothers Retired Senior Volunteer Program. Jayme explains what the RSVP is and what they do. They are a national program formed with government and private grants to provide training and a venue for retired people to volunteer and receive training for gainful employment if they so desire. Most of the participants want to give back to the community and are trained and placed in non-profit organizations to serve. This provides much needed income and opportunities to do what they always dreamed of doing but could not while they were in the workforce raising a family. Millions of dollars a year are donated by these volunteers to the community in some form of service or giving of their time and talents. Jim Rogers is one of the leaders in this program. He has recently been honored with the local Jefferson Award. This award honors volunteers who have served and met an extraordinary need on the community. Jim obtains food from grocery stores and restaurants that will be discarded but is still usable and re-distributes it to non-profits in the community. This is just one of the many ways that RSVP'ers contributes to the community. Contact information given.

Seniors

Joy In Our Town	30:00	12:40	LCL	PA/O/E	02/25/2011	1:00 PM
#403-022511					02/26/2011	3:30 AM
					03/07/2011	11:30 AM
					03/10/2011	11:30 AM

Public Affairs host for WELF, Dr. David Banks talks with Colleen Combs of Alexian Brothers. Colleen is the Media Outreach Coordinator. Colleen relates the history of her organization over the last 50 years. The mission statement of the Alexian Bros. is to empower people to live the most fulfilling life possible after retirement. Colleen mentions the most common issue that retired people have is their misconception that now they can "rest". However, once they no longer have a job to go to they quickly become bored and restless. Their physical mobility atrophies as well. This causes both physical and emotional health issues. Alexian strives to help seniors rediscover their sense of purpose. Dr. Banks asks how this is done. Colleen explains they have 4 facilities that house seniors. The rent ranges are all different strata's of income and rent. They also provide social programs for both the residents and the general public in each area of town. This helps to engage seniors socially and meets many needs in the senior population. The other important thing it does is to provide people with a healthier more positive outlook. Colleen also adds that currently they have 4 programs designed to do this. There is the RSVP program, a senior mentor program, senior center activities and trips, and a job training program. The job program allows seniors to earn minimum wage while working in a rewarding field. Now is a great time for seniors to explore new career avenues. The job training program is funded by a federal grant. It provided training last year for 160 seniors in the greater Chattanooga area, Alexian partnered with 40 agencies to provide each of the graduates 20 hour jobs with nonprofit organizations. Colleen gives contact information and encourages seniors to get involved and stay active.

<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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Seniors

Joy In Our Town	30:00	13:26	LCL	PA/O/E	03/25/2011	1:00 PM
#406-032511					03/26/2011	3:30 AM
					03/28/2011	11:30 AM
					03/29/2011	3:30 AM
					03/30/2011	11:30 AM
					03/30/2011	2:00 AM
					03/30/2011	3:30 AM

Public Affairs host for WELF, Dr. David Banks talks with Dan Stevens, Senior Financial Advisor for the Consumer Credit Counseling Services under the umbrella of the Partnership for Family, Children's Services about senior finances. Dan explains what the agency does and then explains his area of expertise which is senior financial advisor. Dan explains some of the issues of senior debt. Fixed income and inability to pay credit card debt back, inability to meet mortgage payments if they are recently widowed. Also how susceptible seniors are to financial scams. Dan gives some valuable tips to viewers on how to avoid senior scams. One example given is to check out the business with the Better Business Bureau before participating in any investment endeavor. Dan also explains how they help seniors eliminate their credit card debt entirely by enrolling them in debt repayment programs sponsored by credit card companies. Part of this program is CCC educating clients to prevent further debt by helping them with budgeting and showing them a financial plan that they can stick to remain in the clear. Dan discusses the horrors of medical debt and how to approach doctors and creditors. Most creditors recognize accredited programs such as CCC and will accept a repayment plan from these non-profit agencies because they know the clients are getting educated so they will not fall into debt again. Dan discusses with the host how a person may partake of CCC's program and how the intake process happens. He talks about a widow left in dire straits financially and how she participated in a reverse mortgage program that allowed her to live comfortably once again. Dan stressed this program may not be for everyone so it is important to have a professional look at your situation. Annual events are mentioned along with financial education opportunities coming up. Contact information given.

Seniors

Joy In Our Town	30:00	13:30	LCL	PA/O/E	03/18/2011	1:00 PM
#405-031811					03/21/2011	11:30 AM
					03/22/2011	2:00 AM
					03/22/2011	2:00AM
					03/24/2011	11:30AM
					03/24/2011	3:30 AM
					03/29/2011	2:00AM

Public Affairs host for WELF, Dr. David Banks talks with Ellie Johnson, and Beverly Stuckey, from Partnership for Family, Children and Adults about senior citizen issues. The Partnership has 5 separate programs to serve the needs of the elderly. Ellie serves in the Case Management department. One of the biggest issues seniors today face as they grow older is the struggle to maintain their independence. Families will often request an independent evaluation for their elder member; Case Management assesses the individual and decides what services are needed. It is so important for seniors to maintain their independence, it helps them thrive. When independence is taken away, you can see the signs of depression, loss of appetite, weight loss, and withdrawal begin to manifest. They discuss the patterns and signs that indicate a change in senior independence: not getting out much, afraid of falling etc. Beverly explains the other component of the program, is called Homemakers Services. This program has helped seniors and disabled with care for over 30 years. The state funds this program and trains the women who go into the homes. Workers are background checked and bonded. Some of the services provided are laundry, prescription pick up, light housework, doctor visits, groceries and household chores that these people cannot perform. In most cases the homemaker services workers are the only contact with the outside world some of these seniors have. Usually this is due to little or no support with their immediate family. Personal care ranges from bathing, dressing and other procedures involving personal hygiene. The needs are all the same and both programs serve some of the same population. The needs of baby boomers will double by the year 2030, this phenomenon is called the silver tsunami. Another big issue is senior pride. These people do not always want help because they are afraid this is the beginning for the end of independence. They give contact information and information on how to call the adult protective services hotline.

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

Joy In Our Town	30:00	13:05	LCL	PA/O/E	01/21/11	1:00 PM
#398-012111					01/22/11	2:00 AM
					01/24/11	11:30 AM
					01/25/11	3:30 AM
					01/27/11	3:30 AM
					02/01/11	2:00 AM

Onya Richter talks with Dr. Rozario Slack, Counselor, Trainer; Speaker Mr. Slack says that married couples need to learn to move from "I" to "we" and to make "yours" and "mine", "ours". Couples should learn the basic skills of communication and conflict resolution to overcome difficulties that will arise in their relationship. With a proliferation of out of wedlock pregnancies and soaring divorce rates, there are many more blended families. This brings a new dynamic to the family with the need to learn a different skill set. With people moving from relationship to relationship and changing partners so frequently, it is obvious that there is a desire to be in a relationship. It takes commitment to make any relationship work. American society has made it much easier to be single or divorced. Terms such as "starter wife" have made it into common vernacular. This shows that the culture has shifted its moral compass to allow for marital failure. Couples are coming into marriage with the wrong idea. It is a permanent thing not a try and see thing. They give resources and contact information.

Family

Joy In Our Town	30:00	13:36	LCL	PA/O/E	03/11/2011	1:00 PM
#404-031111					03/14/2011	11:30 AM
					03/17/2011	11:30 AM
					03/22/2011	2:00 AM

Public Affairs host for WELF, Dr. David Banks talks with Steve Powell and Ezra Reynolds of Signal Centers. Steve is the director of the Assistive Technology Department and Ezra is one of the Engineer specialists in his department. They specialize in modifying technology for disabled people. Steve explains some of the physical issues that people with disabilities may have trying to perform normal tasks, and then he explains how they modify items to fit each individual. One example given is someone who only has one hand trying to read the paper. Ezra has created a board that will hold that paper and flip the pages using only one hand. Ezra explains how they try to use devices that are already being manufactured and then modify them to custom fit each individual. In a recent case there was a patient who required a special mouse for his computer. He was a quadriplegic and he needed a way to operate the mouse with a stick in his mouth. Ezra had to create a box with a huge joystick and large buttons that could be manipulated by the patient. They discussed the usages and purposes of several devices there on the set, and showed how they were used. Steve added that Signal centers does not sell anything, patients come to their center for assessment, fitting and training. Insurance pays for new devices, grants provide funding for the engineers and some modified devices have been donated or re-purposed. Then the engineers will modify these devices if possible and send them home with the people to try. Signal Center is one of only five sites in the region and only 41 in the country. The contact information is given.

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

Joy In Our Town	30:00	13:20	LCL	PA/O/E	01/14/11	1:00 PM
#397-011411					01/15/11	2:00 AM
					01/17/11	11:30 AM
					01/18/11	3:30 AM
					01/20/11	3:30 AM
					02/01/11	4:00 AM

Onya Richter talks with Lurone Jennings the Executive Director of The Bethlehem Center or "The Beth". The center just recently had their 90th anniversary. The Bethlehem Center began as a Christian Social Service for the inner city population run by the United Methodist Church. The center is located in the heart of the inner city's largest housing project. Mr. Jennings spent time there as a youth, then worked as a teacher, coach and principal in the educational system. The center focuses on 4 areas: economic development, education, leadership development and spiritual growth. These are all geared toward strengthening families and circumventing inner city crime. Mr. Jennings explains the state of the inner city family is very dysfunctional. Mr. Jennings says that dysfunctional families need a support system. Mentoring should be considered not only for children, but for the parent(s) as well. Leadership can be a learned trait. If you do not possess the skills to effectively lead, seek training to be a better decision maker. Mentors help you to be accountable for your decisions and actions. He states that parenting is a hard job; single parenting is even harder particularly in this section of the population. Statistically, it is the father that is absent from the family. The Bethlehem Center helps children find mentors to help fill this gap in their lives. Parents are the most important role model in a child's life. They should encourage and push a child to be the best they can. But with the lack of a parents influence in a child's life as is the case of so many of the children the center serves; children become attracted to gangs and a life of crime. The number one reason is due to the lack of the familial atmosphere. If they do not have a strong relationship at home, they will seek it on the street. He says that at a certain age, children will naturally pull away from their parents. He advises parents not to panic, just give them a little room and always let them know your expectations clearly. They will not stray very far. Contact information is given.

Crime

Joy In Our Town	30:00	13:25	LCL	PA/O/E	01/14/11	1:00 PM
#397-011411					01/15/11	2:00 AM
					01/17/11	11:30 AM
					01/18/11	3:30 AM
					01/20/11	3:30 AM
					02/01/11	4:00 AM

Onya Richter talks with the Executive Director of Hope for the Inner City, Paul Green, as well as their Community Development Coordinator, Jerry Woods. Hope for the Inner City is in place to provide encouragement to inner city residents that are at risk for making poor choices and living a life of crime. Hope also tries to encourage people to make better choices by mentorship and to educate clients to gain better economic self-sufficiency. Mr. Green says that education is paramount to this goal. Many in the inner city are struggling to graduate. Gang violence is escalating, perhaps due to the pressure of our economy. Finding employment with living wages is also a struggle. Today's youths still have the same issues that were faced decades ago but they are compounded with our technologically driven society. This should be taken advantage of as an opportunity. If we can speak their language, meet them on their level we will see results. We tend to focus on the negative in our youth. We should focus on the positive and help them to realize all they can be. We are all desirous of acceptance. The only way that can be achieved is through healthy, moral relationships. Hope strives to provide this to make up for the lack of it in the lives of inner city children who are at extremely high risk for choosing a life of crime. Children today test their parent's integrity; they want to know their parents can be trusted to be accountable in relationship. Parents should

not let a busy lifestyle rob that opportunity from them. Parents should give them the relationships they crave and empower our children to make good choices by setting good standards and healthy boundaries. Know what your child is doing and with whom. The more secure they feel at home, the less you have to worry about them getting involved in unhealthy lifestyles. Make them accountable for inappropriate behavior. Give them opportunities to lead to strengthen those skills. Hope provides literacy and economic programs in addition to the mentoring program. They give contact information.

<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 #399-012811	30:00	13:33	LCL	PA/O/E	01/21/2011	1:00 PM
					01/22/2011	3:30 AM
					01/28/2011	3:30 AM
					02/01/2011	3:30 AM
					02/03/2011	2:00 AM

Public Affairs host for WELF, Onya Richter talks with Shelly McGraw and Kathy Eldahan of the Children’s Advocacy Center. Onya Richter talks with the Executive Director of the Children’s Advocacy Center, Shelley McGraw, as well as Cathy Eldahan, their Education and Events Coordinator. The CAC serves children that are victims of severe physical and sexual abuse. This nonprofit organization has operated for over 20 years and is an effort to allow the children that are victims to tell their story to professionals once and not have to relive the traumatic event over and over by going to many agencies and court appearances. The cases are generally referred by the Department of Children’s Services or police department. The non offending parent(s) and child then get assistance from CAC. There is no particular perpetrator or victim. 90% of cases involve a perpetrator known to the victim, especially with sexual abuse. “Stranger Danger” does occur, but with less frequency. The abuser is most often a trusted or loved individual. This causes the child to keep abuse to themselves. Symptoms of physical abuse such as cuts or bruises may be hidden by long sleeves and pants. All adults in TN are mandated reporters. This means if you suspect physical or sexual abuse you are required by law to report the incident. Teachers and childcare professionals are the number one reporters of the crime as they may notice changes in behavior. Contact information given.

Crime

Crime

Joy In Our Town #404-031111	30:00	13:56	LCL	PA/O/E	03/11/2011	1:00 PM
					03/14/2011	11:30 AM
					03/17/2011	11:30 AM
					03/22/2011	2:00 AM

Public Affairs host for WELF, Dr. David Banks talks with Nancy Ridge director of Elder Crimes with the Partnership for Families and Children’s Services. Nancy explains every 7 seconds a baby boomer retires. The retired population is growing in the United States by leaps and bounds. There are 20 programs in place to serve the elderly in the Partnerships Elder Services and they serve over 74 thousand seniors a year. One such program called VOCA helps victims stabilize after a crime has been committed. There have been more than 2 million seniors victimized in the US so far this year, 50% of these crimes have been perpetrated by caregivers. The crimes include robbery, scams and financial swindling. The typical pattern for families to watch for is when clusters of injuries are seen on the elderly and inconsistency in their stories about how the injury occurred. Most senior will not admit to abuse, it is a matter of pride or particular family dynamics. They are the silent generation, it is the hidden epidemic. These victims think it is their fault and this abuse could be happening for years. Nancy gives some tips to help viewers avoid abuse. Nancy gives examples of victim’s abuse through family members on drugs and she explains various cases of financial exploitation. She explains the primary reason for victims to allow this to go on is fear. Seniors are afraid they will have to go into a nursing home. The way to help stop these crimes is trying to stay connected to a church or community, frequently senior become isolated as they lose mobility and are easy targets for family members to exploit. If they connect with church or community others will become aware of the signs. She tells of how a caseworker will come and access the situation and educate potential victims she tells how to get help and where to contact.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Civic Affairs</i> Joy In Our Town #403-022511	30:00	03:01	LCL	PA/O/E	02/25/2011	1:00 PM
					02/26/2011	3:30 AM
					03/07/2011	11:30 AM
					03/10/2011	11:30 AM

Mayor David Pennington talks about the state of Dalton currently. He discusses the newest initiative to upgrade the parks and recreation facilities. He mentions how many tax dollars the city has saved so far this year. He praises the Department of Public works and road maintenance workers for doing such a fine job this winter and keeping the roads in excellent shape.

Civic Affairs

Joy In Our Town #406-032511	30:00	13:29	LCL	PA/O/E	03/25/2011	1:00 PM
					03/26/2011	3:30 AM
					03/28/2011	11:30 AM
					03/29/2011	3:30 AM
					03/30/2011	11:30 AM
					03/30/2011	2:00 AM
					03/30/2011	3:30 AM

Public Affairs host for WELF, Dr. David Banks talks with Missy Crutchfield, City of Chattanooga Department of Education, Arts and Culture about preserving World War II Veterans stories and preserving their legacy. This is part of the campaign to renovate the Soldiers and Sailors Memorial Auditorium. The building from its inception in 1922 was designed to be a memorial for the soldiers. Chattanooga EAC is striving to connect students with senior veterans to share their stories about wartime experiences. Chattanooga wants to honor seniors and preserve their stories; while at the same time give students the opportunity to be mentored by a senior veteran. In addition students are required to write down the story as it is told. The project is national; a website has been established so these stories can be published. In addition the stories are being videotaped to become available on the website. The video story will be available on a kiosk at the auditorium. Display cases are also being built for artifacts so the building can house a wartime museum of memorabilia. A book will be made as well of the project and be available online. Missy explains all the different senior centers that are participating and allowing students from Hixson High school to come in and interview them. Missy further explains how students can get involved and where they can go to interview with seniors. In closing Missy reiterates the importance of preserving these senior veterans' stories that are slowly dying off. The legacy of faith and bravery is an inspiration to us all and should be passed on to our younger generation. Contact information is given.

Trinity Broadcasting Network

WELF-TV

April, May, June 2011

Eastern Time

Leading Community Issues

Health

Family

Environment

Education

Youth

Civic

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

Joy In Our Town #407-040111	30:00	13:26	LCL	PA/O/E	04/01/2011	01:00 PM
					04/02/2011	03:30 AM
					04/04/2011	11:30 AM
					04/05/2011	02:00 AM
					04/07/2011	03:30 AM
					04/12/2011	03:30 AM
					04/14/2011	04:00 AM

Public Affairs host Dr. David Banks talks with Elenora Woods, DDS with Dental Angel Fund Foundation. This foundation provides dental care/educational teaching programs for indigent children since 2007. Elenora speaks about how oral health is related to overall health. Certain types of bacteria found in the mouth can lead to other types of diseases within the body. Overall health begins inside the mouth. When the mouth is healthy, many symptoms within the body disappear. When the mouth is sick, many times surgeries cannot be performed due to infections in the body. Dental disease is a silent epidemic.

Oral health includes brushing teeth, flossing, checking the health of gums and teeth. Elenora advises a 6 month checkup at your dentist with x-rays. She encourages a preventive approach to oral health. She advises not to use hard toothbrushes. Hard toothbrushes can damage your teeth. Any major cleaning needs to be done at the dentist, so use soft or medium toothbrushes. Cosmetic surgery is a personal option, not necessary for oral health. She has a need for volunteers. Contact information given.

Health

Joy In Our Town #408-040811	30:00	13:20	LCL	PA/O/E	04/08/2011	01:00 PM
					04/09/2011	03:30 AM
					04/11/2011	11:30 AM
					04/12/2011	04:00 AM
					04/14/2011	04:00 AM

Public Affairs host Dr. David Banks talks with Elenora Woods, DDS with Dental Angel Fund Foundation. The focus today is on dental health for children. Dental Angel Foundation main object is to educate and inform parents and children on the importance dental hygiene to prevent disease and provide emergency relief from pain and suffering with infection for adults and children. Oral Dental Health addresses dental disease early on for children. Many kids are exposed to all types of medical screening but often dental health is forgotten. The dental association recommends that children have their first visit by age one. Some don't s are do not give children juices and sodas while lying down this is called baby bottle syndrome. Children with baby bottle syndrome will encounter dental decay and need root canals and caps on their teeth. A main preventive measure would be for parents to be educated on the importance of dental check-ups and children learning to brush their teeth. Flossing is also vital to dental health. Parents need to be educated on nutrition so they will know what kinds of foods will support good dental health. Parents should look at the sugar content in children's cereal; buy cereals that are rich in fiber. At the very least children should brush their teeth before going to school. Take children to see the dentist twice a year; be creative make dental care fun and exciting. Contact information given.

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

Joy In Our Town #409-041511	30:00	13:24	LCL	PA/O/E	04/15/2011	01:00 PM
					04/16/2011	03:30 AM
					04/21/2011	11:30 AM
					04/26/2011	02:00 AM
					05/10/2011	02:00 AM

Public Affairs host Dr. David Banks talks with Rae Bond of Project Access. P/A has been formed by the medical society of Chattanooga. Local Doctors and Nurses formed this group as a mission to people in the Hamilton County area who do not have access to adequate medical care. These are the people who have fallen through the cracks of the national health care system. A few minutes are spent discussing how someone could fall through the cracks of the system due to various circumstances in life. They also explain who can apply and how to do it. P/A serves 7300 residents who live in Hamilton County. The staff is made up of 625 volunteer doctors and nurses. There are 5 clinics like this one in the country. This clinic is a specialty clinic that will receive referrals from other Doctors in this area. One of their primary referral sources is Volunteers in Medicine. This is a clinic similar to P/A but they are strictly a primary care clinic. P/A takes specialty cases those patients without insurance or people who would never have access to any kind of healthcare. Some of the best doctors in the country donate their services here. Rae explains another reason this organization was formed was due to the fact that specialty doctors spend too much of their time and resources trying to find a place where they can help their uninsured. Asheville has the first model clinic and it was started 15 years ago. They have been a model and a support for the other 4 clinics that have since started. Every year they add a different specialty doctor to the group. P/A is currently working with 4 other healthcare organizations to make a larger network. Contact information given.

Health

Joy In Our Town #411-042911	30:00	13:29	LCL	PA/O/E	04/29/2011	01:00 PM
					04/30/2011	03:30 AM
					05/02/2011	11:30 AM
					05/03/2011	04:30 AM
					05/05/2011	03:30 AM
					05/10/2011	04:00 AM

Public Affairs host Dr. David Banks talks with Dr. Jack Pollard of the Pollard Clinic in Red Bank; TN. Dr Pollard is a Chiropractor. They spend a few minutes discussing what would bring a person to come to a D/C. Most people come when they are in pain and they can't get any relief for traditional pain medicine. Chiropractors can give immediate relief, however their main thrust is prevention of the condition in the first place. Dr. Pollard explains how Doctor of Chiropractor looks at the body as a system, whereas traditional medicine looks at body in pieces. Dr Pollard refers to a chart which indicates what organs are affected by a mis-alignment, and the areas of the spine the adjustment would occur. Dr Pollard compares spinal degeneration to rust. He explains how proper alignment, diet and exercise can help lessen or prevent further degeneration. Dr. Banks asked what a typical treatment plan would be in a new patient. Dr. Pollard explained it would be 10 visits spaced out over several months. He explained by then most problems are solved and the patient can follow a specific plan tailored to their needs for preventative maintenance. Contact information given.

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

Joy In Our Town	30:00	13:29	LCL	PA/O/E	05/13/2011	01:00 PM
#413-051311					05/14/2011	03:30 AM
					05/16/2011	11:30 AM
					05/17/2011	03:30 AM
					05/24/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks interviews Cardiologist Dr. James L. Marcum of the Chattanooga Heart Institute about heart disease. Dr. Marcum explains that heart attacks are caused when arteries in blood vessels become so clogged with cholesterol that blood cannot reach the heart. Heart attack symptoms include chest pain, a racing heart, extreme sweating or shortness of breath, discomfort in the arms, back, neck or jaw. Other less likely symptoms may be a stomach ache or passing out. Stressors on the system that increase chances of heart disease include: smoking, high blood pressure, a poor diet, lack of exercise, obesity and mental stress. Dr. Marcum says that smoking is the #1 cause of heart disease, because it weakens the lining of the blood vessels making them more prone to pick up cholesterol. Dr. Marcus cites an ever-rising cause of heart disease as mental stress created by our increasingly complicated lives. He says mental stress actually changes the body's chemistry by creating chemicals that inflame the arteries. Dr. Marcum says medical studies provide evidence that having love in your life from a community, a place of worship, service to others, or even owning a pet can decrease chances of heart disease. Contact information for Dr. Marcum and HeartWise Ministries.

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

700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	12:00 PM
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#061611

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

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

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

<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

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

Doctor 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.

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

<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 #407-040111	30:00	13:33	LCL	PA/O/E	04/01/2011	01:00 PM
					04/02/2011	03:30 AM
					04/04/2011	11:30 AM
					04/05/2011	02:00 AM
					04/07/2011	03:30 AM
					04/12/2011	03:30 AM
					04/14/2011	04:00 AM

Dr. David Banks talks with Ansley Kellerman, Hazel Bell, and Ben Loderhose with Big Brothers/Big Sisters of Chattanooga about mentoring children within the 6 counties of our region. Ansley shares briefly about the issues that encompass children being raised in single parent and broken families. They can become at risk for different reasons due to lack of a proper parental relationship. BB/BS provides mentoring and support to children growing up in "at risk" families. There is a one year commitment. This is a 1-1 mentoring program. The goal is to match a volunteer with a particular child that lives close to the volunteer, has similar interests and from a one parent family. This is called the community based program; it is 4-6 hrs a month. A volunteer takes a child out into the community for activities. There is also a school based mentoring program; where a volunteer goes into the school for 1 hr a week, playing games, visiting during lunch, helping out with homework. These programs are available to volunteer single parents with children from 6 – 12 yrs of age. The Big Brothers/Big Sisters programs host 2-3 events each month that volunteers/children can attend. Hazel shares her personal experiences about taking her child to Christmas parties, parades, to different attractions in Chattanooga. They bake and planted flowers together. She focuses on education being very important in the child's future. Ben shares that he has been a part of the school based program for 3 yrs. He has had 3 different boys. He tries to make each of the boys the center of attention when he is with them. Contact information given.

Family

Joy In Our Town #408-040811	30:00	13:28	LCL	PA/O/E	04/08/2011	01:00 PM
					04/09/2011	03:30 AM
					04/11/2011	11:30 AM
					04/12/2011	04:00 AM
					04/14/2011	04:00 AM

ai Public Affairs host for WELF, Dr. David Banks talks with Norm Sabin, with Sabin and Associates. Norm explains to our audience what assets are as well as why we want to protect the assets. He explains what happens to people who have a will vs. a trust. They discuss probate and the advantages of having a will vs. a trust. He explains the pros and cons of having a will, then educates the audience what probate actually is and how it works in the courts. He explains the process of probating a will after someone dies. Dr. Banks asks how probate can be avoided and Norm explains how it can be avoided by putting assets in a revocable living trust. He gives tips on why and how you can utilize this in your estate planning. Dr. Banks asks how large of an estate can be passed on without the inheritors having to pay inheritance tax? Norm explains the legal history of how congress has established the inheritance tax and what is currently and why. Currently in 2011 the tax rate is 35% on anything over 5 million dollars. He also explains the portability exemption in the new law and how you can navigate through this. He warns though on January 1st on 2013 it will change back to 55% on 1 million dollars if congress does not act on extending the current law. Contact information given.

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

Joy In Our Town #409-041511	30:00	13:30	LCL	PA/O/E	04/15/2011	01:00 PM
					04/16/2011	03:30 AM
					04/21/2011	11:30 AM
					04/26/2011	02:00 AM
					05/10/2011	02:00 AM

Public affairs Host Dr. David Banks talks with Patricia Lindley of the Choices Pregnancy Resource Center. Pat explains Choices is a pregnancy education center. Here they give the mother the choice of either an abortion, adoption or carrying the child to term. They try to explain and discuss the consequences of each of these choices. Choices do not in any way sanction abortion or perform abortions. They provide alternative solutions and information about the medical and mental health issues that arise from choosing abortion. Choices believe that a choice made without knowing what has been chosen, is no choice at all. They first started off about 10 years ago as a free pregnancy test center. They were listed in the phone book as AAA Women's Center. (So they could be first in the phone book.) They have grown to a large center that provides education, counseling, resources, support, ultrasounds and pregnancy testing for free. Pat takes out a plastic fetus that fits in the palm of her hand to show the audiences how the fetus is completely formed at a time when the mother may still choose to abort the baby. She discusses the consequences emotionally of aborting a baby. She likens it to post traumatic stress syndrome. She talks about how they support a mother's choice and that if she so chooses to carry the child to term what resources are available to help. Contact information given.

Family

Joy In Our Town #410-042211	30:00	13:32	LCL	PA/O/E	04/22/2011	01:00 PM
					04/25/2011	11:30 AM
					04/26/2011	03:30 AM
					05/03/2011	04:00 AM
					05/10/2011	03:30 AM

Dr. David Banks talks with Wayne Keylon of the Transformation Project and Chaplain William Kizziar of the Hamilton County Sheriff's Office about family support of inmates. Wayne Keylon discusses the alternative support program for addiction related inmates, both pre and post release. Dr. Banks asks Wayne Keylon how he handles the relationships between family and inmates. Wayne Keylon explains how the Transformation Project works with not only inmates, but with the entire family on Thursday nights - building relationships between inmates and offenders family members. Thursday nights include a meal, prayer requests, praise reports and devotions. Monday nights are for small groups which include inmates and family members. Dr. Banks asks Wayne how do you deal with 1st) family members who never want to see inmates, and 2nd) family members who are enablers. Wayne explains that you have to allow an inmate to be responsible for his own actions. He explains that tough love does not allow the inmate to use the family member but allows space for the inmate to be able to grow. Family members learn how to pray for and encourage inmates, at the same time they also learn how not to become enablers. He also shared about speaking the truth in love and about holding inmates accountable for their actions past, present, and when they get out of jail. Chaplain Kizziar shares the story of an actual father-son who are inmates and the desire of the father to be reconciled back to his son. He explains how the Transformation Project offers classes for relationship building, and helping families work through their issues in order to come back together as a family. Chaplin Kizziar shares how he works mainly with the inmates inside jail. Chaplin Kizziar tells of needing Bibles and volunteers to work at the jail.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Family</i> Joy In Our Town #413-051311	30:00	13:29	LCL	PA/O/E	05/13/2011	01:00 PM
					05/14/2011	03:30 AM
					05/16/2011	11:30 AM
					05/17/2011	03:30 AM
					05/24/2011	02:00 AM

Public Affairs host for WELF, Dr. David Banks talks with Norman Sabin of Sabin and Associates. The focus today is developing a family legacy passing on wealth and assets to our family members. These assets consist of wealth-hard assets personal things we own such as homes etc; values- spiritual moral and wisdom. The family goals to pass on assets with the mind set for them to manage the assets effectively. Families are encouraged to develop trust funds to protect the inheritance in case of disability and death. Trust and estate plans will assist in helping children misusing their inheritance that has been passed on as a legacy. A trust plan allows families to pass along a legacy to structure the assets to take care of immediate life situations such as nursing home provisions, plus allow the children to be established with assets. The estate plan is a plan that is written down so everyone can see how the inheritance can be distributed as the family member desired. Families should consider even a will if they feel a trust fund isn't necessary that way the state won't acquire all the family assets. Instead the inheritance will go directly to the family as directed by the courts. www.sabinestateplanning.com

<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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Environment

Joy In Our Town #410-042211	30:00	13:29	LCL	PA/O/E	04/22/2011	01:00 PM
					04/25/2011	11:30 AM
					04/26/2011	03:30 AM
					05/03/2011	04:00 AM
					05/10/2011	03:30 AM

Public Affairs host for WELF, Dr. David Banks talks with Master Gardener Tom Stebbins of the UT Extension in Hamilton County. Tom's role in Hamilton County is teaching people about agriculture. He teaches people how to grow vegetables the right way. In today's fast pace lifestyle, Tom explains why people should garden:

- 1) To save money
- 2) Connect with nature.

Tom shares how attending a class on gardening (at the Chattanooga Food Bank) can make the experience more enjoyable. Tom talks about where a garden could be located, the use of water, and then the decision of what to grow. It is good to start simple: lettuces, greens, carrots, or radishes.

Tom then discusses animals that eat gardens, fences for small animals, and how to not use chemicals on your garden. Tom explains the reason for a local garden – we get most of our food from 100-1000 miles away. This will help the environment by saving on fuel costs. Health reasons are healthier food grown locally. Tom explains the difference between good and bad insects. Butterflies are good for pollination and moths eat vegetables. Most bees are helpful, and 90% of spiders are beneficial. Only 2 spiders are harmful – the Brown Recluse and the Black Widow. Tom talks about the rain barrel program that is helping conserve water that can be used on the garden, and about the role parents can have in teaching their children about gardening. Contact information given.

Environment

Joy In Our Town #411-042911	30:00	13:32	LCL	PA/O/E	04/29/2011	01:00 PM
					04/30/2011	03:30 AM
					05/02/2011	11:30 AM
					05/03/2011	04:30 AM
					05/05/2011	03:30 AM
					05/10/2011	04:00 AM

Public affairs host Dr. David Banks talks with Tom Stebbins the Master Gardener at the University of Tennessee Extension. They focus on environmental issues and education of the community concerning the stewardship of the environment. Tom brought up the Master Gardener program that the extension office offers each year. This is a special program of intensely focused classes that include botany, wildlife conservation, landscape stewardship and design. It is free and a person would obtain a Master Gardeners Certificate upon completion. In order to qualify a person must already have obtained education in a related field or years of experience commensurate, they must also be able to commit to a number of hours per year doing community service and outreach. Master Gardeners are required to go out into the community and educate in schools and churches. They must be able to do outreaches, demonstrations in public places, teach at events and participate in forums to lead, teach and encourage the public in proper use and stewardship of the environment. They believe that the environment and gardening is so closely tied, it cannot be separated. The program has over 200 Master Gardeners who have given over 17 thousand hours this past year in teaching and sweat equity. These people have gone in and set up box gardens for the disabled in schools and public places in the Chattanooga area. This year the big project is at the aquarium. There is a large public butterfly garden, the gardeners do all the maintenance and teach students about the environment. They will help any nonprofit organization where they can turn it into a teaching opportunity for the public. This year M/G's have started 20 community gardens for feeding the community and involved many others in taking ownership of their community's environment.

<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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Environment

Joy In Our Town #415-052711	30:00	13:29	LCL	PA/O/E	05/27/2011	01:00 PM
					05/28/2011	03:30 AM
					06/02/2011	03:30 AM
					06/07/2011	03:30 AM
					06/09/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks features Naturalist Christine Rose of Cloudland Canyon State Park. The park is in Rising Fawn, GA, which is located in the upper Northwest corner of the state. Ms. Rose spends the vast majority of her days outside in Cloudland Canyon, on the western edge of Lookout Mountain, leading people on hikes to see the rugged geology, waterfalls, plants and wildlife. The 3,485 acre park straddles a deep gorge cut into Lookout Mountain by Sitton Gulch Creek; elevations differ from 800 to 1,980 feet. Naturalist Rose advocates the "No Child Left Inside" movement, encouraging everyone to get outside and connect with the environment. She believes the movement not only teaches children to become good stewards of the earth, but also fights obesity. She conducts Junior Ranger Summer Camps, where kids peel themselves away from videogames and spend the entire day outside; participating in what she calls the old-fashioned activities of hiking, exploring, fishing and going on hayrides. She also offers numerous programs where grandparents, parents and children can interact, including night hikes with no flashlights, bird-watching and craft programs. Naturalist Rose brought along a creature from the Park's Interpretive Center, a non-venomous snake commonly known as a red rat snake or corn snake. She explains how important this non-venomous snake is to the environment. She cautions against killing these types of snakes and relates how important they are in the environmental food chain. They discuss what animals are eliminated by this type of snake and what would happen if people keep killing them. Contact information is given.

Environment

Joy In Our Town #416-060311	30:00	13:33	LCL	PA/O/E	06/03/2011	01:00 PM
					06/04/2011	03:30 AM
					06/06/2011	11:30 AM
					06/07/2011	04:00 AM
					06/14/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks interviews Gregory Vickrey and Erin Ouzts, representatives from the North Chickamauga Creek Conservancy. NCCC Executive Director Vickrey says the paramount effort of his non-profit organization is to protect the watershed of the North Chickamauga Creek, which begins on Walden's Ridge and empties into the Tennessee River just below Chickamauga Dam. Mr. Vickrey says the Conservancy also works with numerous organizations to improve the 220-acre North Chickamauga Creek Greenway trail system managed by the City of Chattanooga. Ms. Ouzts is with the national AmeriCorps program and works for the Conservancy as watershed development coordinator. She says the biggest threats to the North Chickamauga Creek's watershed are acid mine drainage from nearly century old abandoned mines and storm water run-off from roads, driveways and lawns. The Conservancy continuously monitors water quality of the creek. Ms. Ouzts says she is starting a voluntary monitoring program in local schools and will be training area teachers this summer. She says the Conservancy has a dedicated volunteer base of 135 people and encourages new volunteers. Contact information is given.

<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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Environment

Joy In Our Town	30:00	13:19	LCL	PA/O/E	06/10/2011	01:00 PM
#417-061011					06/11/2011	03:30 AM
					06/13/2011	11:30 AM
					06/16/2011	03:30 AM
					06/21/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks features Jeanette Eigelsbach of Scenic Cities Beautiful, the Chattanooga/Hamilton County affiliate of the National Keep America Beautiful initiative. Ms. Eigelsbach talks about the loss of native plants and native species in the local area, because of deforestation from development and loss of farmland. Not only forests, but the edges of pasture lands provide habitat for native plants, insects and small mammals, says Ms. Eigelsbach. She partners with local organizations to preserve and protect Hamilton County's natural beauty. She says the loss of our big native trees degrades water quality, because trees help to absorb rainfall. With the absence of trees, rain comes down harder, rushing down gullies, eroding banks, carrying sediment, pesticides, fertilizers and fungicides into the Tennessee River, our area's primary water source. Ms. Eigelsbach works with local organizations such as Reflection Riding and the Chattanooga Audubon Society to pull invasive weeds and actively plants native species in entry ways and public places. She offers a number of programs to schools, day-cares, scouts and seniors; including how to plant a local butterfly garden and the importance of pollinating insects for growing vegetables, fruits and nuts. Contact information is given.

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

Joy In Our Town #416-060311	30:00	13:32	LCL	PA/O/E	06/03/2011	01:00 PM
					06/04/2011	03:30 AM
					06/06/2011	11:30 AM
					06/07/2011	04:00 AM
					06/14/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks interviews married couple Dana and Kevelin Kinamore, representatives of the Chattanooga chapter of the American Association of Multi-Cultural Youth Training and Development, Inc. MYTD partners with Weed and Seed, a community-based strategy sponsored by the U.S. Department of Justice. The community targeted is an approximately 8.5 square mile area in East Chattanooga with meetings the 2nd and 4th Saturdays of each month for 5- to 17-year-olds at the Glenwood Recreation Center. MYTD Director of Operations Dana Kinamore says the primary focus of this Christian non-profit organization is to provide male and female mentors to offer alternatives to gangs and avoid teen pregnancy. MYTD Project Manager Kevelin Kinamore teaches the youth biblical principles from the Book of Proverbs and stresses abstinence from sex until after marriage with a program entitled The Purity Project. During the summer, MYTD sponsors field trips that involve parents along with the kids and young adults. Contact information is given.

Youth

Joy In Our Town #416-061011	30:00	13:30	LCL	PA//E	06/10/2011	01:00 PM
					06/11/2011	03:30 AM
					06/13/2011	11:30 AM
					06/16/2011	03:30 AM
					06/21/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks delves into the Chattanooga YMCA Youth Community Action Project (Y-CAP) with Y-CAP Regional Director Joe Smith. This intervention/prevention program tutors mentors and counsels at risk students aged 10-14, who are referred to Y-CAP through the juvenile court or school system. Mr. Smith says the program conducts psycho-social assessments not only with the students but their caregivers as well. An action plan is specifically designed for each student and caregivers are taught how to set and maintain appropriate boundaries. Mr. Smith says students typically attend the program for six months, arriving immediately after school until 6:30pm each weekday during the school year. Summer hours are 9am to 4pm with a different theme each week. Y-CAP charges no fees. Tutors are provided by McCallie, Baylor and UTC, with volunteers acting as mentors. Because Y-CAP wants to make sure that mentors and caregivers are sending consistent messages, Mr. Smith says Y-CAP representatives conduct "living room therapy" and spend time in the home. He says once a student achieves satisfactory grades in school and the caregiver reports a stable relationship with the student, then the child is discharged; but an alumni group continues to monitor the family several times per month. Mr. Smith said volunteer mentors are needed in Hamilton and Bradley Counties. He plans to expand Y-CAP into Rhea County, if funds become available. Contact information is given.

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

Joy In Our Town	30:00	13:32	LCL	PA//E	06/17/2011	01:00 PM
#418-061711					06/18/2011	03:30 AM
					06/20/2011	11:30 AM
					06/21/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks speaks with Ryan Ivey of the Cherokee Area Council, Boy Scouts of America. Ryan is a professional Boy Scout; he works for the Cherokee Area Council which serves all of Chattanooga and North Georgia. Dr. Banks asks Ryan to give the viewers a brief history of the Scout organization. He explains how it began in England and came over to the U.S. and grown to what is no known as one of the largest volunteer organizations in the world. They discuss the focus of the organization: to raise and instill values in young men. Dr Banks asks Ryan to elaborate on the challenges they are facing with accomplishing their focus. Ryan explains the current culture is not physically fit due to video games nor are they socially active. Children are very sedentary. Boy Scouts try to engage boys by blending technology with nature in their programs. The objective is to get these young people thinking outside the box, get their attention, challenge them and help them to find their purpose in life. These programs help build leadership skills and also engage parents with their children. Scouting encompasses a wide age range and is co-ed (Girl Scouts too). In the recent disasters hitting our area the Scouts were very active in helping the community with the clean-up effort. Ryan cites several heartwarming stories involving scouts helping storm victims. He relates an incident where some scouts were out driving after the storm and found a man pinned in his car from the tornado. The scouts rushed to help, freeing the man. Ryan explains these life lessons will stay with these young men forever. Contact information given.

Youth

Joy In Our Town	30:00	13:30	LCL	PA//E	06/22/2011	03:30 AM
#419-062411					06/24/2011	01:00 PM
					06/25/2011	03:30 AM
					06/28/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks speaks with Coach Gary Bloodsaw, Ministry of Sports, and Sports Camp. Coach Bloodsaw is a full time Coach and educator for a local middle school. He created a program that serves underprivileged, at risk children living in below poverty and inner city areas. This program runs throughout the summer and during the different sport seasons during the weekends and after school. Dr. Banks asks Coach to discuss the biggest challenges he faces with the young people coming into his sports programs. Coach explains that as a full time educator he has seen over the years the family deteriorate to the point where children are not getting life skills or morality or even love and affirmation passed down to them. He notes these children are being drawn into gang membership because it is a tight knit group that simulates a family. Most of the children he serves have very low self esteem due to lack of a father influence. He sees the needs of these children not being met and has strived through his programs to give these children the help they crave. He teaches relationship skills, seeks to build up self esteem, sport skills, professional skills and social skills. They go on trips to play other teams, they provide after school tutoring and extracurricular events to keep the children engaged in sports instead of gangs and trouble. Dr. Banks asks Coach to cite some examples of success stories, Coach relates several, including one where he took a child into his home and he is now a college graduate in a successful job. Coach explains how a child or parent can get involved, contact information is given.

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

Joy In Our Town	30:00	12:53	LCL	PA//E	06/27/2011	11:30 AM
#420-062711					06/28/2011	03:30 AM
					06/30/2011	03:30 AM

WELF-TV Public Affairs Host Dr. Banks talks with Ms. Katie Harbison, the Director of Development for the Children's Home Chambliss Shelter. Chambliss has been in the community for over 138 years, it is the oldest social service agency in area. It was started in 1882 by a group of local women who saw that children were being orphaned after the yellow fever epidemic and they had nowhere to go and five churches from the downtown area got together and started the organization. The Women's Christian Association and later changed their name to The Children's home, it was an orphanage until 1960. Currently they are a 24 hour a day childcare center, helping parents attend school or work during off hours when there is not any traditional childcare services available. Chambliss offers the children's shelter for young people who are in state custody or have been removed due to abuse or neglect. They also offer housing to children coming out of juvenile incarceration. The shelter can only accommodate eight children so they also utilize foster families in order to meet the growing need in Hamilton County. They focus on early childhood education, to ensure pre-school children have the necessary skills to enter Kindergarten. Children are received as young as 6 weeks old. Once they are taken in, an assessment is done to determine if there are any learning disabilities, or a deficit in fine motor skills. Once their needs are determined they are referred out to various agencies that can help. An annual survey is done to see how many of their students actually graduate to first grade, last year 100 percent of the children achieved that goal. What makes this exceptional is the fact that 80 percent of these children are at or below the poverty levels for living. Katie adds the center also has classes for parents teaching them how to keep a healthy balance between work and home. They also offer numerous mini training seminars throughout the year dealing with the spectrum of parenting skills. Katie notes that a large number of children that have gone through the program come back years later to thank them, and quite a few apply for jobs there. Contact information was given.

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

Joy In Our Town	30:00	13:21	LCL	PA/O/E	05/06/2011	01:00 PM
#412-050611					05/06/2011	03:30 AM
					05/09/2011	11:30 AM
					05/10/2011	04:30 AM
					05/17/2011	02:00 AM

Public Affairs Host Dr. David Banks talks with Casey Hobbs, Walker county 4-H, UGA Extension about education. They discuss the issue in the light of recent school budget cuts and increased teacher load the schools are burdened to educate students to the federal standard. Casey explains how the North Georgia 4H is a unique program that comes along side public schools to partner with and support public education. The 4-H has hands on program that comes into North Georgia schools and teaches children the lessons in a unique way that helps the facts bring home to the students in a different way. The 4-H here in North Georgia is one of the few 4-H programs in the country that will come into the schools during school hours to help with education. Most 4-H programs are afterschool. Here in Dade and Walker County the 4-H program meets with the 5th and 6th grade teachers to plan lessons that compliment what is currently planned. Next year they plan to implement the program on a 3rd and 4th grade level. They develop leadership skills, expose children to outside events in the community, teach communication skills and enrich science and social studies lessons. The goal of the 4-H in N. GA is to help children graduate with better values and life skills and to become leaders of tomorrow. At the end of each school year 4-H receives evaluations form the individual teachers on how well they were able to support the outside portion of student education. There are other activities that children can be involved in after hours. They have summer camp, livestock showing, archery, shooting sports and community service project involvement. Parents don't have to do anything except sign their children up at the beginning of the year for 4-H and support the children's involvement. Contact information given.

Education

Joy In Our Town	30:00	13:32	LCL	PA/O/E	05/20/2011	01:00 PM
#414-052011					05/21/2011	03:30 AM
					05/23/2011	11:30 AM
					05/24/2011	03:30 AM
					05/26/2011	03:30 AM
					06/07/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks interacts with two child-size puppets from Chattanooga's Kids on the Block and the troupe's Executive Director Kelly Williams. In existence since 1979, Chattanooga's Kids on the Block is one of the national organization's oldest programs, serving 14 area counties in Tennessee and Georgia. Executive Director Williams says Chattanooga's Kids on the Block performed more than 400 times in 2010 on a variety of topics, designed to empower children to stay safe and healthy. The highly trained puppeteers use a form of puppetry called Bunraku, where they dress in black and become shadows behind the puppet. Today's performance concentrates on bullying. Puppets Eddie and Claire explain that bullying can be mental or physical. Their #1 tip to children when confronted with bullying is to notify an adult and keep notifying adults until you find someone who will listen. To avoid becoming a target of bullies, the puppets suggest carrying yourself with confidence by standing up straight and tall and looking people straight in their eyes. The puppets also say safety in numbers is a good rule of thumb, because bullies are more likely to pick on someone who is alone. Executive Director Williams encourages schools and organizations to contact her to schedule the puppets. Contact information is given.

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

Joy In Our Town #415-052711	30:00	13:26	LCL	PA/O/E	05/27/2011	01:00 PM
					05/28/2011	03:30 AM
					06/02/2011	03:30 AM
					06/07/2011	03:30 AM
					06/09/2011	03:30 AM

Two child-size puppets from Chattanooga's Kids on the Block and the troupe's Executive Director Kelly Williams interact with WELF-TV Public Affairs Host Dr. David Banks. This is the second WELF-TV Joy in Our Town installment showcasing a different program of the 40 topics performed by Chattanooga's Kids on the Block. Kids on the Block, Inc. are an award-winning international educational program created in 1977 by Teacher Barbara Aiello, when mainstreaming children with disabilities into classrooms became law. It is designed to help introduce children with special needs into the school classroom, featuring child size puppets to carry out its mission. The Chattanooga puppet troupe performs 400 times each year in 14 area counties. The two puppets appearing on WELF are Puppet Mark Riley, who has cerebral palsy and uses a wheelchair that he calls his "cruiser;" and Puppet Renaldo Rodriguez, who is blind and walks with a cane. By explaining their conditions, the puppets demonstrate that it is OK to be different and encourage tolerance. The puppets invite questions. Children open up to them because they feel their friendship. Kids on the Block performances are designed for specific grade levels and audiences. Contact information is given.

Education

Joy In Our Town #418-061711	30:00	13:26	LCL	PA/O/E	06/17/2011	01:00 PM
					06/18/2011	03:30 AM
					06/20/2011	11:33 AM
					06/21/2011	03:30 AM

WELF Public Affairs host Cynthia Adams talks with Danielle Clark, Hamilton County Board of Education Outreach Coordinator. They discuss education and school readiness and how it is implemented in the Hamilton County area. Ms. Clark says that education has changed greatly over the last 10 years. Children should now be coming to kindergarten with knowledge of their alphabet and numbers. Tennessee has recently set new standards, curriculum previously taught in first grade is now being taught in kindergarten. Because of the numerous private preschool/daycare programs out there many middle class children are starting kindergarten with good basic reading skills. However children whose families fall in the lower income bracket appear to be at risk for falling behind before they even reach kindergarten. Studies show that the students needing the most help are those not having access to early childhood development or intervention programs. Tennessee Governor Phil Bredeson initiated a pre-k program offered free to low income families. The fees are funded by state and county school tax dollars. The new program targets "at risk" children. One important aspect of the new pre-K curriculum teaches cognitive and fine motor skills as well as socialization and etiquette. Here in Chattanooga, Mayor Ramsey recently began the Read 20 initiative. This encourages parents to read to their child for 20 minutes daily. This improves reading skills and helps a child to succeed. Ms. Clark states current research shows that a child not reading at grade level by the third grade is more likely to drop out. They are also now focusing on preparing elementary students for a college career. Research shows most jobs now require at least a 2 year degree. To have stable employment graduates will need more than a high school diploma. Currently, 72-73% of Hamilton County students plan to get a post graduate education. Ms. Clark talks about the "Career Academies" that are part of some of the area high schools; here students can earn college credits. She gives contact information.

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

Joy In Our Town	30:00	13:32	LCL	PA/O/E	06/22/2011	03:30 AM
#419-062411					06/24/2011	01:00 PM
					06/25/2011	03:30 AM
					06/28/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks talks with Janet Hunt, Lookout Mountain Home School Association. Dr. Banks asks Janet to explain why she chose to home school her child. Janet explains why she chose personally due to learning differences in her child as well as elaborates on the many reasons why parents may want to pursue this avenue of education for their children. They compare the differences between public education and home education. Giving examples of types of teaching styles and classroom situations vs. what can be accomplished at home. Janet compares in general the research indicates home school children score higher on standardized testing: 70th percentile vs. public education students scoring in the 50th percentile. She mentions the differences between boys and girls and how they learn, citing boys do better in a private or home setting because their learning style is generally more active. She notes that due to budget cuts, recess is only once a week in the public setting and it can be more frequent at home. Janet also brings up the fact that due to the economy there are a lot of parents out there who would like to put their children in a private school setting because standards are generally higher but cannot afford the tuition. They discuss the types of learning styles and how well they fit into home schooling practices: hands on and interactive. The time constraints of a traditional classroom do not allow in depth learning. Dr. Banks brings up the question of socialization, Janet answers by pointing out that school does not guarantee friendship and there is a misconception that children's social needs are met at school. She cites examples of how home school children are able to develop deeper, lasting friendships because they have more time to structure activities conducive to development of friendship. They discuss how she balances family life and education. Contact information and website given.

Education

Joy In Our Town	30:00	13:32	LCL	PA/O/E	06/27/2011	11:30 AM
#420-062711					06/28/2011	03:30 AM
					06/30/2011	03:30 AM

Public Affairs host for WELF, Dr. David Banks talks with Betsy Sunder, Home School Parent using Georgia Cyber Academy. Georgia Cyber Academy is a state sanctioned program using state sanctioned curriculum that families may participate in to educate their children. The program is paid for by Georgia school tax dollars; parents must comply with the Georgia education standards in order to utilize this program. Betsy explains how the program works; it is a public school in a home setting. They are required to conform to all the standards and legal paperwork that Georgia public education teachers must meet. The curriculum is free, the Georgia Cyber academy has been in existence in our state for four years and it been utilized for over 10 years in many other states. Betsy explains how this type of education is a hybrid of public education; it offers the best of both worlds. Betsy explains the process of how a student can enroll. Then Dr. Banks asks Betsy's children how they like this learning system. They each explain their different reasons and they all agree this system offers the most flexibility for students. Dr. Banks asks Betsy to answer the critics of homeschooling regarding socialization. Betsy brings up the point that parents can control the types of socialization and allow it to be in a more positive climate, minus bullying and other negative issues that occur in traditional public education. Dr. Banks looks over some of the textbooks Betsy brings, she comments on their effectiveness in a positive way. Betsy explains how Georgia cyber academy chooses curriculum and adds how much support the teacher/mentors provide to parents. Dr. Banks addresses the boys about study habits and asks them to elaborate on how they stay disciplined. Their various comments indicate they each have individual techniques to keep on track. They discuss holidays and off times, which are the same as public school. Then Betsy elaborates on why she and her husband chose this method. Contact information given on where to access the GA Cyber Academy.

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

Joy In Our Town #412-050611	30:00	13:31	LCL	PA/O/E	05/06/2011	01:00 PM
					05/06/2011	03:30 AM
					05/09/2011	11:30 AM
					05/10/2011	04:30 AM
					05/17/2011	02:00 AM

Public Affairs host Dr. David Banks talks with United Way Public Affairs Director Kelly Nave about volunteerism. The focus is civic affairs. They discuss how much of the community needs volunteers to run. Volunteerism is the backbone of community service organizations. Most Non-profit or community service organizations need volunteers to continue functioning due to their budget restraints. Even government run organizations are in need of help. Chattanooga utilizes 125 thousand volunteers a year. Their experience or hourly wage is valued at approximately \$20.00 per hour. That adds up to over 4 million dollars a year in labor hours that is needed to run our community service organizations. That figure is staggering. Kelly explains how they go about obtaining volunteers for these organizations in need. Some corporations contact her about doing a project; sometimes people with a certain skill set also contact her. But a lot of Senior Citizens are utilized through the Alexian Brothers Senior Neighbor program. Here there are retired people who just want to give back to the community. Perhaps they would just like to do something fulfilling or build skill sets in a certain area in order to obtain a part-time job to supplement their retirement. They also utilize student who are fresh out of college, who need to build their resumes. Then there is the Foster Grandparent program. Kelly explains that it is a medical fact that volunteering supports good health. People who volunteer are generally healthier and happier. Contact information is given.

Civic Affairs

Joy In Our Town #414-052011	30:00	13:17	LCL	PA/O/E	05/20/2011	01:00 PM
					05/21/2011	03:30 AM
					05/23/2011	11:30 AM
					05/24/2011	03:30 AM
					05/26/2011	03:30 AM
					06/07/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks talks with FEMA (Federal Emergency Management Agency) and SBA (Small Business Administration) representatives providing assistance to residents in Georgia affected by the April 27-28, 2011 tornadoes. The first step to receiving federal assistance is to complete an application at a FEMA Disaster Recovery Center, online or by telephone. FEMA Public Information Officer Bill Lindsey says that at the time of this interview 13 FEMA Disaster Recovery Centers were operating in Georgia. The centers are the focal point for FEMA, SBA, and numerous state, city and volunteer agencies offering support to people impacted by the tornadoes. FEMA's primary purpose is to provide emergency housing for homeowners and renters whose residences are no longer habitable. PIO Lindsey says FEMA can underwrite the cost of lodging and defray the cost of replacing your home. As of May 20, 28 full-time inspectors for FEMA had conducted 1,958 inspections on structures damaged or destroyed by the tornadoes. Mr. Lindsey says it is currently taking less than 24 hours from the time a Georgia resident completes an FEMA application until a home is inspected. Mr. Lindsey says FEMA assistance is in the form of a grant that is non-repayable. SBA Public Affairs Specialist Richard Daigle explains that the SBA provides low-interest loans to homeowners, renters and businesses. Mr. Daigle says a homeowner can receive a loan of up to \$200,000 with an interest rate as low as 2.5% with no closing costs. In addition, homeowners and renters are eligible for loans up to \$40,000 for personal content loss. Mr. Daigle says businesses can receive loans for physical loss and economic injury up to \$2 million with interest rates as low as 4%. Contact information for both FEMA and SBA is given.

Trinity Broadcasting Network

WELF-TV

July, August, September 2011

Eastern Time

Leading Community Issues

Health

Family

Public Safety

Drugs and Alcohol

Crime

Civic

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

Joy In Our Town	30:00	13:32	LCL	PA/O/E	07/01/2011	01:00 PM
#421-070111					07/02/2011	03:30 AM
					07/07/2011	11:30 AM
					07/12/2011	04:00 AM
					07/26/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks features Dr. Susan Raschal of Covenant Allergy & Asthma Care in Chattanooga, TN. Dr. Raschal's practice primarily focuses on children, but she treats adults as well. Dr. Raschal says 90% of people who have asthma test positive for allergies, but by treating allergies early in life asthma can be avoided. She says a 2006 study in the official American Academy Journal of Allergy showed that half of children who were aggressively treated for severe allergies—and otherwise would have developed asthma—did not develop asthma when they practiced allergy avoidance measures and received allergy injections. She explains that the four common symptoms of asthma are coughing, wheezing, shortness of breath, and chest tightness. The triggers for asthma she cites are allergies, exercise—especially in cold air, and viruses—especially suffering from frequent common colds or from colds that last weeks. She is a strong believer in insuring that her patients and their parents completely understand the diseases and goes to great lengths, including using models, to detail all aspects of allergies and asthma. She also offers anesthetizing cream and “ouchless” injections to block pain. Contact information is given.

Health

Joy In Our Town	30:00	13:15	LCL	PA/O/E	07/08/2011	01:00 PM
#422-070811					07/09/2011	03:30 AM
					07/11/2011	11:30 AM
					07/12/2011	04:30 AM
					07/14/2011	03:30 AM
					07/19/2011	02:00 AM
					07/26/2011	03:30 AM

This is the 2nd installment featuring Dr. Susan Raschal of Covenant Allergy & Asthma Care in Chattanooga, TN; hosted by Dr. David Banks of WELF-TV. Dr. Raschal says the Chattanooga area is well known for allergies and sinus problems, because of our long growing season with residents 10 months out of the year being exposed to pollen; and because we live in a valley surrounded by mountains, creating a bowl trapping pollutants. Symptoms differ for allergies and rhinitis--what many people in our area call “sinus.” Dr. Raschal says people with allergies experience itching of the eyes, while people with rhinitis don't. Rhinitis is often caused by weather changes, changes in the barometric pressure, or abrupt changes in temperature; and sufferers frequently experience headaches, says Dr. Raschal. Her practice is faith-based and she believes in a common sense approach with a heavy dose of educational information to treat her patients. Contact information is given.

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

Joy In Our Town #423-071511	30:00	13:25	LCL	PA/O/E	07/15/2011	01:00 PM
					07/16/2011	03:30 AM
					07/18/2011	11:30 AM
					07/19/2011	03:30 AM
					07/21/2011	03:30 AM
					07/26/2011	04:00 AM

WELF-TV Public Affairs Host Dr. David Banks interviews Dr. Karen Weigle about Autism. Dr. Weigle is the director of clinical services at The TEAM Centers of Chattanooga, and is also a clinical psychologist providing direct services to families at TEAM. The clinic is located directly across from Erlanger Hospital at 1000 East 3rd Street in Chattanooga, offering assessments, evaluations and treatments for people with autistic developmental disabilities of all ages. Dr. Weigle says autism is identified four times more often in males than females. She says a telltale sign of autism in children is that they appear to be deaf in that they do not respond when their name is called or to sudden noises, such as a loud bang when something is dropped. They often engage in repetitive behaviors such as flicking fingers, flapping hands, or rocking back and forth for long periods of time to the exclusion of social interaction. She says typical children use gestures or point to show what they want and need, instead of talking or making eye contact. On the Autism Spectrum Disorder is Asperger's Syndrome identified in adults as unavailable emotionally, and doing things because they are supposed to and not because they want to, having difficulty in relationships, and appearing insubordinate in interactions with superiors. Dr. Weigle says TEAM offers physical therapy, occupational therapy, speech & language therapy, behavior therapy, as well as, counseling for parents. The website is <http://www.teamcenters.org/> Additional contact information is given.

Health

Joy In Our Town #424-072211	30:00	12:49	LCL	PA/O/E	07/22/2011	01:00 PM
					07/23/2011	03:30 AM
					07/25/2011	11:30 AM
					07/26/2011	04:30 AM
					07/28/2011	03:30 AM
					08/09/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks welcomes Jenny Rioux and Hunter Lindberg of the Chattanooga Support Group of the Tourette's syndrome Association and Rhett Sewell of the Tourette Information Center & Support (T.I.C.S.) of Georgia. Both Hunter and Rhett have been diagnosed with Tourette's, which is a neurological genetic disorder typified by sudden, brief, intermittent movements and sounds over which you may have little or no control (tics). Symptoms range from mild to severe and debilitating. Both Hunter and Rhett say Tourette's symptoms often spike in puberty and they became acutely aware of their Tourette's symptoms in middle school. Rhett says, "It was a horrible roller coaster of emotions." Hunter says, "You get noticed in ways you don't want to be noticed." Now in their 20s, they are ambassadors who work with those with Tourette's to develop positive attitudes and social comfort. Each educates many others about the syndrome at schools and churches. In addition, every summer Rhett spends a week as a counselor at a camp for children ages 7-17 with Tourette's Camp "Twitch and Shout " in Winder, Ga., operated by T.I.C.S. Contact information is given 770/901-9998 for Georgia, web address for Georgia:

<http://www.k12academics.com/national-directories/organization/tourette-syndrome-association-georgia.>

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

Joy In Our Town	30:00	13:25	LCL	PA/O/E	07/29/2011	01:00 PM
#425-072911					07/30/2011	03:30 AM
					08/01/2011	11:30 AM
					08/02/2011	02:30 AM
					08/04/2011	03:30 AM
					08/09/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks highlights Volunteers in Medicine of Chattanooga with VIM President Nancy Franks. Established in Chattanooga in 2005, VIM serves as a primary care clinic for Hamilton County's low-income, uninsured population. Ms. Franks says in Hamilton County, 1 in 5 adults, ages 19-64, have absolutely no health care either through TennCare, Medicare, Medicaid or private insurance. She says VIM protects this population of uninsured, who qualify if they are up to 200% of the federal poverty limit. Ms. Franks says approximately 100 doctors, nurses and non-medical personnel donate their services each month to the VIM primary care clinic that has a board of seven people, who represent Christian churches in Hamilton County. She says the board's guiding principle is from the biblical chapter Matthew 25, when Jesus professes, "I was sick and you cared for me." In recent months, Ms. Franks says 12 people have been diagnosed with cancer and she says with VIM's diagnoses those patients have qualified for care at local hospitals. The clinic handles more than 6,000 patient visits annually and Ms. Franks says they are currently running at capacity, but encourages low-income, Hamilton County residents to contact the clinic at 423-855-8220 to find out when an opening may become available in the future.

Additional information and opportunities on how to volunteer are available at the website <http://vim-chatt.org/>.

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

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

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

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

Doctor #310	to Doctor	28:30	28:30	REC	PA/O/E	7/26/2011	9:30 AM
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Dr. Rita Hancock talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. **Dr. Randy Brinson** talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. **Dr. Jeffery Crowhurst** talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #311	28:30	28:30	REC	PA/O/E	8/02/2011	9:30 AM
<p>Dr. Bill Williams talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. Dr. Charles Simmons talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. Dr. Jill Westkaemper talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.</p>						
Doctor to Doctor #314	28:30	28:30	REC	PA/O/E	8/23/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #315	28:30	28:30	REC	PA/O/E	8/30/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #316	28:30	28:30	REC	PA/O/E	9/06/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #317	28:30	28:30	REC	PA/O/E	9/13/2011	9:30 AM
<p>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.</p>						

<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>
	28:30	28:30	REC	PA/O/E	9/20/2011	9:30 AM

Doctor to Doctor
#318

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.

<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	30:00	13:31	LCL	PA/O/E	07/01/2011	01:00 PM
#421-070111					07/02/2011	03:30 AM
					07/07/2011	11:30 AM
					07/12/2011	04:00 AM
					07/26/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks interviews First Things First Executive Director Julie Baumgardner. This not-for-profit organization started in 1997 in Chattanooga dedicated to strengthening marriages and families in Hamilton County. Ms. Baumgardner says the goals of First Things First are to reduce divorce, reduce out-of-wedlock pregnancies, and increase father involvement in the lives of their children. She says the organization accomplishes this through research-based media messaging and skills-based educational classes. Much of the organization's effort focuses on engaged couples. First Things First offers free 4-hour & 8-hour sessions that will qualify couples for a \$60 discount off their Tennessee marriage licenses. Topics include money, intimacy, realistic expectations, and managing conflict, which Ms. Baumgardner says is the biggest predictor of whether a couple can go the long haul in their relationship. She also recommends the organization's marriage enrichment courses, which are helpful during the first year of marriage as couples start to get on each other's nerves and begin to spew venom. She says you don't want anything to undermine your relationship. All classes are listed on <http://firstthings.org/>

Family

Joy In Our Town	30:00	13:26	LCL	PA/O/E	07/08/2011	01:00 PM
#422-070811					07/09/2011	03:30 AM
					07/11/2011	11:30 AM
					07/12/2011	04:30 AM
					07/14/2011	03:30 AM
					07/19/2011	02:00 AM
					07/26/2011	03:30 AM

Public Affairs Host Dr. David Banks interviews with First Things First Executive Director Julie Baumgardner. This episode focuses on the Chattanooga not-for-profit organization's commitment to healthy marriages by offering research-based classes for couples of all ages. Ms. Baumgardner says only 7% of people, including high school seniors; say they never want to marry. She states that statistics prove people in their 20s & 30s are significantly more marriage-minded than those in their 40s & 50s. Yet, Ms. Baumgardner says the American culture, primarily through the entertainment media, constantly bombards people with totally unrealistic expectations. She compares a great marriage to a great golf game, because neither come naturally. Both are intentional. You have to work on your golf swing and the intricacies of the game. Ms. Baumgardner says First Things First does NOT offer counseling, where couples bare their souls about their personal situations. She emphasizes the wide variety of 1- to 8-hour classes are presented in a high-energy environment packed with fact-based relationship information that can be put immediately to use. All classes are listed on <http://firstthings.org/> Contact information is given.

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

Joy In Our Town	30:00	13:25	LCL	PA/O/E	07/15/2011	01:00 PM
#423-071511					07/16/2011	03:30 AM
					07/18/2011	11:30 AM
					07/19/2011	03:30 AM
					07/21/2011	03:30 AM
					07/26/2011	04:00 AM

WELF-TV Public Affairs Host Dr. David Banks talks with Todd Agne, fathering coordinator for First Things First of Chattanooga. The goal of this local non-profit organization is to strengthen families through research-based education. Mr. Agne concentrates on getting fathers involved with their children through guy-friendly, visually stimulating, active workshops. He says research shows that 70% of dads are less excited about the birth of a child than mothers, but it is important for fathers to bond with their children within the first months of birth. Kids are better off physically, mentally and academically, when dad is involved, says Mr. Agne. First Things First offers special classes for dads-to-be and long-distance dads, who travel often or are divorced. This summer the organization sponsored a 3-day baseball camp at the Chattanooga Lookouts AT&T Field, where fathers joined their sons on the last day to participate and learn how to best coach their sons on the field and in life. The website is <http://firstthings.org/>

Family

Joy In Our Town	30:00	13:31	LCL	PA/O/E	07/29/2011	01:00 PM
#425-072911					07/30/2011	03:30 AM
					08/01/2011	11:30 AM
					08/02/2011	02:30 AM
					08/04/2011	03:30 AM
					08/09/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks welcomes Becky Page of Dade First Family Connection. Ms. Page represents Dade County in the Georgia Family Connection collaborative network, which is a public-private partnership sponsoring a representative in each of Georgia's 159 counties. With an expanded focus on overall child and family well-being, she says her office is funded by the Georgia legislature serving as a conduit for government, the private sector and communities. "I do not deliver services. What I do is try to connect everybody together," she says. Ms. Page launched into action after the April 27-28, 2011 tornadoes by working with all the government agencies, churches and local organizations involved to fill in the gaps for needy citizens of Dade County. Examples she gives are connecting one tornado survivor with the proper agency to pay for her arthritis medicine and another with a church who provided a tornado victim with a purse. Ms. Page is now working on a project to coordinate the services of mental health entities in Dade County to offer what she calls a Mental Health First Aid Course, "In light of the recent disaster, because people feel such despair." Ms. Page gives her contact information as 706-657-7273 and dade1st@msn.com.

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

Joy In Our Town	30:00	13:28	LCL	PA/O/E	08/19/2011	01:00 PM
#428-081911R1					08/20/2011	11:30 AM
					08/22/2011	03:30 AM
					08/23/2011	04:00 AM
					08/30/2011	03:30 AM
					09/01/2011	04:00 AM
					09/08/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks questions Tabi Upton, a Chattanooga therapist, who founded a website in 2008 to provide a comprehensive resource for local mental health services. The site <http://www.chattanoogacounselor.com/> offers access to counseling and psychiatric services, social services/non-profits with a focus on marriage and family enrichment, faith-based options, nutrition and fitness referrals as well as links to self-help information. Ms. Upton cites the increasing breakdown of the family unit and a more selfish culture as reasons for contributing to increased mental illness in today's society. "The idea that your own personal happiness is the most important thing," says Ms. Upton. "In past generations it was what was good for the whole community. That was the most important thing. So people sacrificed." She says that frequently pastors don't feel equipped to handle the numerous mental issues their congregations bring to them, such as addictions to pornography and transgender questions. She encourages Hamilton County pastors to refer their parishioners to her website as well as anyone else in the community who wants to confidentially access mental health information.

<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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Public Safety

Joy In Our Town #424-072211	30:00	13:08	LCL	PA/O/E	07/22/2011	01:00 PM
					07/23/2011	03:30 AM
					07/25/2011	11:30 AM
					07/26/2011	04:30 AM
					07/28/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks features June Puett and Anne Olson, extension agents with the University Of Tennessee Institute Of Agriculture in Hamilton County. Ms. Puett says in her 30 years with the Extension Service, she's recently noticed a sizeable uptick in the number of younger clients wanting to grow and prepare fruits and vegetables locally. They give an example of how a local town recently started their own community canning kitchen. They discuss how each town can start their own canning kitchen and give tips and knowhow related to this. The agents briefly discuss techniques for pressure canning, freezing, and water bathing fruits and vegetables. Each year, they offer four 2-hour workshops on these food preservation methods. Contact information is <https://utextension.tennessee.edu/Pages/default.aspx#Home Lawns>

Public Safety

Joy In Our Town #426-080511	30:00	13:32	LCL	PA/O/E	08/05/2011	01:00 PM
					08/06/2011	03:30 AM
					08/08/2011	11:30 AM
					08/09/2011	03:30 AM
					08/11/2011	03:30 AM
					08/16/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks gets the low down from U.S. Army 1st Sergeant Brian Fulkerson of the Reserve Unit 212th Transportation Company based in Chattanooga. The Chattanooga Reserve Unit returned from Afghanistan in April 2011 and then launched into action to provide local support for victims of the April 27-28, 2011 tornadoes by providing water and helping with the clean-up, says 1st Sergeant Fulkerson. "The primary goal of the reserves is to be a deployable force," says Fulkerson. "We also provide a safety net for the citizens of Chattanooga. If riots occurred, we would step in to help police control the situation," says Fulkerson. He also talks about how the community can support the soldiers in the local reserve unit, when they return from battle. He says often soldiers lose their jobs when they go on assignment, so that is an added stressor when they return home from an extremely hostile environment. He says soldiers in his unit receive tremendous training in the military and have the skill sets to become truck drivers, medics, and mechanics and logistics personnel in our area. He encourages businesses to contact Chattanooga reserve units, Veterans Affairs Department office or American Legions posts, when recruiting locally for positions.

<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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Public Safety

Joy In Our Town #428-81911R1	30:00	13:26	LCL	PA/O/E	08/19/2011	01:00 PM
					08/20/2011	03:30 AM
					08/22/2011	11:30 AM
					08/23/2011	03:30 AM
					08/30/2011	02:00 AM
					09/01/2011	04:00 AM
					09/08/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks interviews Dawn Ford, emergency response coordinator for the Chattanooga-Hamilton County Health Department. She heads the emergency preparedness program for Hamilton County, which she says Congress authorized after 9-11-01 and federally funds through the Tennessee Department of Health. Ms. Ford says all communities in Tennessee and Georgia have similar programs, so that all federal, state and local agencies can respond to an emergency in a cohesive manner. Flooding is the top emergency threat in Tennessee, says Ms. Ford. While she says the Tennessee Valley Authority has never had a radiation leak that created an emergency evacuation, the Chattanooga-Hamilton County Health Department coordinates with the Sequoyah Nuclear Power Plant in Soddy Daisy should such an emergency occur. Ms. Ford advises that all Hamilton County households should prepare for an impending disaster by compiling an emergency kit, a communications plan, place to go, and a person to contact. For more information, she recommends accessing the Federal Emergency Management Agency (FEMA) website <http://www.ready.gov/> or contacting her at the Hamilton County Health Department at 423-209-8074 or dawnf@hamiltontn.gov

Public Safety

Joy In Our Town #429-082611	30:00	13:25	LCL	PA/O/E	08/25/2011	11:30 AM
					08/26/2011	11:30 AM
					08/26/2011	01:00 PM
					08/27/2011	03:30 AM
					08/30/2011	03:30 AM
					09/06/2011	02:00 AM
					09/08/2011	04:00 AM
					09/15/2011	03:30AM

WELF-TV Public Affairs Host Dr. David Banks welcomes Philip Pugliese, who focuses on alternative transportation issues for Outdoor Chattanooga. A division of the Chattanooga City Parks & Recreation Department, Outdoor Chattanooga was created in 2003 and charged with marketing and promoting outdoor activities in Chattanooga. Mr. Pugliese says a generation ago 60% of children walked or biked to school, but now that figure is down to 12%. "We are engineering activity out of our children's lifestyles, which has a direct impact on health," says Mr. Pugliese. He believes something as simple as being able to walk down the street can thwart the impending obesity epidemic and chronic diseases threatening our youth. He is a big proponent of making Chattanooga bicycle friendly. Outdoor Chattanooga sponsors bicycle tours, bicycle clinics to teach how to safely navigate roadways, and ride-to-work events. Outdoor Chattanooga's office is in Coolidge Park in Chattanooga and contact info is given as <http://www.outdoorchattanooga.com/> or 423-643-6888.

<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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Public Safety

Joy In Our Town	30:00	13:21	LCL	PA/O/E	09/16/2011	01:00 PM
#432-091611					09/17/2011	03:30 AM
					09/19/2011	11:30 AM
					09/20/2011	03:30 AM
					09/22/2011	04:30 AM
					09/29/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks talks with Charles Lowery, Jr. about the Motorcycle Safety Foundation. Charles Lowery is part of Chattanooga State and its continuing education efforts to teach the public good safety habits in regards to riding motorcycles. One of the biggest issues seems to be; most people are self taught and develop bad habits. Most motorcycle drivers do not know the correct way to handle a motorcycle, which causes many accidents. People who drive cars do not respect motorcycles either. In addition, there are more women riding motorcycles today. Many riders do not realize that you only have two wheels instead of the usual four wheels on a car. In a car during an emergency, you simply slam on the brakes. But riding a motorcycle, if you slam on the brakes you may be thrown from the motorcycle.

The Motorcycle Safety Program offers a two day class. This program begins with four hours of classroom study, after this the class moves outdoors to the actual hands on riding instruction. The class covers 16 hrs. This includes 4 hrs on the road. Discussion included TN state regulations, what the general public can be aware of: looking twice before pulling out into traffic, no tailgating motorcycles and new scooter laws. Contact information is: www.msf-usa.org

<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	30:00	13:31	LCL	PA//E	08/05/2011	01:00 PM
#426-080511					08/06/2011	03:30 AM
					08/08/2011	11:30 AM
					08/09/2011	03:30 AM
					08/11/2011	03:30 AM
					08/16/2011	02:00 AM

WELF-TV Public Affairs Host Dr. David Banks interviews Matt Callihan of Bradford Health Services, who is the administrator of the Intensive Outpatient Program treating drug and alcohol addictions in Chattanooga. Mr. Callihan says previously the average addict he treated was in late teens, but now he is seeing more and more addicts in their early teens, primarily experimenting with prescription drugs. He emphasizes the importance of getting treatment early, because teenage brains are developing and addiction changes brain chemistry, altering their physical, emotional and spiritual lives. Mr. Callihan works with the entire family and reiterates the importance of treating an addict, while the family is still intact and can become a crucial support system for recovery. He says the first part of treatment is intense and then includes a two year follow-up on a weekly basis. He says Bradford advocates total abstinence and encourages participation in a 12-step program, Alcoholics Anonymous, and church activities. Mr. Callihan says the goal is to lead a balanced life and recovery is finding that balance. Bradford Health Services offers outpatient and residential detoxification, a long term program for "chronic relapsers", an active military program, and programs that incorporate the entire family of the addict. Bradford Health Services operates in Tennessee, Kentucky, Alabama and Georgia. Phone numbers given by Dr. Banks for the Chattanooga office are 866-246-3216 and 423-892-2639.

<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 #416-081211	30:00	13:29	LCL	PA/O/E	08/12/2011	01:00 PM
					08/13/2011	03:30 AM
					08/15/2011	11:30 AM
					08/16/2011	03:30 AM
					08/18/2011	04:30 AM
					08/23/2011	02:00 AM
					09/01/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks interviews Wayne Hammel and Jon Rector of The Union Gospel Mission in Chattanooga. The Union Gospel Mission offers a residential, intensive Bible study program, for chronically homeless men aged 18+, who suffer from addictions. Brother Jon, executive director of the Mission, says most of his clients have a criminal offense in their background and are dealing with life-altering issues, such as alcohol, drug and pornography addiction. Brother Wayne says he has seen a growing need in the Chattanooga area for more beds and more programs. He blames the continuing breakdown of the family structure and the false belief drug use that can be recreational for the rising number of addicts. The Mission's program is designed to last six months, but Brother Wayne says, "If you're working and you're trying, we'll work with you." Brother Jon says, "Most of the guys who graduate, even in this economy, have been able to find a job in a reasonable amount of time." Brother Jon says when The Mission changed facilities and closed their emergency shelter services for the homeless two years ago, it left a chronic void in Chattanooga and no one has stepped in to fill that void. He looks forward to The Mission re-opening their emergency shelter within the near future. They give The Mission's contact info as 423-752-4998 and <http://theuniongospelmission.org/>

Substance Abuse

Joy In Our Town #429-082611	30:00	13:29	LCL	PA/E	08/25/2011	11:30 AM
					08/26/2011	11:30 AM
					08/26/2011	01:00 PM
					08/27/2011	03:30 AM
					08/30/2011	03:30 AM
					09/06/2011	02:00 AM
					09/08/2011	04:00 AM
					09/15/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks interviews Roger Helle, executive director of Teen Challenge of the Mid-South in Chattanooga, TN. Teen Challenge of the Mid-South is a faith-based, 12-month residential discipleship program to help people with life controlling addictions at a 7-acre campus at the foot of Lookout Mountain in Chattanooga. Mr. Helle says 33 years ago when he started with Teen Challenge the addictions he dealt with were primarily confined to alcohol and drugs, but now he sees an ever-increasing number of sexual and pornography addictions, eating disorders, and self mutilations. He says the average person participating in Teen Challenge has tried three other addiction programs, has been in trouble with the law, and cannot keep a job. He believes the root of all addictions is a spiritual problem and that the answer is an intensive year-long Christian discipleship program, which prepares an addict for re-entry into society as productive citizen. "Their problem didn't start overnight and it's not going to be solved overnight," he explains. The Teen Challenge year-long program is free, but an application fee is charged. Mr. Helle says applications are available online at <http://www.teen-challenge.com/#> or by calling 423-756-5558.

<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	30:00	13:29	LCL	PA//E	09/09/2011	01:00 PM
#431-090911					09/10/2011	03:30 PM
					09/12/2011	11:30 AM
					09/13/2011	03:00 AM
					09/15/2011	04:30 AM
					09/20/2011	02:00 AM
					09/22/2011	03:30 AM
					09/22/2011	04:00 AM

Dr. David Banks talks with Dan Reynolds, Marvin Morrison and Don Stephens with Celebrate Recovery. CR meets at Oakwood Baptist weekly as a support ministry helping people work through addictions in their life. In addition, they provide drug and alcohol recovery programs to participants in Haze and Walker County Prisons. The purpose of Celebrate Recovery is to celebrate God's healing power in people's lives through eight recovery Principles. This support program allows people to be transformed successfully by conquering addictive habits that enslave them. This is done by working and applying Biblical principles taught in the program. Then people can begin to grow spiritually and gain valuable life skills to successfully overcome addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with God and others. As one progresses through the program they discover a personal, loving and forgiving Higher Power - Jesus Christ. The classes offered at Celebrate Recovery help people begin to manage their lives and live in freedom from the enslavement of addiction. The atmosphere in the group fosters a sense of non-judgmental acceptance. They proclaim: "no lectures, no hassles - just help, love and support". They provide a safe place to share one's story and their current progress in their journey to recovery. Contact information to call is 423-413-2796, web address: http://www.oakwoodbc.org/pages/page.asp?page_id=1072

Substance Abuse

Joy In Our Town	30:00	13:32	LCL	PA//E	09/23/2011	01:00 PM
#433-092311					09/24/2011	03:30 AM
					09/26/2011	11:30 AM
					09/27/2011	02:00 AM
					09/29/2011	04:00 AM

WELF-TV Public Affairs Host Dr. Banks talks with Robin Nation and Nikki Osbourne from Women at the Well. WATW is a residential treatment center for life controlling addictions. Their vision is to empower women to live successfully in society after conquering their life controlling issues. The ministry was first started after Robin noticed the cycle of recidivism that occurred in women who were coming out of prison. At the time she was volunteering for a local prison ministry in her area. When Robin began seeing the same women returning time after time she realized the need for some kind of an alternate treatment of these women and their issues. Discussion follows citing the issues these women face after release. Robin theorizes the root cause of their addictions is to cover up pain. She states 99 % of the women coming to her facility have experienced tremendous emotional pain and trauma/abuse before incarceration. Robin explains the age range of women they serve ranges from 20 – 60 years old. The program they feel works best is a 15 month residential discipleship program. The curriculum is based on the Teen Challenge program because of its great success. Nikki tells her story and how WATW has helped her to regain custody of her children and begin to live a life of integrity again. Robin also adds about the continuing follow-up WATW offers. There is an internship offered as a way to ease back into the community after treatment. Nikki is one of the first women to move into the new halfway house for women and children that WATW has recently completed. Nikki reiterates her feeling of how great it feels to be a parent again after treatment. She declares there is hope for women out there. Contact information shared: 423/745-0010, <http://www.thewomenatthewell.com/>

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

Joy In Our Town #430-090211	30:00	14:02	LCL	PA/O/E	09/02/2011	01:00 PM
					09/03/2011	03:30 AM
					09/05/2011	11:30 AM
					09/06/2011	03:00 AM
					09/08/2011	04:30 AM
					09/13/2011	02:00 AM
					09/15/2011	04:00 AM
					09/22/2011	03:30 AM

WELF-TV Public Affairs Host Pastor J.W. Cole welcomes Hamilton County Criminal Court Judge Clarence Shattuck. One of five criminal court judges in the county, Hon. Shattuck is the longest serving judge with 29 years on the bench. Judge Shattuck says that a survey taken of local criminal judges three years ago shows that 80-85% of the cases in Hamilton County have some drug relationship. He says drugs are the scourge of our society today. The judge says it imperative that parents stay involved in their children's lives and know the warning signs of drug use. Hon. Shattuck says statistics show that when completed, faith-based drug rehabilitation programs demonstrate a greater chance of success in keeping offenders from returning to crime. He believes this is because the faith-based programs change addicts from the inside and change their hearts teaching them to love their neighbor as the Bible says. He says the easiest thing a judge can do is pronounce harsh sentences; but he says he must weigh all the periphery issues and consequences created by a person going to prison, such as the loss of a job or the impact on the children involved. "Punish a person for what they've done, but try and rehabilitate so they won't do it again," says Judge Shattuck. He says he wrestles constantly with the decision of "to what degree do I temper justice with mercy." Contact information given.

Crime

Joy In Our Town #432-091611	30:00	13:33	LCL	PA/O/E	09/16/2011	01:00 PM
					09/17/2011	03:30 AM
					09/19/2011	11:30 AM
					09/20/2011	03:30 AM
					09/22/2011	04:30 AM
					09/29/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks talks with Wilma Smith and Mike Robertson from Prison Prevention Ministries. PPM is a ministry designed to prevent at risk youth from going to prison. They also strive to combat the high rate of recidivism in ex-offenders. PPM offers effective prevention and discipleship programs for inmates in southeast Tennessee and northwest Georgia prisons. These correctional facilities include CCA, Silverdale Correction Facility, Walker State Correctional, Hamilton County Jails and Bradley County Jails. This program consists of Biblically based materials on how to walk it out a successful rehabilitation. Additionally, PPM offers a Drug & Alcohol Program inside Walker State Prison in Georgia. This results in lower incarceration rates among participating inmates. Wilma explains the problem with youth today is a lack of structure in their lives. This includes many times, little or no parental supervision. This brings feelings of lack of belonging, no family connections, and hanging out with the wrong crowds. There seems to be no boundaries with these youth ages 13-18 and no positive role models. PPM offers 3 month seminars at 70 different schools in Tennessee and North Georgia. Additionally, over 700 children get to take the prison tours PPM offers. The young people actually visit prisons and meet inmates and listen to offenders speak about their experience. It is the hope of PPM that children will listen to the inmates and learn from their mistakes. Thus preventing them from making poor choices in their own lives Contact information is: Prison Prevention Ministries, 302 Spruce Street, P.O. Box 3026 Chattanooga, TN 37404, 423-622-5768, www.prisonprevention.org

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

Joy In Our Town	30:00	13:16	LCL	PA/O/E	09/23/2011	01:00 PM
#433-092311					09/24/2011	03:30 AM
					09/26/2011	11:30 AM
					09/27/2011	02:00 AM
					09/29/2011	04:00 AM

WELF-TV Public Affairs Host Onya Richter talks with Sheriff Scott Chitwood of Whitfield County. Sheriff Chitwood wants to alert the public about scams that have surfaced in our area. This year again, there has been phone calls made to local citizens trying to get donations for the Sheriff Department. This is a continuing scam. The Georgia Sheriff's Association does not solicit funds by phone or by going door-to-door. If they are soliciting funds, you will receive a letter with their letterhead and with his signature; they will only be sent to citizens of Whitfield County. If you have any doubts, call the Sheriff's office. He says that many scammers will take the legitimate name of a company or organization or twist the wording of the organization to make you believe it is legitimate. In addition, Sheriff Chitwood talks about other crimes that seem to be prevalent in our area. For example recently, Hamilton County has had an increase in property crimes, such as burglary or theft. Unfortunately, there has also been an increase in personal assault and domestic violence. He does not think there has been an increase in actual domestic violence events, just an increase in their reporting. Women now know they have recourse so they are able to speak up about their situation. Additionally there has been an increase in reported cases of child molestation. Due to local non-profit agencies efforts to educate the public on signs and symptoms of abuse this year, more cases are being reported. In the past, people reported less due to shame, guilt or fear their child would be taken from them. Georgia law states that if an officer is called to a residence for domestic violence, someone will be taken to jail. Steps will then be taken to ensure both the victim and perpetrator gets help. The good news is in Whitfield County there has been a steady decrease in the total crime rate statistics. Contact information given for questions call 423/209-7000 or website: <http://www.hcsheiff.gov/>

Crime

Joy In Our Town	30:00	12:59	LCL	PA/O/E	09/26/2011	01:00 PM
#434-092611					09/27/2011	03:30 AM
					09/29/2011	04:30 AM

WELF Public Affairs host Dr. David Banks talks with House of Refuge, Alfred Johnson The House of Refuge is a Christ-centered residential ministry primarily helping African-American men overcome life-controlling addictions so that they can successfully re-enter society as productive citizens. The individuals that are served by The House of Refuge are often those that society values the least. These men are plagued by histories of arrest, incarceration and few positive family influences; they continually struggle with bad habits and feelings of hopelessness and worthlessness. In addition, there is the problem of lack of trust potential employers have in considering hiring these ex-offenders. The House of Refuge has able to successfully obtain jobs for these men utilizing the ministry's car wash business immediately. The House of Refuge 16 years ago; Pastor Alfred Johnson realized the high rate of recidivism occurring with ex-offenders. Dr. Banks asks: What do men face when coming out of prison? Pastor Johnson explains the first thing these men face is housing. They may not have a choice but to go back into the same environment they were in previously. This ministry provides housing for men after they are released from prison up to 13 months. Many times their families have cut ties with them due to the reasons they went to prison. In addition to housing, House of Refuge provides counseling and medical assistance for ex-offenders. House of Refuge networks with the business community to help these men find jobs. 80 % of men coming out of prison have had problems with drugs so the House of Refuge helps take the temptation away by providing a program that limits access to drugs. Also the House of Refuge opens a savings account and places a person's wages into this account during the 13 month program. Upon completion of the 13 month program, the men are able to leave with 100 % of their savings. Financial planning and more in depth counseling are provided by volunteers in the community. Contact information is 3418 Saint Elmo Avenue, Chattanooga, TN 37409, 423-756-5919. www.chattanoogaofrefuge.org

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

Joy In Our Town #435-093011	30:00	13:07	LCL	PA/O/E	09/30/2011	01:00 PM
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Public Affairs host for WELF, Dr. David Banks talks with Cathy Eldahan, External Affairs Coordinator of the Children's Advocacy Center. The CAC serves children that have been victims of severe physical and sexual abuse. This nonprofit organization was established in 1991 to serve children who are victims of abuse through prevention, education and intervention. They help victims become children again and lead normal, healthy, productive lives, thereby breaking the cycle of abuse. Cathy Eldahan goes out into the area schools to teach the children about how to prevent abuse from happening. This organization allows children that are victims to tell their story to professionals once and not have to relive the traumatic event over again by coordinating the many agencies to hear one time the child's story. The cases are generally referred by the Department of Children's Services or the police department. The CAC coordinates all agencies monthly to discuss open cases. There is a statewide hotline to report abuse - 1-877-54ABUSE. Every adult in TN are mandated to report abuse. This means if you suspect physical or sexual abuse you are required by law to report the incident. This facility is a child-friendly center where children can be examined by medical doctors and a mental evaluation can be performed. The abuser is most often a loved one. This causes the child to keep silent about the abuse. The Children's Advocacy Center of Hamilton County is proud to be an authorized facilitator of Stewards of Children, which is a national organization. Stewards of Children is the only evidence-based child sexual abuse prevention training proven effective in educating adults to prevent, recognize, and react responsibly to child sexual abuse. Contact information is 423-266-6918, web address: www.cachc.org

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

Joy In Our Town	30:00	13:26	LCL	PA/O/E	08/12/2011	01:00 PM
#427-081211					08/13/2011	03:30 AM
					08/15/2011	11:30 AM
					08/16/2011	03:30 AM
					08/18/2011	04:30 AM
					08/23/2011	02:00 AM
					09/01/2011	03:30 AM

WELF-TV Public Affairs Host Dr. David Banks features the new superintendent of Dade County GA public schools. Shawn Tobin started as a classroom teacher in Carrollton, GA, 23 years ago and after serving as an assistant principal and principal in Georgia schools, including in Dalton, Mr. Tobin became deputy superintendent of Dade County Schools in February and then on July 1, he was appointed as superintendent. His primary goal is to increase the high school graduation rate in Dade County, which is currently 82% up from 78% in 2010. Superintendent Tobin says 33% of adults over the age of 25 in Dade County do not have high school diplomas. The superintendent wants to replicate a mentorship program in Dade County based on the current Carroll County program. Starting in 4th grade through senior year, Mr. Tobin will ask counselors and teachers to identify at risk students who are behind one or two grade levels or who are identified as potential dropouts. Shawn explains, his own father did not even have a high school education, it was a man named Mr. Santos who mentored Shawn and inspired him to graduate. Superintendent Tobin says it is essential to have mentors teach at-risk students proper choices and to become a positive role models and caring adults in students' lives. His goal is for each Dade County student to graduate and go on to college, technical school, the military or the job market. Superintendent Tobin is recruiting mentors and asks anyone who is interested to call the Dade County Board of Education at 423-463-4203 or come by the office at 52 Tradition Lane in Trenton, GA. The web address is <http://www.dadecountyschools.org>

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

Joy In Our Town	30:00	13:08	LCL	PA/O/E	09/02/2011	01:00 PM
#430-090211					09/03/2011	03:30 AM
					09/05/2011	11:30 AM
					09/06/2011	03:00 AM
					09/08/2011	04:30 AM
					09/13/2011	02:00 AM
					09/15/2011	04:00 AM
					09/22/2011	03:30 AM

WELF-TV Public Affairs Host Pastor J. W. Cole talks with Becky Page of Dade First Family Connection and Pastor David Smith of Trenton Ministry Center about what has happened in Dade County since the tornado of April 27, 2011. Dade County established a long term disaster recovery group - Dade Organization Acting & Disaster, (DOAD). They developed a board of many groups within Dade County to come together to help the victims of the recent tornado disaster. Becky Page discusses what FEMA has done in the area and what the restrictions are that covers disaster relief. DOAD was started to help people walk through the process of applying for assistance from the many agencies that were available. They offer "one on one" assistance, where case workers go out into the community to walk people through the process of recovery. FEMA declared over \$300,000.00 in property damages with 72 cases opened in the recent disaster in Dade County. In addition, David Smith shares that DOAD has gone into Jackson and Dekalb County in the state of Alabama to assist non-insured people that have not met the requirements for FEMA assistance. Some of the biggest needs are: septic tanks, bedding, furniture and tree/debris removed. Becky reports that DOAD will continue to assist Dade and surrounding communities until all the needs are met. For more information viewers can call Dade First Family Connection Office at 706-657-7273.

Civic Affairs

Joy In Our Town	30:00	13:19	LCL	PA/O/E	09/09/2011	01:00 PM
#431-090911					09/10/2011	03:30 PM
					09/12/2011	11:30 AM
					09/13/2011	03:00 AM
					09/15/2011	04:30 AM
					09/20/2011	02:00 AM
					09/22/2011	03:30 AM
					09/22/2011	04:00 AM

WELF-TV Public Affairs Host Dr. David Banks talks with Jayme Upton from Alexian Brothers/Senior Neighbors. Dr. Banks asks Jayme to give a brief history of the organization. For nearly 50 years, this organization has cared for the sick, the aged, the poor and the dying in the Chattanooga area. The Alexian Brothers Health System, in their commitment to promote the physical, mental, spiritual and social well being of all individuals, has served the local area. They believe in engaging all associates and partners in a holistic approach to healthcare. Being rooted in Gospel values, they seek to bring healing to a broken world through collaboration with the community and partnership with other non-profit organizations.

Jayme Upton manages over 400 senior volunteers who are dispersed in the local community and are involved with 42 different non-profit organizations. Senior Neighbors offers the opportunity for seniors to donate skills they have acquired over their lifetime while volunteering with local non-profit organizations. This helps non-profits keep their salary costs down so they can funnel more of their resources into the community, where actually needed. Jayme discusses at length with Dr. Banks the Senior Leadership Academy and how they endeavor to polish leadership skills so that seniors can fill positions in the community on non-profit Boards. Each year they have a 6 month long training period with a civic project chosen by each group of potential leaders. Here they will learn how to organize prepare and execute a civic project from start to finish. Jayme explains how important volunteerism is to the community as this drives non-profit's ability to function with less support. Contact information is 423-668-2141, web address: www.alexianbrothers.net

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

Joy In Our Town	30:00	13:27	LCL	PA/O/E	09/26/2011	01:00 PM
#434-092611					09/27/2011	03:30 AM
					09/29/2011	04:30 AM

WELF-TV Public Affairs Host Dr. David Banks talks with Jennifer Franklin and Tahnika Rodreguez from the Junior League of Chattanooga. They begin by citing the long history of the Junior League in the Chattanooga area. Jr. League has been around for 95 years this year. The vision of the organization is to promote volunteerism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. The Jr. League is exclusively educational and charitable. JLC believes that an emotionally, spiritually and mentally healthy child is the product of a supportive well-balanced family structure. JLC strives to collaborate with other local agencies and nonprofit organizations to make a greater impact in the community as a whole. Issues were discussed on children's health; they look at the problems of obesity, poor diet and lack of exercise as the number one problem today. The other factor discussed was the lack of life-skills the parents have to begin with. JLC tries to teach single parents basic skills through free programs offered community-wide. They have a cooking class for children, financial classes for parents as well as mentoring young single adult parents. JLC tries to give practical application to real life experiences. Education is a huge part of their thrust. JLC utilizes partnerships with the local children's hospital, schools and nature center for offering education opportunities for single unskilled parents. JLC brings the entire family into the scope of their educational efforts. They believe by reaching one child it can make a difference in changing the world.
 Contact information: <http://www.jlchatt.org/chattanooga/npo.jsp?pg=home>

Civic Affairs

Joy In Our Town	30:00	13:24	LCL	PA/O/E	09/30/2011	01:00 PM
#435-093011						

WELF-TV Public Affairs Host Dr. David Banks Talks with Claudia Moore, Chief Development Officer from the Red Cross in the Chattanooga area. Claudia gives a brief history of the Red Cross; its inception began in 1917 for the benefit of the soldiers during the WWI. They originally provided services to the military and disaster service nationally as well as internationally. Currently the RC has nine chapters involved nationally assisting in disasters here in the US. RC has 700 chapters in the US.
 Dr. Banks brings up the recent disaster in April that occurred locally. Claudia explains what people face after a disaster, basically shock and disbelief. She explains how the RC volunteers are trained to help support and deal with victims when a disaster occurs. She tells about how the volunteers go into a disaster area and assist victims. They discuss the many different scenarios victims face from obtaining prescription meds, getting to work, temporary shelter, counseling and help with applications to additional government agencies for disaster assistance. Dr. Banks queries Claudia about the issues children face during these times. She explains how children react with different behaviors and how the agency provides mental and emotional health evaluations for children. They also provide preventative training beforehand by going into schools and presenting information to the students about what to expect and how to act during a disaster. Claudia then goes into what the RC is most widely known for namely local disaster service assistance for families with house fires. RC comes in immediately and assists families with all their temporary needs in order to stabilize the family quickly.
 Claudia explains what constitutes a true disaster; house fires, flooding, tornados, and earthquakes.. Claudia then goes over the steps people will utilize after a disaster. The first step is the communication they provide for families in order to help them know if family members affected by the disaster are safe, it is called "Safe and Well". It is a website where messages can be posted and family members can go on and check for news of victims.
 The ascertainments of shelters are then discussed and how the RC partners with communities to arrange for temporary shelters all across the nation. Claudia then explains all the additional steps the RC utilizes to assist families with the aftermath and how they seek to meet all the family's needs. In conclusion they discussed the recent local disaster and how it was handled and where they are currently in that process. Contact information given: 423/265-3455, <http://www.chattanoogaredcross.org/>

Trinity Broadcasting Network

WELF-TV

October, November, December 2011

Eastern Time

Leading Community Issues

Health

Family

Homeless

Housing

Civic

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

Joy In Our Town	30:00	13:01	LCL	PA/O/E	10/07/2011	01:00 PM
#436-100711					10/08/2011	03:30 AM
					10/10/2011	11:30 AM
					10/11/2011	03:30 AM
					10/13/2011	04:00 AM
					10/18/2011	02:00 AM
					10/20/2011	04:00 AM

WELF-TV Public Affairs host, Dr. David Banks, talks with Dr. Karen Weigle of The TEAM Centers and Dr. Dave Buck of the Chattanooga Autism Center. Dr. Weigle is the Director of Clinical Services at the multispecialty outpatient clinic for The TEAM Centers as well as a clinical psychologist. Dr. Weigle explains that the Autism Spectrum contains a range of pervasive developmental disorders. Individuals with disorders on the Autism Spectrum have atypical social interactions, struggle with communication skills, and have unusual patterns of behavior and interest. They also have various levels of motor skill ability and ability to filter incoming stimuli. Autism Spectrum disorders range from Autism, where all three key areas are affected; to "PDD," Pervasive Developmental Disorder Unspecified, where one area may be significantly better or worse than the others; to Asperger's where the individual has typical cognitive, intellectual, and communication development but struggle with social interactions and using language socially. Treatment for Autism Spectrum disorders varies from person to person, but it usually involves speech/ language and behavioral therapy in order to help the individual cope in social settings, compensate for their weaknesses, and learn to interpret the people around them. Developmental medicine is sometimes used as Autism Spectrum Patients often have physical illness that they struggle to communicate. Dr. Dave buck of the Chattanooga Autism Center explains that this innovative program, initiated by Dr. Weigle and Dr. Reuben, is fueled by parents and their desire for community and education. The Chattanooga Autism Center partners with The TEAM Centers to offer weekly workshops and an annual conference. The workshops are on Mondays at The TEAM Centers from 6-8pm, and professional childcare is usually provided. The annual conference, which began in 2010, is led by professionals and attended by parents and professionals seeking continuing education credits. The Chattanooga Autism Center also sponsors a parent mentor program, where more experienced parents of autistic children can offer wisdom and support to parents who are just learning about their child's needs, as well as an Art and Autism program for autistic children to create art for the community and raise awareness. In conclusion, Dr. Weigle says that parents who have noticed signs of Autism Spectrum Disorders should call the TEAM Center to begin the assessment process. The phone number for The TEAM Centers is 423.622.0500, and the website is www.teamcenters.org. The Chattanooga Autism Center's website is www.chattanoogaautismcenter.org.

<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 #437-101411	30:00	13:35	LCL	PA/O/E	10/13/2011	04:30 AM
					10/14/2011	01:00 AM
					10/15/2011	03:30 AM
					10/17/2011	11:30 AM
					10/18/2011	03:30 AM
					10/20/2011	04:30 AM
					10/25/2011	02:00 AM

WELF-TV Public Affairs host, Dr. David Banks, talks with Lynne Mayfield, President and Chief Executive of F.A.C.E.S, and Colleen Wright, Chairman of the Board of Directors for F.A.C.E.S. F.A.C.E.S, the National Craniofacial Association, is headquartered in Chattanooga to help families across the nation who have children with craniofacial birth defects. The organization began in 1969 to help a girl named Debbie Fox who was born with a full facial cleft. After the unfortunate deaths of Debbie's first two doctors, her tutor, Ms. Madge Apple, and Ed Fitch, the Assistant School Superintendent, helped Debbie and her parents get to Baltimore to see a French specialist. As a result, F.A.C.E.S was fully born to help other families get to Baltimore for medical treatment and surgery. Today there are 62 craniofacial centers across the country. F.A.C.E.S. has information in every hospital with a labor and delivery unit. If a child is born with a craniofacial anomaly, F.A.C.E.S. exists to comfort the family, educate them, know what questions to ask doctors, and to help them get to a craniofacial center. F.A.C.E.S. remains a center of support for families as the children grow up, enter school, face bullying, and deal with the stress of multiple surgeries. Also, if families are unable to afford the trip to a craniofacial center, F.A.C.E.S. has a financial assistance program to pay for the necessities of the trip. The phone numbers are 1-800-332-2373 and 423-266-1632. The website is www.faces-cranio.org.

Health

Joy In Our Town #439-102411	30:00	11:09	LCL	PA/O/E	10/24/2011	11:30 AM
					10/25/2011	04:00 AM
					10/27/2011	03:30 AM

WELF-TV host, Dr. David Banks, talks with James Miller and Sandy Wilsey of Chattanooga's chapter of the Susan G. Komen Foundation. The Foundation began with a promise from one sister to another to find a cure for breast cancer. The Chattanooga chapter was founded in 2000 and is dedicated Chris Presley, the organizer of Chattanooga's first Race for the Cure who died of breast cancer two weeks before the race. Sandy Wilsey is a volunteer at the local chapter and is a three and a half year survivor of breast cancer. Ms. Wilsey found a lump on her breast during a self-examination that turned out to be cancer. After surgery and radiation, she is currently cancer-free. Mr. Miller shares that one in eight women will have breast cancer during their life. Every 28 seconds a woman is diagnosed, and every 68 seconds a woman dies of breast cancer. As a result, Susan G. Komen strives to spread awareness and education by aiding with screenings and detections and by encouraging self-exams. The Foundation offers financial help to women undergoing treatment. Furthermore, Susan G. Komen raises money for research to finding a cure for breast cancer. The Foundation is always looking for volunteers. The website is www.komenchattanooga.org, and the phone number is 423.499.9155.

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

Joy In Our Town	30:00	13:02	LCL	PA/O/E	11/25/2011	11:30 AM
#444-112511					11/28/2011	11:30 AM
					11/29/2011	03:30 AM

WELF-TV host, Dr. David Banks, talks with Aubree Carpenter of the Epilepsy Foundation of Southeast Tennessee and Shasta Vance with her daughter Kambrian Reynolds. Aubree Carpenter is the Education Services Director and serves as one of the case manager's for the Epilepsy Foundation. Aubree works in the community to spread awareness about seizure disorders. She does this primarily through the training of teachers, police officers, nursing home, and childcare staff. They teach these professionals how to recognize and respond to different types of seizures. Seizure symptoms can include but are not limited to: staring as if daydreaming (unresponsive), wandering, incoherence, or convulsions. Shasta Vance, mother of Kambrian Reynolds, a young girl with epilepsy, says that the Epilepsy Foundation has helped her learn how to care for her epileptic daughter. She says that parents and individuals should gather all the information they can about symptoms and medication. Also, parents should make sure that friends and family know about symptoms and treatments in case of an emergency. The Epilepsy Foundation also offers support groups and is hoping to start a teen activities group and a billboard campaign. The phone number is 423-634-1772 and the website is <http://www.epilepsy-setn.org/>

Health

Joy In Our Town	30:00	13:27	LCL	PA/O/E	12/02/2011	01:00 PM
#445-120211						

WELF-TV host, Dr. David Banks, talks with Dr. James L. Marcum of the Chattanooga Heart Institute's Heartwise Ministries. Dr. Marcum shares that 75-80% of illness today is linked to weight-related issues. Heartwise Ministries seeks to help people manage their weight by being in right relationship with God and by taking small steps towards wellness. Dr. Marcum prefers to talk about weight management rather than weight loss because of the negative connotations weight loss has with the general public. Dr. Marcum states people should look in the mirror to determine their weight. If anything appears to be sagging, then work needs to be done. The key to weight management is to seek to be in right relationship with God and others. When these relationships are in place, then the individual has the strength and encouragement they need to take steps to healthier living. Taking small steps, picking one thing and sticking with it make it much easier for the individual to achieve and maintain a healthy weight. Dr. Marcum cites examples of drinking more water, avoiding big meals at night, eating breakfast, increasing movement along with seeking God's strength and the accountability of others can make a big difference over time. He believes that these steps will lead to a more permanent solution to America's weight-related health issues. The phone number is 423.790.7421 and the website is <http://www.heartwiseministries.org/index.php>

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

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

Doctor #321	to Doctor	28:30	28:30	REC	PA/O/E	10/11/2011 9:30 AM
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Dr. George Rhodes talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spin, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spin back into position. It's important to maintain proper posture when sitting, standing and sleeping.

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

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

<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
<p>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.</p>						
Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/22/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/2011	9:30 AM

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.

<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 #436-100711	30:00	12:58	LCL	PAO/E	10/07/2011 10/08/2011 10/10/2011 10/11/2011 10/13/2011 10/18/2011 10/20/2011	01:00 PM 03:30 AM 11:30 AM 03:30 AM 04:00 AM 02:00 AM 04:00 AM

WELF-TV host, Dr. David Banks, talks with Sherry Black, the director of the Foster Grandparent Program through the City of Chattanooga's Human Services. The Foster Grandparent Program is given federal and local aid to partner senior citizens with special needs children through local schools and non-profit organizations. These one-on-one relationships benefit both the children and the senior citizens. Special needs children (who range from infancy to 21 years of age and who face life challenges such as vision impairment, developmental delays, or incarcerated parents) benefit from 20+ hours per week of additional personal and academic support. Classroom teachers identify students who would benefit from the program as well as what kinds of activities and goals would be most effective. Senior citizens who volunteer live on a modest income, have rich life and nurturing skills, and have passed a health exam and background check. They report being more active and social as well as generally feeling better as a result of volunteering. Foster Grandparents receive 20 hours of pre-job training, 20 hours of on-the-job training, and 48 hours per year of in-service training. Foster Grandparents are also part of the National Senior Corps. Senior citizens wishing to get involved can contact the Foster Grandparent Office at Chattanooga Human Services (located on W 12th Street) or call 423.757.5509. The website is www.chattanooga.gov.

Family

Joy In Our Town #437-101411	30:00	13:34	LCL	PA/O/E	10/13/2011 10/14/2011 10/15/2011 10/17/2011 10/18/2011 10/20/2011 10/25/2011	04:30 AM 01:00 AM 03:30 AM 11:30 AM 03:30 AM 04:30 AM 02:00 AM
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Public Affairs Host, Dr. David Banks, talks with Jimmy Powell of Suicide Perspectives and Hylda Bevens of Chattanooga's Suicide Survivor Support Groups. Mr. Powell and Ms. Bevens have each lost a son to suicide and desire to give hope to those contemplating suicide, comfort grieving families, and help the public understand what happens when someone desires to take his or her own life. Mr. Powell explains that a person who is contemplating suicide will often experience changes in behavior as a result of what is happening in the brain. He explains that taking one's life has biological roots in the malfunctioning of the limbic system's survivor instinct. This, coupled with stressful life events, deprives the individual of the will to live. Mr. Powell stresses that suicidal thoughts are treatable through psychiatric therapy and medication. His website, www.suicideperspectives.com, offers comfort and resources for those struggling with thoughts of suicide as well as grieving families and information for the general public. Hylda Bevens is the head of Chattanooga's Suicide Survivors Support Group which meets monthly in the formal dining room of Memorial Hospital from 7-8:30pm. She encourages individuals and families who have lost loved ones to suicide to come for a safe place to cry and share their story as they process grief. The phone number is 423.697.9432. Also, the phone number of the National Suicide Prevention Lifeline is 1-800-273-8255.

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

Joy In Our Town	30:00	11:44	LCL	PA/O/E	10/24/2011	11:30 AM
#439-102411					10/25/2011	04:00 AM
					10/27/2011	03:30 AM

WELF-TV host, Dr. David Banks, talks with Millie Hicks of the Miracle League and Paul Byrum of Bluegrass Bands, Helping Hands. The Miracle League of Whitfield County is a baseball and softball team for children and adults with mental and physical disabilities. The field is made of a special rubbery substance that makes it safer and makes it possible for use with walkers and wheelchairs. Each player on the team has an able-bodied buddy to help them play the game. Each player gets a hit, scores a run, and both teams win. In the future it is hoped that the facility will be used for soccer, disabled veterans, senior citizens, and day camps. The Miracle League was started in Conyers, GA in 2003, and there are 100 fields across the country. Bluegrass Bands, Helping Hands partners with charities of North Georgia, like the Miracle League, and helps them plan events. Bluegrass Bands, Helping Hands supports the Miracle League because it boosts self-esteem in children and adults with physical and mental disabilities. It also gives back to the community by bringing visitors to the area and by giving able-bodied citizens opportunities to work with the disabled. The website for the Miracle League of Whitfield County is www.whitfieldcounty.com/miracleleague, and the phone number is 706.275.7507. The website for Bluegrass Bands, Helping Hands is www.bluegrassbandshelpinghands.com, and the phone number is 706.264.6950.

Family

Joy In Our Town	30:00	13:04	LCL	PA/O/E	10/28/2011	01:00 PM
#440-102811					10/29/2011	03:30 AM
					11/17/2011	03:30 AM

WELF-TV host, Dr. David Banks, talks with Hope Ferry and Rhonda Bell of the Family Crisis Center of Walker, Dade, Catoosa, and Chatanooga Counties. Hope Ferry is FCCWDCC's administrative assistant and crisis line coordinator, and Rhonda Bell is their legal advocate. Domestic violence is a pattern of behaviors that a person uses to gain or maintain control over another person. It can be mental, physical, verbal, emotional, or even economic, and it can happen to anyone regardless of gender, age, race, or economic status. Men are victims of domestic violence just as often as women, but men are less likely to report it. Domestic violence can happen in any intimate and/or live-in situation or relationship. Signs of domestic violence include bruises and other physical marks, but also isolation, fearfulness, and always rushing to get home. Most women who are victims of domestic violence wait until the 5th-8th time before they report it. The Family Crisis Center of Walker, Dade, Catoosa, and Chatanooga Counties operates a 24 hour crisis hotline every day of the year in order to give victims of domestic violence a safe place to report what is happening and to receive help. The Center has temporary on-site shelter for women and children and has alternate shelter for men. They also offer financial help as well as having a child advocate, a psychologist, and a case manager on staff. FCCWDCC helps victims of domestic violence take legal and practical actions for their safety, as well as making a plan for a successful, independent life free from abuse. The phone number is 706.375.7630, and the website is www.fccwdcc.org.

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

Joy In Our Town	30:00	13:11	LCL	PA/O/E	11/18/2011	01:00 PM
#443-111811					11/19/2011	03:30 AM
					11/21/2011	11:30 AM
					11/22/2011	03:30 AM
					11/29/2011	02:00 AM

WELF-TV host, Dr. David Banks, talks with Regina McDevitt and Heidi Houghton of the Partnership for Families, Children, and Adults. Regina McDevitt is the Director of Crisis Services, and Heidi Houghton is an MSW intern. The Partnership seeks to spread awareness of and offer help for those in domestic violence situations. Tennessee is fifth in the nation for domestic violence homicides, and incidences of abuse are increasing each year. It is believed that the poor economy is a major contributing factor to abuse. Many women do not leave domestic situations because they do not have a means of survival, they love their abuser, they have been threatened, and/or they believe the abuser will change. The average woman will return to a violent situation 4-7 times before leaving for good. Signs of abuse include control, threats, name-calling, and yelling. The Partnership For Families, Children, and Adults provides a shelter, court advocacy, transitional housing, and psycho education to help victims change their thought patterns and heal from traumatic physical, emotional, and psychological wounds. The community can help through volunteering. There is a 24-hour confidential, crisis hotline: 423.755.2700, The Partnership's main office phone number is 423.755.2822. Website: <http://www.partnershipfca.com/www>

Family

Joy In Our Town	30:00	13:09	LCL	PA/O/E	11/25/2011	11:30 AM
#444-112511					11/28/2011	11:30 AM
					11/29/2011	03:30 AM

WELF-TV host, Dr. David Banks, talks with Pat Karatela and Dan Hogan of United Hospice. United Hospice serves the northwest quadrant of Georgia. Pat Karatela is a social worker who helps with financial and legal issues as well as counseling. Dan Hogan is the Bereavement Coordinator, one of a team of people who helps families that had a recent loss or a terminally ill loved one. Illness and death bring additional stress to the holiday season to families that are grieving the loss of a loved one or about to lose a family member. United Hospice seeks to offer support to families through cards, phone calls, and visits during the Holidays. Hospice workers give families permission to grieve their loss. They also watch for concerning symptoms (such that could indicate depression) in case a grieving individual would benefit from professional counseling. They suggest that families be willing to negotiate Holiday traditions during a time of illness or death. Dan suggests they may want to have a special ritual to remember their loved one. This ritual helps them learn how to move forward without forgetting. United Hospice also has a memorial service during the Holidays as a time for commemoration, support groups and caregivers are also available to help through the holidays to give the families a break. The phone number is 706.602.9546 and the website is <http://www.uhs-pruitt.com/United-Hospice.aspx>

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

Joy In Our Town #446-120911	30:00	13:09	LCL	PA/O/E	12/09/2011	01:00 PM
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WELF-TV host, Dr. David Banks, talks with Kristi Strobe, executive director of the St. Andrews Center. St. Andrews Center exists to address the socioeconomic needs of Chattanooga, especially the Highland Park area, and to meet the needs of our cities most vulnerable citizens: non-English speakers. Chattanooga is a diverse city with an ever-growing Hispanic population. St. Andrews Center seeks to be a "one stop shop" for their needs, connecting them with much-needed services while building English language proficiency. The St. Andrews Center Afterschool Arts Academy for 3rd-5th graders teaches children to express themselves through the visual and performing arts. This program draws families to the Center where they can receive aid from Center partners such as Chattanooga State University and the credit union. St. Andrews Center also gleanes the crops of local farmers and gives their gleanings to those who need food. They also have a program to teach families how to grow their own food. The phone number is 423.629.9872, the website is <http://www.st-andrewscenter.org/>.

<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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Homeless

Joy In Our Town #438-102111	30:00	13:16	LCL	PA/O/E	10/21/2011	01:00 PM
					10/22/2011	03:30 AM
					10/25/2011	03:30 AM

WELF-TV Public Affairs host, Dr. David Banks, talks with Victoria Galen, the Development Coordinator for Chattanooga Room in the Inn. Chattanooga Room in the Inn is a residential facility for homeless women and children. 2/3 of the homeless population is women and children, often a mother younger than twenty-six who has two children under the age of six. These women struggle with self-esteem issues and the children struggle with security and education. Chattanooga Room in the Inn strives to meet these needs and help women become self-sufficient through education because education is the key to breaking the cycle of hopelessness and homelessness. Staff and volunteers offer life-skills classes for the women and tutoring for the children. Women are asked to commit to three months at the center and may stay for up to nine months. During this time, they gain the encouragement and skills needed to build an independent, secure life. The phone number is 423.624.6144, and the website is www.chattanoogaroomintheinn.com.

Homeless

Joy In Our Town #440-102811	30:00	13:33	LCL	PA/O/E	10/28/2011	01:00 PM
					10/29/2011	03:30 AM
					11/17/2011	03:30 AM

WELF-TV host, Dr. David Banks, talks with Reverend David Goines, Abdul Rahman, and Douglas House on the topic of homelessness. Reverend Goines works for the Chattanooga Community WORK Source, a partnership with the Chattanooga Community Kitchen, to help homeless men and women find employment. Two of the most difficult challenges homeless people face with regard to employment are that they do not have an address, and they feel useless to society. The Chattanooga Community WORK Source provides them with an address. Also, the "Help 2" Program assists these individuals gather necessary working documents. Afterwards, "Help 2" individuals are given on-the-job training. Reverend Goines says that many homeless individuals are intelligent and talented, full of "potential lying dormant." They need "a hand up, not a hand out." He also emphasized that it is important to source men and women into the jobs they desire and are qualified to do well. Abdul Rahman and Douglas House were themselves homeless before being helped by the Chattanooga Community WORK Source. They expressed gratitude for a new chance to give back to, rather than taking from, the community. Both Mr. Rahman and Mr. House are moving into supervisor positions at the Chattanooga Community WORK Source. The phone number is 423.320.1292.

<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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Homeless

Joy In Our Town	30:00	13:29	LCL	PA/O/E	11/07/2011	11:30 AM
#441-110711					11/15/2011	02:00 AM
					11/17/2011	04:00 AM

WELF-TV host, Dr. David Banks, talks with Charlie Hughes, executive director of the Chattanooga Community Kitchen. The Chattanooga Community Kitchen was founded in 1982 by seven downtown churches. It began to feed homeless people, but has since expanded its services. Today there are thirty-five local churches on the board of directors; the Kitchen has grown to partner with many other local area churches and organizations. It has become a center of training and helping homeless individuals get the skills and opportunity needed to get back on their feet.

Today there are more homeless people than any other time in American history since the Great Depression. There are increasing numbers of homeless women, children, and elderly individuals. Very few people who live on the streets want to live there, but once they are homeless, drugs and alcohol become coping mechanisms. It is hard to get a job, transportation, or shelter to stabilize their lives. The Chattanooga Community Kitchen has thirteen case managers helping homeless individuals apply for, get to and from jobs, and have a place to stay while they save money. The Kitchen is beginning a 24-hour emergency shelter for a five-month study to better assess the needs of Chattanooga's homeless. Due to this new outreach, the Kitchen will need more blankets, pillows, nonperishable food, and laundry detergent in the coming months. Contact information is 423.756.4222
<http://www.homelesschattanooga.org/>

Homeless

Joy In Our Town	30:00	13:27	LCL	PA/O/E	11/14/2011	11:30 PM
#442-111411					11/15/2011	03:30 AM
					11/17/2011	04:30 AM
					11/22/2011	02:00 AM

WELF-TV host, J.W. Cole, talks with Rebecca Whelchel of Metropolitan Ministries. Metropolitan Ministries has existed in Chattanooga for 32 years. Metropolitan Ministries seeks to prevent homelessness by being a "financial emergency room," providing aid with rent, utilities, medication, food, and personal identification. Their mission is "to receive with dignity and respect all who come to us, by providing them with the emotional and physical help needed." They want to see their guests become "independent, contributing members of society." Each morning dozens of people line up outside the Metropolitan Ministries. Rebecca discusses the issues homeless people face on a daily basis finding a safe place to rest. Many of the homeless are senior citizens who are on the verge of homelessness due to the rising cost of living and health care needs. It has become a choice between medicine and groceries, or rent and food. The ministry also recognizes the need for pet care of the homeless. Many homeless people have pets even though they cannot afford enough to eat themselves. It helps them to cope with their situation. They set aside a day each month for homeless pet care. Metro Ministries can only help 36 people per day for services. The rest are prayed for and encouraged to come back to try again the next day. Metropolitan Ministries is challenged by the growing need of the homeless population due to the economic crisis in the city. Last year 40% of their guest were "new need," people who had never asked for help before. Even so, they meet all the needs they can and rejoice in each bit of hope. The phone number is 423.624.9654.

<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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Homeless

Joy In Our Town #445-120211	30:00	13:14	LCL	PA/O/E	12/02/2011	01:00 PM
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WELF-TV host, Dr. David Banks, talks with Regina McDevitt and Heidi Houghton of the Partnership for Families, Children, and Adults. Regina McDevitt is the Director of Crisis Services, and Heidi Houston is an intern at the Partnership. One the biggest needs of the homeless are shelters that service intact families. Over the last several years, with the downturn of the economy more and more families are finding themselves in a state of crisis. Many families are only able to live from paycheck to paycheck. Families missing a month of income can be easily forced to live on the street or in their car. Over the past year, there has been a 26% increase in homeless families in the greater Chattanooga area. Furthermore, in over 50% of homeless family situations there are issues of domestic violence. Being homeless multiplies stress and instability in the lives of both parents and children. The city currently has very few facilities to offer to intact families. This is due to the space and privacy requirements. If a family needed shelter, they would be separated into men and women shelters, a single female parent with a male child over the age of 5 would be separated from her son for the night he would be placed in the single men's shelter. This scenario is unacceptable for young children.

The Partnership for Families offers New Visions, a shelter for chronically homeless single women. It places them in safe, independent housing, helping them to stabilize their lives and transition back into society. Over half the clients served in New Visions are over 50 years of age. This is due to the senior female population losing their spouse due to illness, along with their main source of income. Most of these women have not been out in the workforce and they have minimal job skills.

The Partnership also offers a homeless shelter for intact families. The family shelter offers beds, temporary childcare, case management, advocacy, and referrals. The shelter's goal is to help families move forward through empowerment, peer encouragement, into a more stable life.

Contact information:
Shelter: 423-755-2822
Hotline for Domestic Violence and Rape Crisis: 423-755-2700
<http://www.partnershipfca.com/www>

Homeless

Joy In Our Town #447-121611	30:00	13:06	LCL	PA/O/E	12/16/2011	01:00 PM
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WELF TV Public Affairs host, Pastor J.W. Cole, talks with Kimberly George of the Chattanooga Salvation Army. The Salvation Army's mission is to "meet needs in Christ's name without discrimination." They have ministries for individuals in every age and stage of life. The Salvation Army recognizes that homelessness is a growing concern. They seek to love the homeless of Chattanooga by meeting their needs and helping them to get back on their feet. First, they recognize that homeless people and families are broken by the difficulty of their circumstances. Thus, the first priority is to provide a safe haven where individuals can "let their hair down" and begin to rebuild their sense of hope and self-confidence. The Salvation Army provides computer access, devotions, church services, Bible Study, art, acting classes, and basic life-skill programs. Homeless individuals and families trying to get back on their feet can get involved in the Life Development Program which provides accountability by requiring life skills training, pastoral mentorship and Bible study, while also providing housing. The Salvation Army also meets community need through a culinary school, Angel Tree (which meets the needs of children and seniors). They also provide visits to shut-ins and incarcerated individuals. The Salvation Army's biggest need is for volunteers. The phone number is 423.756.1023, website, www.csarmy.org

<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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Homeless

Joy In Our Town	30:00	13:27	LCL	PA/O/E	12/23/2011	01:00 PM
#448-122311					12/26/2011	11:30 AM

WELF-TV host, Dr. David Banks, talks with Charlie Hughes, Executive Director of the Chattanooga Community Kitchen. The Chattanooga Community Kitchen was founded in 1982 by seven downtown churches. It began to feed homeless people, but has since expanded its services. Today, Dr. Banks asks Charlie to explain the issues of the Homeless during the holidays. Charlie explains the Kitchen ends up taking the place of the family for the homeless. Charlie goes on to list the gamut of emotions the homeless population suffers during the holidays. The biggest issue homeless individuals deal with are the many regrets they have over past choices during this time of year. Charlie adds how the Kitchen tries to ease the pain with various services provided this time of the year.

The Kitchen has an innovative approach to honoring the deaths of the homeless occurring during the past year by holding a Memorial Service every December the 21st to commemorate the homeless that have passed. During the ceremony, an empty tray is placed at the dining room table with a candle in honor of the deceased individual. Each person's name is read out loud and a bell is tolled during the ceremony. Additionally, CK tries to contact any surviving family members and invite them to be present at the ceremony. Charlie adds that so many times homeless individuals die unnoticed; they are buried in a common grave provided for the indigent of the community. CK feels this ceremony is a way to recognize and validate the plight of this forgotten sector of the population in a beautiful way.

CK Staff members also decided years ago to forgo their traditional office party up in lieu of a client's party. This party is made complete with homemade goodies and treats that each staff member contributes. In addition, they all bring in boxes of cards and sit around the table and help the clients address cards to their families. Charlie cites several examples of families being re-united due to cards sent over the years.

Charlie explains the goal of the CK is to move homeless individuals through the CK's program to help them find God's plan for their life.

Contact information:

kitchen@homelesschattanooga.org

The Chattanooga Community Kitchen, 727 E. 11th Street • P.O. Box 11203 • Chattanooga, TN 37401 Phone (423) 756.4222 • Fax (423) 756.3820 • Office Hours 8:00 a.m. - 5:00 p.m. Mon. - Fri.

Homeless

Joy In Our Town	30:00	13:14	LCL	PA/O/E	12/30/2011	01:00 PM
#449-123011						

WELF-TV host, Dr. David Banks, talks with Regina McDevitt is the Director of Crisis Services for the Partnership. This includes programs dealing with the homeless, domestic violence and the Rape Crisis Center. The Partnership is a comprehensive non-profit human services agency offering 20 programs. These programs touch the lives and meet the needs of vulnerable individuals - from unborn children to seniors - through professional counseling, crisis intervention, and education and prevention services. Today families are being impacted more and more with homelessness.

The Chattanooga area has seen a great increase in homeless families over the last 12 months. The children of the homeless sector are especially affected by the condition of their parent's homelessness. Homelessness affects families with the following areas: finding adequate safe shelter, finding food, compliance with state mandated attendance to school, employment, getting mail, communication to other family members and potential employers(phone) ect.

The Partnership currently offers two programs for homeless people. New Visions a program assisting homeless women. NV provides temporary shelter for women to gain stability and gainful employment. The goal is to offer a safe place to stay while they get back on their feet, usually 30-40 days. Another program the Partnership has is The Shelter. NS helps families find permanent housing while offering temporary shelter to entire families. This keeps the family together while working towards stability and independence

Annual events are "Walk a Mile in Her Shoes" every April and a children's festival in October. The Partnership is a community impact agency that empowers people to build better lives through counseling, crisis intervention, and preventative education services. Last year The Partnership served 74,000 people in Tennessee, Georgia and Alabama. The Partnership is a United Way Member Agency, a member of the Crittenton family of agencies, and is accredited by the National Council on Accreditation. The Partnership continually seeks to collaborate with partner agencies to provide the best possible care for the public.

Contact information:

Office Location: 1800 McCallie Avenue / Chattanooga, TN 37404

Main Office Phone: (423) 755-2822

Crisis Hotline Phone: (423) 755-2700 *confidential line answered 24/7*

<http://www.partnershipfca.com/www/docs/1>

<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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Housing

Joy In Our Town	30:00	13:40	LCL	PA/O/E	11/07/2011	11:30 AM
#441-110711					11/15/2011	02:00 AM
					11/17/2011	04:00 AM

WELF host, Dr. David Banks, talks with Dawn Hjelseth, Director of Volunteers for Chattanooga's local Habitat for Humanity. Habitat for Humanity works to provide housing for low-income individuals who cannot get a standard mortgage. They discuss the issues low income families face finding affordable housing. Dawn then states what the criteria is for families to qualify for a Habitat for Humanity house:

1) Meet minimum income and credit score standards. Habitat for Humanity helps families improve their credit rating if necessary.

2) Be living in sub-standard housing with structural/ condition problems or the house is too small for the family.

3) Be willing to partner with Habitat for Humanity by volunteering for 350 hours.

Once a family has passed the initial pre-application and interview process, they begin their volunteer hours. These hours are first served in the office or by working on other people's homes. The last section of hours is part of building their home. Habitat for Humanity also trains families to be homeowners by teaching them about maintenance, insurance, taxes, and writing a will. The homeowner's have a 30-year mortgage with Habitat for Humanity. Overall, Habitat for Humanity is about enabling less-advantaged families earn their home through "sweat equity" and giving them a chance to change the future of their families. The phone number is 423.756.0507, <http://www.habichatt.org/>

Housing

Joy In Our Town	30:00	13:31	LCL	PA/O/E	11/14/2011	11:30 PM
#442-111411					11/15/2011	03:30 AM
					11/17/2011	04:30 AM
					11/22/2011	02:00 AM

WELF-TV host, J.W. Cole, talks with Carol Johnson and La Keisha Mason of the Chattanooga Housing Authority. The Chattanooga Housing Authority works mostly with homeless and single parent families to provide safe, affordable, decent housing. Families seeking help go through an application processing and are put on a waiting list for housing availability. The Chattanooga Housing Authority has multiple locations around Chattanooga and each offers programs for their residents such as the Neighborhood Network (which offers a computer lab and technology resources), Upward Mobility (a family program encouraging education and requiring employment within 90 days of residency), mentoring and financial training programs. The primary issues facing residents include lack of education, transportation, and childcare. Carol and La Keisha discuss with Pastor Cole how a person can better themselves once they enter the program and what the options are for working themselves out of the program. CHA has incentives for residents to work their way out of the poverty cycle. Some of the programs CHA offers are a national model for other housing programs all over the country. Contact information for CHA is: 423.752.4893 <http://www.chahousing.org/>

<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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Housing

Joy In Our Town	30:00	13:20	LCL	PA//E	11/18/2011	01:00 PM
#443-111811					11/19/2011	03:30 AM
					11/21/2011	11:30 AM
					11/22/2011	03:30 AM

WELF-TV host, Dr. David Banks, talks with Teresa Groves, the executive officer of the Chattanooga Homebuilders Association of Southern Tennessee. The Association is a nonprofit that seeks to promote and protect the homebuilding industry. The housing market consists of the building, buying, and remodeling of homes. While the Chattanooga housing market has not declined as much as those of major cities like Atlanta, buyers are still facing challenges. The primary challenge that buyers face is financing. Ms. Groves encourages buyers to check their credit score and to check with different institutions when seeking home financing. In addition to the new home market, the Homebuilders Association is also connected to remodeling. It educates consumers about the right questions to ask as well as referring them to licensed contractors. The primary remodeling trends include kitchens, bathrooms, and basements. When it comes to remodeling, Ms. Groves stressed that it is important to fix problems early before they grow, call for information, and to know their budget. In addition to providing information, the Homebuilders Association also hosts the Tri-State Home Show each February where they have "everything for your house under one roof." At the show 450 booths provide resources about labor and supplies for every home need. Contact information for Chattanooga Homebuilders Association of Southern Tennessee is: 423.624.9992 <http://www.hbast.org/>

Housing

Joy In Our Town	30:00	13:20	LCL	PA//E	12/09/2011	01:00 PM
#446-120911						

WELF-TV host, Dr. David Banks, talks with Jeremy Fitzsimmons of the Chattanooga Neighborhood Enterprise. The CNE is the local advocate for homeownership. The CNE has existed for 25 years and is a non-profit counseling and financial assistance organization. They help families purchase, stay in, and maintain homes. In today's economy it is difficult to plan financially to purchase a home. CNE walks their clients through orientation and planning to become homeowners and can even provide down payment assistance up to 20%. A similar method is used for families struggling to keep their homes under threat of foreclosure. The main need is for aid in financial planning—helping families identify financial challenges and a plan to overcome them. CNE also provides services for need-based maintenance, home improvement, and weatherization. The key to remember is that families should neither ignore financial struggles relating to homeownership, nor should they try to make it on their own. CNE provides expertise and encouragement. The phone number is 423.664.4663, website is <http://www.cneinc.org/>.

<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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Housing

Joy In Our Town #447-121611	30:00	12:56	LCL	PA//E	12/16/2011	01:00 PM
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WELF TV Public Affairs host, Dr. David Banks, talks with Careyee Bell, a broker at Bell Agency Realtors, LLC. In today's economy, it is common knowledge that the housing market has suffered. As people struggle financially there are more foreclosures, and it is harder to get a loan. Careyee Bell says that it is a buyer's market because of the number of homes available. Careyee adds that after the April tornadoes, both the North Georgia and the Chattanooga markets have been helped due to the increase of tornado victims buying new homes to replace their damaged property. One of the biggest threats to homeowners is foreclosure. Ms. Bell encourages those who are struggling financially to keep up with their house payments, and, if it becomes apparent that falling behind is inevitable, it is better to put the house on the market and lose some money than to go through foreclosure and possible bankruptcy. Those seeking to buy a home should first request a credit report. Paying bills on time and avoiding bankruptcy keep credit scores healthy. More than ever, a healthy credit report is essential to getting a loan to buy a home. In conclusion, Ms. Bell makes it clear that owning a home within one's price range is a far better investment than renting. The phone number for more information is 706.657.3000.

Housing

Joy In Our Town #448-122311	30:00	13:15	LCL	PA//E	12/23/2011 12/26/2011	01:00 PM 11:30 AM
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WELF TV host, Dr. David Banks, talks with Mark Hite, the President of Greater Chattanooga Realtors. In today's program the focus is housing and the state of real estate in the greater Chattanooga area. Mark, the newly elected President explains how the marketplace and the mission of the realtor have evolved over the last 100 years. GCAR strives to do more than just sell houses to people. They are the area's advocate for personal property rights of the people as well as the community's key educator on housing issues to the layperson seeking homeownership. They also oversee government affairs to ensure homeowners get fair treatment. Mark goes on to explain the history of the housing market over the last 20 years and just what "normal" is for the condition of our local market. He discourses on the current sales condition is here locally: back at the level it was in the 2002. The dream of home ownership is still 100% intact and more affordable than ever. When you combine inexpensive lending and reduced pricing, affordability is at the highest since 1970. Mark then explains the different venues that money is still available and the different terms. Credit scores right now don't have to be pristine, but they have to be better than they were back in the 70's. Due to the economy's slow growth, rates should still remain stable. He does touch on interest rates in Washington and what the legislators are doing in the lawmaker's arena. Mark encourages viewers to watch what is going on so they may stay informed of any changes. Stable conservative home value is the situation currently in our area. We have certainly fared much better than most parts of our country. Contact information is given: 423/756-6201
www.gcar.net

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

Joy In Our Town	30:00	13:12	LCL	PA/O/E	10/21/2011	01:00 PM
#438-102111					10/22/2011	03:30 AM
					10/25/2011	03:30 AM

WELF-TV host, Dr. David Banks, talks with Councilman Andre McGary of the Chattanooga City Council. Councilman McGary represents District 8: downtown Chattanooga, Avondale, and Clifton Hills. He brought three key issues to the attention of voters. First, the city is in the process of redistricting. The city redistricts every ten years after the census to insure equal representation of all races and ages. In order for equal representation to occur, each district must have about the same number of people. Thus, individuals and families in districts that have seen growth may be redistricted to another councilperson. Those concerned about their changing representation should contact their councilperson. Secondly, a law was passed in Nashville that all voters must have a state issued photo id. The law goes into effect January 1. Those most likely to be affected are senior citizens who do not have their picture on their driver's license and the person who has never voted or driven. Photo ids can be obtained through the Hamilton County DMV or the Election Commission. In order to obtain an id, the individual needs a birth certificate and two bills to prove their id. Those seeking help in obtaining an id should contact their councilperson. City Council has issued a statement to Nashville asking, first, that the law be repealed and, second, that any government issued id (city, state, or federal) be accepted. Finally, Councilman McGary encouraged individuals to stay informed and involved in civic affairs. He stressed that only the individual can make their voice heard. The number for City Hall is 423.757.5571. Councilman McGary's contact is 423.757.5364.

Civic Affairs

Joy In Our Town	30:00	13:12	LCL	PA/O/E	12/30/2011	01:00 PM
#449-123011						

WELF TV host, Dr. David Banks, talks with Kelley Nave is the Chattanooga Area United Way Public Relations Director. Kelly helps educate and inform the public on the mission statement of the United Way. She focuses on volunteerism and how Chattanooga residents can best get involved in their community. The Labor Bureau collects annual numbers for volunteers in the Chattanooga area. Chattanooga residents currently number around 125,000 per year. Volunteer time is valued nationally at \$20.85 an hour which translates to over 400 million dollars a year in labor being poured into this area. She explains the best time to volunteer is when someone is on a job hunt. Volunteering helps build skills and experience. College graduates have skills but no experience and the non-profit organizations like to offer college grads the opportunity to gain experience. Volunteering allows job-seekers to network. Chattanooga also offers the RSVP program for people who are retired; in addition there is also the Foster Grandparents program. The RSVP program offers a wide variety of possible positions, while the Foster Grandparents program deals with education and mentorship of students. Anyone can volunteer. Studies show that people who volunteer are happier, healthier, live longer and are much more mentally alert. In communities where volunteering is high, the facts show that there is a higher level of education, people earn more money, a lower crime rate thus making the communities a safer places to live. Volunteer are needed in the following areas in our community: Environmental groups (building hiking trails as well as cleanup); The Humane Society working with animals; Siskin, Orange Grove needs help with the disabled; School volunteers and mentorship programs (Big Brothers/Big Sisters and Ready by 21).

In addition, many businesses will give their employees time off to volunteer. Two businesses that come to mind are Unum and Blue Cross & Blue Shield. The volunteer center at United Way will help any business set up and manage a volunteer program. The new trend for volunteering is volunteering through the work place. Businesses see employees enjoy improved performance, more motivated and productive, happier, builds teamwork and they stay longer with the company.

Contact information given: 423/752-0322
<http://www.uwchatt.org/www>