

# **TRINITY BROADCASTING OF FLORIDA**

DESIGNATION OF TOP COMMUNITY PROBLEMS  
FROM THE AVAILABLE SOURCES  
IN THE  
VIEWING AREA

**WHFT – TV MIAMI**

**JANUARY, FEBRUARY, MARCH 2011**

**HEALTH**

**CRIME**

**ECONOMY**

**ENVIRONMENT**

**YOUTH**

**EDUCATION**

**CIVIC AFFAIRS**

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

700 Club NewsWatch #010611	CBN	1:00:00	6:00	REC	PA/O/E	01/06/2011 3:00 PM
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Lori Johnson, CBN News Reporter, says resolving to live healthier in the New Year is a great decision! If that's your goal, you should know studies show that the more specific you can be, the more likely you will reach your goal. Here are the top ten healthy habits for the New Year: 1. Exercise. Exercising has both short-term and long-term benefits. Right away, it can improve your mood, reduce stress, and even make your brain work better. Over time, exercise can prevent health problems ranging from obesity and diabetes to heart disease and even cancer. Even with all these benefits, some 60 percent of Americans stay on the couch. If you'd like to be in the 40 percent of regular exercisers, psychologists say to focus on the first three weeks. Be encouraged that it will get easier! Studies have shown that any activity repeated daily becomes a habit after three weeks. 2. Eat a healthy breakfast. Preferably with protein, within 90 minutes of waking-up. This starts your metabolism for the day and also prevents you from getting too hungry and overeating later in the day. 3. Eat five servings of fruits and vegetables a day. One serving equals a 1/2 cup of cooked vegetables or a full cup of raw or leafy vegetables or one small whole fruit. 4. Avoid Trans fats. Trans fats are found mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated," stay away. 5. Eat good fats. Omega-3s are found in foods like fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds, and flaxseed. These have been shown to reduce the risk of heart disease, improve your immunity, and reduce inflammation. 6. Avoid sugar. This is one of the toughest. Its negative laundry list runs from obesity to diabetes to heart disease and cancer. The average American consumes 135 pounds of sugar a year, compared with 109 pounds 20 years ago and only five pounds in the late 1800s! 7. Cleanse your hands often. Eating right and exercising aren't the only habits that keep you healthy. Did you know the best way to avoid getting sick is to keep your hands clean? When using hand sanitizer, make sure it's at least 60 percent alcohol, get in all those nooks and crannies, and rub your hands until they're dry. When using soap and water, lather-up for a full 20 seconds. 8. Practice good dental health. Believe it or not, periodontal infection contributes to heart disease, diabetes, and even premature, underweight births. 9. Get regular screening. The type of screenings you need depend on your age and gender, so consult with your doctor about which ones you need. Some of the most important ones include an annual physical, blood pressure, and cholesterol test, colonoscopy, mammogram, Pap test, and prostate and skin cancer screening. 10. Get enough sleep. So at this time of year, when many of us vow to start afresh, take note of these habits to make 2011 your healthiest year yet.

700 Club NewsWatch #020811	CBN	1:00:00	5:00	REC	PA/O/E	02/08/2011 3:00 PM
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Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern climates. Light therapy is a very effective treatment and involves sitting in front of a specialized light box for 30 minutes a day. The box needs to have a power of 10,000 lux, which is more than 20 times stronger than the average light bulb. Beware though: Tanning beds are not an acceptable treatment because they emit ultraviolet rays. So say "no" to the tanning bed, but "yes" to the light box. And in addition to the light box, other ways to brighten up your life include: Using higher wattage light bulbs, installing a sky light, sitting closer to the window, trimming branches that block sunlight and simply opening the blinds. If you have SAD and work in a dark environment make it a point to spend a few minutes outside every hour or so. Although it's tempting for people with SAD to reach for their comforter, they should reach for their gym bag instead. Exercise is another great tool for fighting the effects of SAD. A cardiovascular workout pumps oxygen into the brain, making us alert and energetic. Exercise also releases endorphins, neurotransmitters that create a feeling of euphoria. So if you suffer from Seasonal Affective Disorder, or SAD, a few lifestyle changes can help you enjoy winter. And spring will be here before you know it!

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700 Club NewsWatch	CBN 1:00:00	5:00	REC	PA/O/E	03/22/2011	3:00 PM
#032211						

Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in of some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly drinks them. Energy drinks burst on the scene 20 years ago. They are now so popular, Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market. What's in these energy drinks that has them flying off the shelves? Mainly caffeine, at least the amount found in a strong cup of coffee, sometimes much more. The U.S. Food and Drug Administration only require 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	12:30 PM
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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	12:30 PM
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**Dr. Dan Collins** talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. **Dr. Clark Gerhart** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, there can be additional years of specialized study. It can take quite a few years to become a doctor.

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Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	1/18/2011	12:30 PM
<p><b>Dr. James Krystosik</b> talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or a food intolerance. It's important to identify the food and eliminate it from the diet. <b>Dr. John Fischer</b> talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. <b>Dr. Martin Finkelstein</b> talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.</p>						
Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	1/25/2011	12:30 PM
<p><b>Dr. Eric Braverman</b> talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. <b>Dr. Ace Anglin</b> talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. <b>Dr. Susan Cole</b> talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.</p>						
Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	2/01/2011	12:30 PM
<p><b>Dr. Jessica Setnick</b> talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. <b>Dr. Teresa Carlson</b> talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. <b>Dr. Karen Bierman</b> talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.</p>						
Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	2/8/2011	12:30 PM
<p><b>Dr. Bettye Alston</b> talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. <b>Dr. James Mittelberger</b> talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. <b>Dr. David Cawley</b> talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.</p>						
Doctor to Doctor #289	28:30	28:30	REC	PA/O/E	2/15/2011	12:30 PM
<p><b>Dr. Mike Ronsisvalle</b> talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. <b>Kay Spears</b> talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. <b>Dr. Dale Peterson</b> talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.</p>						

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Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	2/22/2011	12:30 PM
<p><b>Lisa Buldo</b> talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice. Pasta and cereal. <b>Dr. Ace Anglin</b> talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. <b>Dr. Glee Steele</b> talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the Board.</p>						
Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	3/08/2011	12:30 PM
<p><b>Dr. Brian Nimphius</b> talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. <b>Dr. Bob DeMaria</b> talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. <b>Dr. Bernice Gonzalez</b> talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.</p>						
Doctor to Doctor #292	28:30	28:30	REC	PA/O/E	3/15/2011	12:30 PM
<p><b>Dr. Don Colbert</b> talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. <b>Dr. Malcolm Hill</b> talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. <b>Dr. Kelafo Collie</b> talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.</p>						
Doctor to Doctor #293	28:30	28:30	REC	PA/O/E	3/22/2011	12:30 PM
<p><b>Dr. Tonya Lyons</b> talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. <b>Dr. Gerard Guillory</b> talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. <b>Dr. Chris Lewis</b> talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.</p>						

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Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1074	30:00	15:00	L	PA/O/E	1/3/11	11:30 AM
					1/4/11	4:30 AM

Host Monique Dennis speaks with Wansley Walters director of juvenile services department about juvenile services. Wansley says the juvenile services department strives to help juveniles that commit crimes or felonies on the right path to success and well being. She explains that the juvenile services department processes every arrested juvenile in Miami Dade County from all 37 law enforcement agencies. She explains that the child gets arrested for homicide or if the juvenile gets arrested for shoplifting they will be processed through the juvenile services department. Wansley states the department opened a juvenile assessment center in which by Florida state statutes is a processing state center for juveniles. Wansley describes that there can be three juveniles that commit the same crime, but one has problems at home, another is abusing drugs, and the other one is just being a reckless adolescent. These are some of the things the juvenile services department looks in two in each situation to determine how to fix the problem and correct it so the juvenile isn't a repeat offender. She goes on saying the juvenile services department has specific programs to help juveniles such as alcohol abuse programs, drug abuse programs, domestic violence programs, and mentoring programs.

Crime

Joy In Our Town #1077	30:00	15:00	L	PA/O/E	1/21/11	1:00 PM
					1/22/11	4:30 AM
					1/24/11	11:30 AM
					1/25/11	4:30 AM

Adriane Reeseey Chairperson of the Broward human trafficking coalition and L. Hope Gary Vice President of BHTC speak with host Allen Perry about domestic minor sex human trafficking. Adriane explains that the Brower human trafficking coalition is there to inform and educate people that human trafficking is out there in the community. Adriane states that there are three top lucrative criminal enterprises, number one is drug trafficking, two was arms trafficking, and three was human trafficking but Adriane now states human trafficking is number two in the top three lucrative criminal enterprises. Mrs. Gary adds in a few years human trafficking will be number one. Adriane goes on saying that the human trafficking industry generates over \$30 billion a year. She also says the average age of prostitution is thirteen years old. Adriane describes that there are two types of human trafficking. There is international human trafficking and domestic minor human trafficking. Mrs. Gary explains that people need to be aware of their surroundings, know where their children are, and raise awareness and educate people about human trafficking in their communities and in their state.

Crime

Joy In Our Town #1080	30:00	15:00	L	PA/O/E	2/11/11	1:00 PM
					2/12/11	4:30 AM
					2/14/11	11:30 AM
					2/15/11	4:30 AM

Host Monique Dennis Speaks with Nora Roffe victim advocate of the Victim Response Inc the Lodge Miami about Domestic Violence. Nora explains domestic violence affects everyone, it can be verbal abuse, mental abuse and of course physical abuse. Nora states that 22 to 25 percent of women in south Florida have experienced domestic violence. She goes on saying that men even experience domestic violence, she explains that because of society most men would not come forward. Nora describes that some of the signs of domestic violence, can be emotional abuse. A person that has low self esteem and depression shows a sign of some one who has been a victim of domestic violence. She says in high school a lot of students are using texting as a way to being manipulative in a relationship. Students also tend to stock their significant other as a means to intimidate their partner. Nora Explains students and schools should tell someone immediately, whether it be their parents, or counselor. The lodge in

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Miami has specific hotlines are people all ages can call that are dealing with domestic violence or abuse.

*Crime*

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Joy In Our Town #1084	30:00	15:00	L	PA/O/E	3/11/11	1:00 PM
					3/16/11	1:30 AM
						1:30 PM

Dr. Vera M. Stevens CEO/President of Abundant life and health & Fitness center Inc. speaks with host Suzette Maylor about Child abuse and Domestic abuse. Dr. Vera explains that child abuse comes in all ages, sex, and race. She explains the child abuse starts at home. Doctor Vera states that when a parent was abused as a child it passes down to the next generation, causing their children to feel angry, hurt, depressed, and upset. She says that abuse is not only physical, but mental and verbal. Dr. Vera explains that you can tell the signs of an abuse child. Whether it is from marks a physical abuse, or signs of being distant from relatives or friends. Some other signs that show a child has been abused are when a child is not hungry or willing to engage in conversations or social events. Doctor Vera states that domestic abuse was a physical or verbal abuse within a household or with anybody in relation to the abuser. She goes on saying that people who abuse others either have low self esteem, anger issues, or want to be in full control at all times.

*Economy*

Joy In Our Town #1075	30:00	15:00	L	PA/O/E	1/7/11	1:00 PM
					1/8/11	4:30 AM
					1/10/11	11:30 AM
					1/11/11	4:30 AM

Host Monique Dennis speaks with Marina Blanco-Pape Chief of the water management division in Miami Dade County talks about the Community rating system. Marina says the community rating system or CRS and is a program by FEMA and study by the national flooding association. Marina explains flood insurance is not mandatory for homeowners or property owners. She also goes on saying it's a property has a mortgage loan mortgage company may require that the resident have flood insurance. Marina describes that there are over a thousand communities nationwide that participate in the community rating system. Marina states that unincorporated Miami Dade joy and the CRS program in 1994, the CRS program has ten classes. Marina explains that there are ten classes in the CRS program, ten being the worst and one being the best. In 1994 MIAMI-DADE joined with the classification of nine, over the years MIAMI-DADE is been able to increase that classification number, since 2003 the classification number is at five.

*Economy*

Joy In Our Town #1079	30:00	15:00	L	PA/O/E	2/4/11	1:00 PM
					2/5/11	4:30 AM
					2/7/11	11:30 AM
					2/8/11	4:30 AM

Leroy Jones executive director neighbors and neighbors association speaks with host Monique Dennis about mom and pop small business grant program. Leroy explains the small business grant program was established in 1999, it started in district R3 in Miami, businesses have accessed over \$10 million since 1999 through the program. He goes on saying the country is struggling economically especially in small businesses. Leroy says small businesses are the backbone of this country. He states that when there are smaller businesses there would be, more competitiveness, more competition, better prices, stronger economy, and jobs created. Leroy describes that small businesses create 80% of the job work force for this country. He explains that it is important for future business owners to have a plan, and a strategy. Leroy states that location is an important key to success of business; location determines how much business, sales and revenue that business will make.

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*Economy*

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Joy In Our Town #1081	30:00	15:00	L	PA/O/E	2/18/11	1:00 PM
H					2/19/11	4:30 AM
o					2/21/11	11:30 AM
s					2/22/11	4:30 AM
t						
<p>Monique Dennis speaks with Jennifer O' Flannery Anderson PhD President and CEO United way of Broward County about the Prosperity Initiative Program. Jennifer says the prosperity initiative program is a program designed to help and assist the needs of low income, and struggling families trying to make ends meet. She explains in the last four years united way worldwide has challenged the other united way's to focus their work in three areas, the first being education, income, and health. She goes on saying that United Way Broward gets assistance from other organizations, school system, and social workers who work with the children. Jennifer describes the mobile prosperity center is a truck funded by United Way that travels around the community to help people with taxes, low finances, and education. Jennifer states that they traveled to schools eligible by United Way to assist them with school supplies, books, and other educational tools. She goes on saying that if a family does not have transportation or means of travel to get two and from work, the united way of Broward county will assist that family with getting their children were they need to go as well as the parents.</p>						

*Economy*

Joy In Our Town #1082	30:00	15:00	L	PA/O/E	2/25/11	1:00 PM
					2/26/11	4:30 AM
<p>Host Suzette Maylor speaks with Penny Loughlan CEO of The Broward Pantry about the services at pantry Broward. Penny explains the pantry of Broward was established in 2008. Penny states that when they establish this organization they started out with 50 clients, when the economy went bad their clients increased to over 425. She goes on saying they have a program known as grandparents serving grandchildren, and they currently have 125 grandchildren. The age group in which the grandchildren are in ranges from six months to eighteen years of age. Penny goes on saying that the reason why there are so many grandchildren and the program is that many of the parents are either incarcerated, on drugs, or just don't want to raise their children and hand them up to their parents. Penny describes that one in eight grandparents are raising their grandchildren in Broward County. Penny explains they have a program that assists children that need school supplies, the students just come and can pick out knapsacks, pencils, notebooks, and books.</p>						

*Economy*

Joy In Our Town #1083	30:00	15:00	L	PA/O/E	3/7/11	11:30 AM
					3/8/11	4:30 AM
<p>Host Suzette Maylor speaks with Raelin Storey public affairs and marketing director of the city of Hollywood about the value of civic engagement. Raelin explains civic engagement is a two way dialog between local government and the people. She says in the city of Hollywood there are town hall meetings, commission meetings on every first and third Wednesday of the month. Raelin describes that this is a good way for people who were involved in their community, or may not know what is going on, to get informed and be a part in helping their local community. She states that Hollywood has numerous boards and committees that are selected by local city commissioners. Raelin goes on saying that for anyone who joins any of the boards are committees eight will give them a real idea of what goes on behind the scenes in their community. She explains that in the Hollywood offices they handle getting the information of what is happening are going to be happening in their communities up to the public.</p>						

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<i>Environment</i>	<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 #1079	30:00	15:00	L	PA/O/E	2/4/11	1:00 PM
						2/5/11	4:30 AM
						2/7/11	11:30 AM
						2/8/11	4:30 AM

Host Monique Dennis speaks with Mark Fritz City of Hollywood Fire Rescue and Beach Safety about fire safety. Mark says residential fires are the most common fires. According to the U.S. fire administration there was a reported 350,000 fires. He explains those fires caused close to 2500 deaths and 12,000 injuries. Mark describes that the greatest number of fires occur during the spring time mainly brush fires. The greatest numbers of residential fires occur during the winter months. Mark goes on saying that the greatest numbers of residential fires are caused by cooking. Mark states that some ways to make residential homes fire safe are practicing what the family would do in the case of a fire or emergency at the residency. He explains that smoke alarms are very important, he states there should be one in every level the house especially in the kitchen. He goes on saying smoke alarm batteries should be changed a minimum of one city year, mark recommends changing the batteries each daylight savings time. Families should map out the diagram and an exit strategy in the case of fire.

<i>Environment</i>	<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 #1086	30:00	15:00	L	PA/O/E	3/25/11	1:00 PM
						3/26/11	4:30 AM
						3/28/11	11:30 AM
						3/29/11	4:30 AM

Patrick Wong Chief of air quality management division Miami Dade County DERM speaks with host Suzette Maylor about Air quality and climate change. Patrick states that MIAMI-DADE County has very clean air quality for being a metropolitan area, he states that are over 2 million vehicles and Dade County. Patrick describes the ozone is a pollutant that is not directly emitted it is formed from the missions of other pollutants, and it affects people with respiratory problems or to illness. He goes on saying that Dade County meets all air quality regulation and is passing inspections yearly. That should explains that DERM has a regulatory program will inspect and give permits to over 1200 properties, that emit various pollutants into the air. He explains that DERM is constantly monitoring different pollutants and levels that are being emitted, some of the pollutants are ozone, carbon monoxide, dust, nitrogen oxide, sulfur dioxide, and led. After goes on saying that MIAMI-DADE county DERM has stated the art measuring equipment, measures that different toxins, and pollutants in our air quality each and every day.

<i>Environment</i>	<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 #1086	30:00	15:00	L	PA/O/E	3/25/11	1:00 PM
						3/26/11	4:30 AM
						3/28/11	11:30 AM
						3/29/11	4:30 AM

Host Suzette Maylor speaks with Stephen Thompson public information officer of MIAMI-DADE County about the MIAMI-DADE county Baynanza. Stephen explains Baynanza is a day of cleaning up the shore lines, and picking up trash and debris that has been accumulated over the course of the year. He goes on saying Baynanza is a day for people to come out and have fun and pick up trash to keep our environment and Bays clean of garbage, once the garbage is all picked up that is thrown away and trash bags and then recycled. Stephen describes that most of the trash collected on the shorelines are from sidewalk litter and not from boaters. He states that plastic is the most damaging material to the environment because it is so durable and elastic, that causes wildlife and marine life to get entangled or trapped in the material. Stephen encourages people to be mindful, to pick up trash,

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and be mindful about recycling. Stephen explains that there are over 40 times up trash, and debris that can be collected. He describes that Baynanza started in 1992 with a thousand people and has now grown to a widespread community event was close to 7000 people.

*Youth*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1076	30:00	15:00	L	PA/O/E	1/14/11	1:00 PM
					1/15/11	4:30 AM
					1/17/11	11:30 AM
					1/18/11	4:30 AM

Host Allen Perry speaks with Angela Williams founder and president of a girl and her pearls about girls, self esteem, character building, and decision making. Angela says that a lot a young women are experiencing self-esteem issues because of the media portraying women as skinny and beautiful. She explains a girl and her pearls is an organization that helps young women build character self esteem, and shows young women that everyone is different, and unique in their own ways. Angela describes a girl and her pearl was established in 2003. she goes on saying the seven pearls are Charity, love, benevolence, community service, purity, virginity, honesty, discipline, and modesty. She also adds responsibility, accountability and maturity. Angeles states many of the young women today are showing too much to scan and dressing with less and less clothing. Angela describes the four B's which are your breasts, buttocks, your belly, and your back. Angeles as to keep those areas covered with clothing. Angeles states parents should be watching their children so they are not wearing too much makeup, or dressing inappropriately.

*Youth*

Joy In Our Town #1076	30:00	15:00	L	PA/O/E	1/14/11	1:00 PM
					1/15/11	4:30 AM
					1/17/11	11:30 AM
					1/18/11	4:30 AM

Billie Morgan special needs program manager speaks with host Allen Perry about 211 Broward crisis and help line services. Billie explains the help line services started in 2006. She says families that had children with autism, or Down 's syndrome would pretty much give up so the Broward regional health council and communities leaders got together to create a unique hotline within the 211 service that helps the families navigate to where they need to be. Billie states that if 211 Broward is not available to families can always go on their website to be assisted. She goes on saying she has well over 500 programs and services available to families that have children with a specific disability or problem. Billie Goes on saying at 211 Broward's they never close and they're available to the public 24 hours a day seven days a week with someone available to talk with them when they call.

*Youth*

Joy In Our Town #1081	30:00	15:00	L	PA/O/E	2/18/11	1:00 PM
					2/19/11	4:30 AM
					2/21/11	11:30 AM
					2/22/11	4:30 AM

Host Monique Dennis Speaks with Larry Grier Chairman of the united way Broward County Task force about underage drinking. Larry explains the children want to be accepted and have a large amount of peer pressure amongst friends. He says parents need to sit and talk with their children about the dangers of excessive underage drinking, if parents don't communicate their child will be getting the wrong information and ideas from fellow friends or companions. Larry describes the united way Broward County commission on substance abuse is a dynamic community coalition, dedicated to reducing substance abuse throughout Broward County. He states that students in middle school and High School Broward County have admitted to drinking alcohol within the past 30 days, and the youth see nothing wrong consuming alcohol and 1/3 of the students have admitted to using drugs and alcohol together.

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Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1082	30:00	15:00	L	PA/O/E	2/25/11	1:00 PM
					2/26/11	4:30 AM

Larry Rein Vice President of Child Net and Eugenia Welch Foster parent speak with Host Suzette Maylor about foster care youth and foster care parents. Larry explains child net has a contract with the department of child and family services to run and operate a nonprofit organization to help Foster youth. He goes on saying child net was the only private agency in Broward county since 2003. Larry describes that to become a Foster care parent, a parent has to have sufficient income to support that child, as well as no criminal records, and domestic abuse. Larry states that any Foster child in Broward County can access publicly funded child care. He goes on saying that HealthCare's also covered for the Foster child by the use of Medicaid and governments city funds. Eugenia explains that being a Foster parent has been very rewarding. She goes on saying that she has enjoyed the experience of learning and growing with her now teenage Foster child.

Youth

Joy In Our Town #1083	30:00	15:00	L	PA/O/E	3/7/11	11:30 AM
					3/8/11	4:30 AM

Ana Maria Pozo Executive Director and Twila Gonzales Community Relations Coordinator Foster care review speaks with Host Suzette Maylor about youth aging out of foster care. Anna explains that aging out of Foster care means that a youth was admitted into the Foster care system at a young age, and then he or she became eighteen years of age and then Israelis from the Foster care system. She describes that this affects 1500 youths a year in the state of Florida. She goes on saying that when a Foster care youth ages out there is a program known as independent living, to transition them into adulthood. Ana explains this program will assist the youths who are transitioning to adulthood with housing, bills and job placement. Ana states that by age thirteen of Foster care of you is in the process of arranging independent living, by age fifteen a youths are taking independent program classes. She says that the Foster care youths can stay in the Foster care after they turn eighteen and they continue their education by going to college and maintaining a part time job up until the age of 23 and the youth are released.

Youth

Joy In Our Town #1084	30:00	15:00	L	PA/O/E	3/11/11	1:00 PM
					3/16/11	1:00 AM
						1:30 PM

Host Suzette Maylor speaks with Ophelia Sanders flight coordinator/Director of Take stock in children about making an opportunity for low income and at risk students. Suzette says that take stock and children are in 67 counties around the state of Florida, and currently in Broward County there are over 400 students in the program. Suzette explains that the students who are involved in take stock in children are provided with a mentor, and the possibilities of scholarships, if the child joins the program at seventh grade that student is granted a two plus two scholarship. She explains that and this means that student can go to any two year community college, and then a regular university college. She then goes on and saying the scholarship only covers tuition before that student, the parent will be responsible for the room and board and books. Suzette describes that if a student enters the program at ninth grade, that student will be granted a two year scholarship to any community college or university, for only two years.

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*Youth*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1085	30:00	15:00	L	PA/O/E	3/18/11	1:00 PM
					3/21/11	11:30 AM
					3/22/11	4:30 AM

Anne Gardiner program director and Derek Kearney mentor of Big Brothers Big Sisters of Broward County Speak with host Suzette Maylor about Youth Development. Anne explains that there has been an increase in teen’s ages twelve to fourteen joining gangs in getting involved in illegal activities. She goes on saying that there has been an increase in the youth dropping out of school to come home and support their families financially because of the economic downturn. Anne States that big brother and big sister of Broward County will take a youth work child and assign them a mentor that will guide the youth in the right direction, support them in anything that the child may do, and just be there for that child. The mentors are there is well to take the children out and surround them around positive thing. Derek describes that being a mentor has even helped him remember is childhood and the fun that he had in his you. Derek says it is helped his youth talk to more people as well

*Education*

Joy In Our Town #1074	30:00	15:00	L	PA/O/E	1/3/10	11:30 AM
					1/4/10	4:30 AM

Shawn Joost Executive director of educate tomorrow speaks with host Monique Dennis about “educate tomorrow.” Shawn explains educate tomorrow’s mission is to provide independence to Foster youth and disadvantaged through mentoring, education and life skills. She states that when Foster use don’t have a family support system, and don’t have the structure that normal families have, it is important that the Foster youth get a good education, that way the youth can break the cycle of poverty the youth| were born into. Shawn describes that educate tomorrow has a life management skills class to help teach the youth had to manage money, time, and budget. She states that educate tomorrow has a life skills retreat where the youth, come out for 1 to 3 days, and they teach the children about cooking, nutrition, and a career. Educate tomorrow also brings guest speakers to talk to the children about careers and goals as well as how to make a resume. Shawn explains that if you age out of Foster care in the state of Florida students automatically receive a free tuition to go to college.

*Education*

Joy In Our Town #1077	30:00	15:00	L	PA/O/E	1/21/11	1:00 PM
					1/22/11	4:30 AM
					1/24/11	11:30 AM
					1/25/11	4:30 AM

Host Allen Perry speaks with Franklin Nickens CEO of community development outreach about benefits of teens and action and faith in action. Franklin explains that faith in action is a national network that was sponsored by the Robert William foundation. He says face an action was put to help local seniors with things like grocery shopping, or even paying bills that they could no longer writer even afford, and also doing things like minor house repairs. Franklin describes that teens in action was a program to get teens to assist in the help the elderly with things like minor home repairs and also it was a way for the senior citizens who didn’t have grandchildren and the teens who didn’t have grandparents get together and do things together rather than the team’s be out in the street getting into trouble or even getting arrested. Franklin states that they did their first project in 1997. He goes on saying that it’s the seniors who have the low income and disabled because those are the ones that really need the help, the state’s that’s white teens and actions are beneficial to both parties young and elderly.

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<i>Education</i>	<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 #1075	30:00	15:00	L	PA/O/E	1/7/11	1:00 PM
						1/8/11	4:30 AM
						1/10/11	11:30 AM
						1/11/11	4:30 AM

Host Monique Dennis speaks with Dr. Jana Gray-Williams Executive Director of serenity family and child services about transforming education today for the future of tomorrow. Jana says communication with children is the most important thing in a child's education. She explains children are looking for guidance. Serenity family and children's services provides help for children, the community, and the home and acts like a bridge gap. Jana states that when there are problems in the home it impacts the children's education at school. She goes on describing serenity family works with the parents and the family to reestablish a functioning household. Well so she states that if students have trouble financially in their education serenity is there to assist them. Jana says that after school programs are very beneficial for students. He also explains that if a school does not have and after school program that student may go to other schools are facilities that do have the after school program the student are looking for.

*Education*

	Joy In Our Town #1078	30:00	15:00	L	PA/O/E	1/28/11	1:00 PM
						1/29/11	4:30 AM
						1/31/11	11:30 AM
						2/1/11	4:30 AM

Host Allen Perry speaks with Kelly Williams President of the anti bullying campaign about bullying and the affects it has on education. Kelly explains students are affected mentally when they're being bullied. He says being bullied all the time can cause minor depression, and even suicidal thoughts. Kelly states that the average person being bullied misses one day out of the month because here she is afraid of being bullied. He goes on saying bullying is caused by the way a student may dress, or a student's race, or even a financial situation. Kelly describes that people who like to bully usually have self esteem issues or they are even being bullied themselves, and they're just lashing out. Kelly explains some of the signs that a student is being bullied in the classroom are bruises on the student body, not being social or interacting with other classmates. He says that if a parent notices a child is being bullied they should contact the school administration, as well as the guidance counselor to sit both students down to resolve any situation where there are conflicts. Kelly states that 30% of U.S. students in grades six through ten are victims of moderate to severe bullying. Surveys show that 77% are bullied mentally, verbally, and physically. He states that the 28% were you carry weapons, and even witness violence at home.

*Education*

	Joy In Our Town #1078	30:00	15:00	L	PA/O/E	1/28/11	1:00 PM
						1/29/11	4:30 AM
						1/31/11	11:30 AM
						2/1/11	4:30 AM

Marcela Gomez Career Specialist and Claudia Cortes Outreach Specialist of Youth Co-Op, Inc. speak with host Monique Dennis about educational needs of refugee students. Marcela explains that a refugee is a term given by the immigration department given to someone who has entered the country from their country, where they were under persecution for reasons under national law protection. Claudia speaks about how the parent must be taught on the culture of America and what the school system requires and the different grading system as well. Marcela reports that seminars are given to the parent and the students to understand the FCAT and SAT so they can succeed in the community and in life. Marcela and Claudia both say language can be big barrier to the learning as well. Claudia says it is very beneficial for refugee students to seek out assistance when trying to make a difficult transition into an academic career.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Education</i> Joy In Our Town #1080	30:00	15:00	L	PA/O/E	2/11/11	1:00 PM
					2/12/11	4:30 AM
					2/14/11	11:30 AM
					2/15/11	4:30 AM

Jorene Jameson President and CEO of the Broward Education Foundation speak with host Monique Dennis about the B.E.F and education. Jorene explains the B.E.F is a catalyst for an educational excellence. Jorene says the Brower education foundation was founded by the school board of education for means of assisting the schools with funding. She goes on saying the role of parents on teaching their kids literacy is very important, especially when the children are in preschool. Parents that teach their children how to read a young age or even start reading to their kids tend to have a higher literacy rate. Jorene describes kid's need of a motivated to read and study, parents can do so by finding out what books their children like. She states that the Broward education foundation focuses on three major areas. The Broward education foundation supports teachers, the organization awards grants to teachers who have innovative ideas for their classroom. The second idea that the organization does is grant scholarships to students. The last major area is the teacher supplies store, they have pencils books, etc that were donated to them, where teachers can come and pick up the supplies at no charge.

<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 #1085	30:00	15:00	L	PA/O/E	3/18/11	1:00 PM
					3/21/11	11:30 AM
					3/22/11	4:30 AM

Marcela Gomez Career Specialist and Claudia Cortes Outreach Specialist of Youth Co-Op, Inc. speak with host Stella Tokar about temporary protective statuses for Haitians. Marcela explains that Youth Co-Op serves adults as well as an extension of Immigration Services to serve the Haitian Community. Claudia reports when the massive earthquake happened, food, clothes, and necessities were sent right away. She says in conjunction with St. Thomas University and Homeland Security, the Haitians can come for free assistance to make sure all paperwork is filled out properly. This will ensure that the temporary status and employment authorization will com quicker. Marcela explains that paperwork must be filled out separately for the status and authorization. The two do not come in package form. Claudia explains that TPS is for Haitians who have been living her in the US before January 12, 2010 only and the deadline is July 20, 2010. The US will not send them back into poor living conditions. They both explain it is most important to take this opportunity while the window is open.

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# **TRINITY BROADCASTING OF FLORIDA**

**DESIGNATION OF TOP COMMUNITY PROBLEMS  
FROM THE AVAILABLE SOURCES  
IN THE  
VIEWING AREA**

**WHFT – TV MIAMI**

**APRIL, MAY, JUNE 2011**

**CRIME**

**YOUTH**

**ENVIRONMENT**

**EDUCATION**

**CIVIC AFFAIRS**

**HEALTH**

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1087	30:00	15:00	L	PA/O/E	4/1/11	1:00 PM
					4/2/11	4:30 AM
					4/4/11	11:30 AM
					4/5/11	4:30 AM

Tom Carney director of police services of North Miami Beach speaks with host Suzette Maylor about violence prevention at the workplace. Tom explains workplace violence usually takes place in a work environment that involves a lot of harassment, and abuse. He goes on saying that of a lot of violence is made through media, and technology where people are being threatened or verbally abused by other coworkers. Tom states that every business, and or workplace is required to enforce the OSHA regulations. He explains this helps the business and plaintiff in a dispute win their case. Tom describes that many workplaces have pre-hiring screening so that workplaces are certain they have non problematic employees at the workplace, also to make sure that employee had good work ethic with his are her previous employers. Tom describes that in today's day and age most workplace violence is committed by males in their mid thirties, as well as females of the any age or race. Tom explains that the majority of workplace violence happens upon the termination of an employee. This explains this can be prevented by pointing out the positive attributes of an employee one in the process of termination.

Crime

Joy In Our Town #1087	30:00	15:00	L	PA/O/E	4/1/11	1:00 PM
					4/2/11	4:30 AM
					4/4/11	11:30 AM
					4/5/11	4:30 AM

Host Suzette Maylor Speaks with Tom Carney director of police services of North Miami Beach about identity theft prevention. Tom states that as technology changes and improves the lives of everyday people it is also helping the lives of criminals who tried to steal other people's identities. Tom goes on saying that years ago she reading all documents with personal information was the way to keep your information from being stolen, but nowadays criminals have the technology to scan that information. He goes on saying that the criminals have to just get within a few feet of you and they can scan your driver's license, credit cards, and other personal information that have a magnetic strip. He describes that people should not leave any personal belongings such as credit card statements, computer laptops, and purses are wallets in the car or unattended. Tom explains that there are ways to protect your credit card from being scanned, one way is by wrapping three layers of tinfoil around the credit card, or a special wallet or purse lined with a material like informal blocks the radio frequencies emitted from your credit card so that the criminal cannot obtain such information.

Crime

Joy In Our Town #1094	30:00	15:00	L	PA/O/E	5/20/11	1:00 PM
					5/21/11	4:30 AM
					5/23/11	11:30 AM
					5/24/11	4:30 AM

Host Monique Dennis Speaks with Nora Roffe victim advocate of the Victim Response Inc the Lodge Miami about Domestic Violence. Nora explains domestic violence affects everyone, it can be verbal abuse, mental abuse and of course physical abuse. Nora states that 22 to 25 percent of women in south Florida have experienced domestic violence. She goes on saying that men even experience domestic violence, she explains that because of society most men would not come forward. Nora describes that some of the signs of domestic violence, can be emotional abuse. A person that has low self esteem and depression shows a sign of someone who has been a victim of domestic violence. She says in high school a lot of students are using texting as a way to being manipulative in a relationship. Students also tend to stock their significant other as a means to intimidate their partner. Nora Explains students and schools should tell someone immediately, whether it be their parents, or counselor. The lodge in Miami has specific hotlines are people all ages can call that are dealing with domestic violence or abuse.

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Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1097	30:00	15:00	L	PA/O/E	6/10/11	1:00 PM
					6/11/11	4:30 AM
					6/13/11	11:30 AM
					6/14/11	4:30 AM

Host Lakisha Carvil speaks with Sherry Friedlander founder and director of A child is missing about child safety and bullying prevention. Sherry states there are three programs for kids one as a child safety program, second is an education program, third and summer program. Sherry goes on saying that every family with kids should have a code so that if the kid is alone and someone tries to pick the child up the child can say what is the secret code? She describes that there are six rules one is always have a body partner, the other down answer the phone and say your home alone, third always tell someone where you're going. Sherry explains that most abductor of children will use things like your mother sent me?, can you help me find my dog? or little brother? She states there are places where children have been abused or abducted can talk with a counselor and receive guidance and mentoring.

Youth

Joy In Our Town #1088	30:00	15:00	L	PA/O/E	4/8/11	1:00 PM
					4/9/11	4:30 AM
					4/11/11	11:30 AM
					4/12/11	4:30 AM

Sue Glasscock president and CEO of Children's Harbor Inc. Speaks with host Laksiha Carvil about Family strengthening program and the foster care system. Sue explains that Broward County has a community based care organization known as child net and a contract with the state and manages all child welfare for Broward County, children's harbor this contract is with child net. Sue goes on saying that there are just fewer than 1500 kids in the Foster care system in Broward County. She states that when a child comes into the Foster care system oftentimes they have high anxiety or fear because of what is going on, the children are taken out of their comfort zones of school and home. Sue describes that there are family counselors that come to the child's home to see the living environment and decide what can be done to improve the lifestyle of not only the child but the parents as well. Sue explains that when a child is eighteen and goes on to college from the Foster care system they are eligible for independent living with assistance. She goes on saying that there are 28 kids on the children's harbor campus; there are five pregnant mothers, and five children. A day on campus consists of the child going to school and learning and coming home and doing recreational outdoor activities, such as basketball or baseball, and then eating dinner.

Youth

Joy In Our Town #1088	30:00	15:00	L	PA/O/E	4/8/11	1:00 PM
					4/9/11	4:30 AM
					4/11/11	11:30 AM
					4/12/11	4:30 AM

Host Laksiha Carvil speaks with Charmaine Jean-Francois president at Heart of God Missions Int'l about Missions to help children and adults in Crisis. Charmaine explains some of the issues that youth today face is peer pressure, states that often times when parents are either at work or out doing something their children are out in the street and doing things that are illegal or morally wrong. Charmaine Describes the children should be involved in after school care programs. She states families cope with adolescents through counseling, and mentoring. Charmaine says that parents who bond more with their children are more likely to have more open and honest relationships. She states people that need food can come to the food pantry and that is available once a month on every third Sunday. Charmaine also describes that there's a thrift store where people can come to get clothes as well as suits for job interviews.

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Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1090	30:00	15:00	L	PA/O/E	4/22/11	1:00 PM
					4/25/11	11:30 AM
					4/26/11	4:30 AM

Mary Andrews Executive director of Miami Bridge Youth and Family Services Inc. Speaks with host Lakisha Carvil about emergency residential shelters. Mary states that Miami Bridge houses runaway teens and homeless teens so that they are not on the streets wandering and trying to make away for themselves. She states that Miami Bridge will house youths ages ten to eighteen. Mary describes that Miami Bridge has partnered with the MIAMI-DADE education system so that they can provide a good education for the youths that are housed or in their facility. Mary states that they have 28 beds and their facility but their goal is to reunite the youth with their families and get them back into their home school. The facility brings in about 900 youths a year. Mary goes on saying that that when the parents are located Miami bridge requests that the family seek counseling and their facilities to restore their relationship or conflicts with their children. She explains that Miami bridge youth and family services partners with over 35 organizations in Dade county, she explains they are partnered with job core which will take the children and to their dormitories and job placement programs. Mary describes the Miami bridge is really just a place to house and shelter youths, and to prevent them from getting into trouble or put into jail.

Youth

Joy In Our Town #1093	30:00	15:00	L	PA/O/E	5/13/11	1:00 PM
					5/14/11	4:30 AM
					5/16/11	11:30 AM
					5/17/11	4:30 AM

Linda Scott CEO and Founder of LS 1426 Inc. speaks with host Suzette Maylor about The Continuous Love Project. Linda explains that the continuous love project is a program dedicated to elevating the self esteem of young women. She goes on saying they have programs that mentor, and help teens and young adults adapt with life when losing parents. Linda states that they also provide care packages for the young women his tour going off to college and need assistance with personal items such as hygiene, clothing, and cosmetics. She says that when LS1426 host events such as fashion show, she has the young women involved and part of the program. Linda describes that her goal in her organization is to empower the youth of this generation to have high hopes, big dreams, and further their education. Linda describes that she would just like young women to just be themselves, and love the person that they are.

Youth

Joy In Our Town #1097	30:00	15:00	L	PA/O/E	6/10/11	1:00 PM
					6/11/11	4:30 AM
					6/13/11	11:30 AM
					6/14/11	4:30 AM

Host Lakisha Carvil speaks with Marcia Carty McDonalds Play world about Teen parent program. Marcia states that people are saying an increase in teen pregnancies from teenagers who were not informed. She goes on saying that abstinence is it the best method to her and pregnancies, also being educated with the knowledge of sexual education. Marcia describes that teens are driven to have sex because of loneliness, isolation, problems at the household, and peer pressure by their teenage friends. She states that Miami Dade county public schools have a program now instilled in their schools known as the teenage parenting program which assists young teenage mothers so that they can graduate and receive a diploma. Marcia also goes on saying that in the teenage parenting program they assist the young mothers with transportation to and from school, as well as lotion, diapers, pacifiers and other essential items that babies will need.

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

*Youth*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1099	30:00	15:00	L	PA/O/E	6/24/11	1:00 PM
					6/25/11	4:30 AM
					6/27/11	11:30 AM
					6/28/11	4:30 AM

Host Suzette Maylor speaks with Tom Lukasik Executive Director of 4 Kids of South Florida about “a home for every child in crisis.” Tom states that children and Foster Care are modern day orphans, and the children are in there at no fault of their own. Most that shows and in Foster Care units, been abused, and neglected. He goes on saying that in the Foster Care System they have children from newborn to 18 years of age. Tom states that there are over 500,000 Foster Care children in the system today, and in South Florida it has actually declined to 24,000 children. Tom describes that when the Foster Care orphan becomes of age, he or she is the employees from Foster Care into a holding house where they learn and everyday life skills. He goes on saying that the most difficult issue the Foster Care children come against is learning how to budget, and work with money. Tom explains the Foster Care parents have been increasing over the years, and has been helping keep Foster youth and a low percentage.

*Environment*

Joy In Our Town #1089 1/2	30:00	15:00	L	PA/O/E	4/15/11	1:00 PM
					4/16/11	4:30 AM

Julie Hill Gabriel Director of everglades policy, Audubon of Florida speaks with host Laksiha Carvil about everglades restoration. Julie explains that Audubon has been protecting and restoring the Everglades for over 100 years. She goes on saying Audubon is working on 68 different projects that support the restoration of the Everglades system. Julie states that Dole aides for vibes drinking water for south Florida citizens, one and three people that rink water from the tap our actually drinking Everglades national preserve water. Julie describes that the Everglades restoration is good for the economy as well, it is providing jobs for many people, such as construction workers. She states that that the Everglades restoration is one of the biggest construction projects at this current time. The Everglades also plays an important role in our eco system as well as for our fishing industry. Julie explains that Audubon is using Lake Okeechobee to restore and replenish the Everglades as well as restore the natural habitats for south Florida’s wildlife. She states that south Florida gets twice as much the rain than Seattle for six straight months, because of our atmospheric region. This cause’s south Florida to be in a drought in the second half of the year, Julie explains Audubon is trying to restore the Everglades natural preserve so that we rarely have droughts in south Florida.

*Environment*

Joy In Our Town #1090	30:00	15:00	L	PA/O/E	4/22/11	1:00 PM
					4/25/11	11:30 AM
					4/26/11	4:30 AM

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Host Denise Grant speaks with Cynthia Guerra program director of environmental endangered lands of MIAMI-DADE County about environmentally endangered lands. Cynthia explains the EEL program is to acquire and manage land in MIAMI-DADE County for preservation of open lands. Also it was created to keep the natural beauty and wildlife of south Florida’s environmental lands. She says it was created in 1990 but the EEL has supplemental votes founded to keep the EEL program around. Cynthia explains EEL was founded by a two year property tax agreement to create the original trust fund. Cynthia describes they have conserved over 20,000 acres which EEL was able to purchase. She goes on saying the EEL has about thousand acres of nature preserves in county Parks. Cynthia says they preserve saltwater wetlands, fresh water, regular wetlands, pine forest, and tropical hardwood hammocks. Cynthia describes EEL only buys land from willing sellers. EEL start planning before buying property on how to preserve a specific plot of land.

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

*Education*

<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 #1089	30:00	15:00	L	PA/O/E	4/15/11	1:00 PM
					4/16/11	4:30 AM

Host Monique Dennis speaks with Jana Gray Williams Executive Director of serenity family services about reading comprehension and tutorials. Jana explains that reading is the most important tutorial subject. She states without reading a child can't comprehend or further their learning skills to develop in society. Jana also states that if a student doesn't develop early in reading comprehension, that student becomes frustrated and may possibly drop out. She goes on saying that success rates have shown the earlier a child learns the better. Lori explains that when a child is in pre k, this is the time the child should start reading. Jana also states that it does not matter what the reading material is as long as they are reading something. She says when a child is lacking in reading in the class room that student will become a distraction to other peers in the class. Jana states they have free tutorial services through supplemental tutorial services at no cost. She says the key to tomorrow is education and reading comprehension.

*Education*

Joy In Our Town #1091	30:00	15:00	L	PA/O/E	4/29/11	1:00 PM
					4/30/11	4:30 AM
					5/2/11	11:30 AM
					5/3/11	4:30 AM

Jean Caceres-Gonzalez founder and executive director of his house children's home speak with host Suzette Maylor about the educational hardships of foster care students. Jean explains that his house children's home is a place where abused and neglected children live and stay, currently there are 350 children living at his house. She goes on saying that there are two schools on campus; one is his house international, where they receive Haitian orphans as well as orphans from South America. The other school campus is known as his house academy, which is a school for children who have been in very traumatic situations, it is a sensitive school that meets the needs of traumatic children. Jean States that every student is tested to see where they need improvement as well as what type of deficits the children may have.

*Education*

Joy In Our Town #1094	30:00	15:00	L	PA/O/E	5/20/11	1:00 PM
					5/21/11	4:30 AM
					5/23/11	11:30 AM
					5/24/11	4:30 AM

Jorene Jameson President and CEO of the Broward Education Foundation speak with host Monique Dennis about the B.E.F and education. Jorene explains the B.E.F is a catalyst for an educational excellence. Jorene says the Brower education foundation was founded by the school board of education for means of assisting the schools with funding. She goes on saying the role of parents on teaching their kids literacy is very important, especially when the children are in preschool. Parents that teach their children how to read a young age or even start reading to their kids tend to have a higher literacy rate. Jorene describes kid's need of a motivated to read and study, parents can do so by finding out what books their children like. She states that the Broward education foundation focuses on three major areas. The Broward education foundation supports teachers, the organization awards grants to teachers who have innovative ideas for their classroom. The second idea that the organization does is grant scholarships to students. The last major area is the teacher supplies store, they have pencils books, etc that were donated to them, where teachers can come and pick up the supplies at no charge.

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*Education*

<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 #1099	30:00	15:00	L	PA/O/E	6/24/11	1:00 PM
					6/25/11	4:30 AM
					6/27/11	11:30 AM
					6/28/11	4:30 AM

Marsha Levy and Kevin Keene Board chair of HANDY Inc. Speaks with host Suzette Maylor about College and vocational school scholarships. Kevin explains that HANDY stands for helping abused neglected disadvantage youth. He explains that the majority of these youths are in a Foster Care System of some sort, and that it does not pertain to a specific age group. Marsha states that most students in Foster Care are constantly shifted within the classrooms so they do not build that confidence with teachers like students in public schools do. Kevin describes that handy provide scholarships to all students who graduate said they could further their education and be a positive upstanding citizen in their community. Marsha describes that they have special mentors and tutors to assist the Foster Care students with their academic skills as well as everyday life skills in and out of the classroom. Kevin states that the dropout rate in South Florida has decreased significantly because of the work that HANDY is doing in the schools and Foster care system. He goes on saying that the graduation rate is now at an average of 80% of students graduating with a high school diploma or better.

*Civic Affairs*

Joy In Our Town #1095	30:00	15:00	L	PA/O/E	5/27/11	1:00 PM
					5/28/11	4:30 AM

Host Lakisha Carvil speaks with Franklin Nickens CEO and Josh Bleil Community Partner about the foreclosure market. Franklin explains that when a bank sends a foreclosure notice it does not necessarily mean that the house will be foreclosed by the bank. Franklin states that there are over 322,000 pending foreclosures in the whole state of Florida. Josh explains that there's no such thing as a foreclosure hold or foreclosure freeze. Franklin and Josh describe the banks are there to loan money and make investments over time, and that lenders are there to make money and interest over time. Franklin states that people that the having difficult times making payments and are about to foreclose on their home should seek professional help in getting back on their feet. Josh states when a person goes for assistance that person should go to a licensed and certified facility that are really there to make a difference and help people with their loan are general information that they may need.

*Civic Affairs*

Joy In Our Town #1091	30:00	15:00	L	PA/O/E	4/29/11	1:00 PM
					4/30/11	4:30 AM
					5/2/11	11:30 AM
					5/3/11	4:30 AM

Host Suzette Maylor speaks with Jeff Andrews Battalion Chief Broward fire rescue about drowning prevention. Jeff explains that south Florida leads the country in the most drowning's because of the location near large bodies of water and oceans. He goes on saying that there are programs that will teach kids how to swim and prevent drowning, they also have a program where they go to pediatricians and they request that the child as young as ten to thirteen months line about water training. Jeff states that the most drownings occur in backyard pools. He describes that children have been known to drown and buckets, bathtubs, and toilets. Jeff says there are a number ways to prevent drowning the first is adult supervision, second is to surround the pool with a gate or fence to prevent a child or a neighbor's child from accidentally falling into the pool, third is that a child should get swimming lessons and drowning prevention courses. He goes on saying that if anybody has a pool or a large body of water that that person should have a sensor or alarm on the gate or door leading to that body of water.

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*Civic Affairs*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1095	30:00	15:00	L	PA/O/E	5/27/11	1:00 PM
					5/28/11	4:30 AM

Leannette Fernandez president of teach me 2 save speaks with host Lakisha Carvil about the importance of saving. Leannette explains it is a good idea to save in this economy because it gives peace of mind comfort, and security. She goes on saying that everyone should save a little bit each month, and as each month goes by the personally motivated to save more because of the amount that has been saved from the previous months. Leannette describes the people you shopping with coupons should have a budget in mind so that they do not go on a control spending lots of money. She states that most stores have a coupon amount restriction, where a person can only use a certain amount of coupons at that store or for that particular grocery item. Leannette explains their coupons can be found in newspapers, magazines, the Internet, and grocery aisles. She states that computer web sites limit a person to two coupons per page, but she explains there is a way to get more coupons instead of just two, by using multiple computers you can print as many coupons as you need. Leannette says to treat coupons just like money because in the long run it saves you money so that you have extra money, so treat it like cash.

*Civic Affairs*

Joy In Our Town #1096	30:00	15:00	L	PA/O/E	6/3/11	1:00 PM
					6/4/11	4:30 AM
					6/6/11	11:30 AM
					6/7/11	4:30 AM

Host Lakisha Carvil speaks with Chrystian Tejedor public affairs officer with the American Red Cross about Hurricane preparedness. Chrystian states that people should start preparing for hurricanes around June 1 but he explains that it's never too late, and never too early to start preparing. He goes on saying that having things such as canned foods, jogs a water, flashlights, first aid kits, and batteries are very important and essential for hurricane preparedness. Chrystian describes that people need 3 gallons of water per day per family as well as Emanuel can opener since there will be no electricity to open cans and containers. He says that during hurricane season is important I have documents ready and on hand, such as passports driver's license homeowners insurance and other documents that pertain to any Property Insurance. Chrystian explains that shelters will be available before, during, and after storms that may approach the area, he goes on saying there will be volunteers to assist the people the community to make everything as comfortable as possible for everyone.

*Civic Affairs*

Joy In Our Town #1096	30:00	15:00	L	PA/O/E	6/3/11	1:00 PM
					6/4/11	4:30 AM
					6/6/11	11:30 AM
					6/7/11	4:30 AM

Diana Arteaga Community liaison of the Florida department of financial services speaks with host Lakisha Carvil about Financial fraud and unclaimed property. Diana states the cfo's goal is to keep Floridians hard earned money in the pockets of the citizens. She goes on saying that the department of Financial Services provides free services to help citizens with policies or insurance's, also to verify that agents are certified and licensed to open insurance policies. Diana explains also that citizens can check an agency to find out the ratio of insurance policies taken out and complaints to that agency. She states that insurance fraud costs family's an extra 400 to 700 dollars a year because of fraud. Diana explains that the three biggest cities with insurance fraud or any kind of financial fraud is Tampa, Orlando, and Miami. She describes in our state also as the number one in the United States for false insurance and automobile insurance claim fraud. Diana states that if a family member is deceased and cannot claim an account that any person of the immediate family can claim that account as their own.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1092	30:00	15:00	L	PA/O/E	5/6/11	1:00 PM
					5/7/11	4:30 AM
					5/9/11	11:30 AM
					5/10/11	4:30 AM

Sandra Colon South Florida SMP outreach consultant speaks with host Suzette Maylor about stopping Medicare fraud. Sandra explains the senior Medicare patrol was a program established in 1999 as a regional program in the southern part of the state, and 2005 that became statewide, it is also a national program, she states that there are 54 SMP's. Sandra explains that when anyone throws out documents they shoot read the documents twice, because people that want to steal identities in order to commit fraud will go through trash and pieces for edit documents together. She goes on saying that if a patient has a bill with extra charges it may not necessarily be fraud but just a human error mistake that can be adjusted to correct the mistake, she explained that if a person feels they have been a victim of fraud or any type of Medicare fraud that they should call the senior Medicare patrol and the dispute will be handled accordingly.

Health

Joy In Our Town #1092	30:00	15:00	L	PA/O/E	5/6/11	1:00 PM
					5/7/11	4:30 AM
					5/9/11	11:30 AM
					5/10/11	4:30 AM

Host Suzette Maylor speaks with Andrew Cuddihy American Lung Association program director about Lung Health. Andrew explains that the goal of the American lung association is to save lives by improving lung health, and preventing lung disease. He explains that the American lung association got its start in 1904 treating tuberculosis. Andrew states that asthma is another form of lung disease that still today he'll let the technology provided the 4000 people a year die from it. He describes that pulmonary rehabilitation under strict supervision is a way to maximize the amount of air and rehabilitate whatever amount of lung is left. Andrew says that tobacco is the number one preventable cause of death in the country. Andrew goes on saying that the tobacco industry is now modernizing tobacco to have candy flavored tastes such as the candy the children eat, he also states that the packaging is very similar to that of children's candy. Andrew explains that people who smoke should quit, but if the person has tried to quit numerous times the rate of success role be greater each time they attempt to quit.

Health

Joy In Our Town #1093	30:00	15:00	L	PA/O/E	5/13/11	1:00 PM
					5/14/11	4:30 AM
					5/16/11	11:30 AM
					5/17/11	4:30 AM

James Hall Director of the center for the study prevention of substance abuse speaks with host Suzette Maylor about Florida's prescription drug monitoring program. James explains that the prescription drug monitoring program is a database for pharmaceutical doctors to see what is being prescribed and at what rate they are being sold at, it is also used by police to monitor how much of the drugs are being prescribed, and to track down to its being sold to and where it's being transported to. He goes on saying that the three medicines that are most likely be misused are pain relievers, and more specific opiate pain relievers, which is the same family of drugs as heroin, the other medicine is benzodiazepine, are generally tranquilizers or sedatives, the most common drug that is abuse in this family is xanax. James describes that Florida is one of the only states that does not have an up and running tried in monitoring program in effect because of that Florida has been the leading cause of prescription medicine drug abuse. He states that seven people a day die because of improper use and

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overdosing on these prescription drugs.

*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1098	30:00	15:00	L	PA/O/E	6/17/11	1:00 PM
					6/18/11	4:30 AM
					6/20/11	11:30 AM
					6/21/11	4:30 AM

Andrea Ivory Executive director of the women’s breast health initiative speaks with host Lakisha Carvil about women’s breast health. Andrea states that most of the problem that women have with breast cancer is the lack of knowledge, and not being educated enough about what to do, and how often to go for checkups. Andre explains that early detection of breast cancer starts at the age of 40 for the majority of women. She also states that a woman should have an annual mammogram with her Dr.. She also goes on saying that women in their twenties thirties and forties should have a clinical exam at least once a year. Andrea describes and that all women should know how their breasts look and feel. She also explains that women should do a self breast examination once a month. Andrea says that when women go through examinations and early detection is found 98% is treatable, and is also curable. Andrea explains that mammograms are not painful, and that it is a misconception that most women have.

*Health*

Joy In Our Town #1098	30:00	15:00	L	PA/O/E	6/17/11	1:00 PM
					6/18/11	4:30 AM
					6/20/11	11:30 AM
					6/21/11	4:30 AM

Host Lakisha Carvil speaks with Dr. Pancheta Wilson M.D. about health and wellness. Dr. Pancheta States the people who have a family history of diabetes, heart attack, stroke, or any other types and illnesses and disease can prevent them by eating healthy and exercising daily. She goes on saying that diet is one of the most important things that a person can do to reverse the roles, where she even slow down the progression of any illness or disease. Dr. Pancheta describes that certain foods act as a medicinal antidote; many of the foods that are very beneficial to the body are natural foods that are grown from the ground such as vegetables, and fruits. She explains best of all such as Cali flour, broccoli, cabbage, and Brussels sprouts are very nutritious and healthful for the body to replenish. Dr Pancheta states that spices are even very beneficial for the body, such as rosemary shallots ginger, and onions. She says that organic foods of the best because the farmers to produce and grow the crops do not use any chemicals, or pesticides on the crop.

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Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	3:00 PM

#061611

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

Doctor #295	to Doctor	28:30	28:30	REC	PA/O/E	4/05/2011	12:30 PM
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**Dr. Eric Braverman** talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

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

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #297	28:30	28:30	REC	PA/O/E	4/26/2011	12:30 PM

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

Doctor to Doctor #298	28:30	28:30	REC	PA/O/E	5/03/2011	12:30 PM
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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	12:30 PM
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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	12:30 PM
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**Dr. Marc Unterman** talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

Doctor to Doctor #301	28:30	28:30	REC	PA/O/E	5/24/2011	12:30 PM
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**Dr. Doreen Lewis** talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. **Dr. George Alonso** talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. **Dr. Abinash Achrekar** talked about quitting smoking. It is very difficult to quit because

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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.

<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 #302	28:30	28:30	REC	PA/O/E	5/31/2011	12:30 PM
<p><b>Eric Braverman</b> talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. <b>Dr. Nicole Gordon-Moton</b> talked about colon cancer. It is the 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. <b>Dr. David Cawley</b> talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.</p>						
Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	6/07/2011	12:30 PM
<p><b>Dr. Tonya Lyons Anderson</b> talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. <b>Dr. Randy Burden</b> talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. <b>Dr. Bernice Gonzalez</b> talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.</p>						
Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	6/14/2011	12:30 PM
<p><b>Dr. Ace Anglin</b> talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. <b>Dr. James Krystosik</b> talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. <b>Jannie Wolff</b> talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.</p>						
Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	6/21/2011	12:30 PM
<p><b>Dr. Valerie Saxon</b> talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. <b>Dr. Bill Williams</b> talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. <b>Dr. Dale Peterson</b> talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.</p>						

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# **TRINITY BROADCASTING OF FLORIDA**

DESIGNATION OF TOP COMMUNITY PROBLEMS  
FROM THE AVAILABLE SOURCES

VIEWING AREA

**WHFT – TV MIAMI**

**JULY, AUGUST, SEPTEMBER 2011**

**CRIME**

**EDUCATION**

**CIVIC AFFAIRS**

**ECONOMY**

**HEALTH**

*Crime*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1106	30:00	15:00	L	PA/O/E	12/17/10	1:00 PM
					12/30/10	1:00 PM
					1/3/11	11:30 AM
					1/4/11	4:30 AM

Host Monique Dennis speaks with Wansley Walters Director of Juvenile Services Department about juvenile services. Wansley says the juvenile services department strives to help juveniles that commit crimes or felonies on the right path to success and well being. She explains that the juvenile services department processes every arrested juvenile in Miami Dade County from all 37 law enforcement agencies. She explains that the child gets arrested for homicide or if the juvenile gets arrested for shoplifting they will be processed through the juvenile services department. Wansley states the department opened a juvenile assessment center in which by Florida state statutes is a processing state center for juveniles. Wansley describes that there can be three juveniles that commit the same crime, but one has problems at home, another is abusing drugs, and the other one is just being a reckless adolescent. These are some of the things the juvenile services department looks in two in each situation to determine how to fix the problem and correct it so the juvenile isn't a repeat offender. She goes on saying the juvenile services department has specific programs to help juveniles such as alcohol abuse programs, drug abuse programs, domestic violence programs, and mentoring programs.

*Crime*

Joy In Our Town #1108	30:00	15:00	L	PA/O/E	8/26/11	1:00 PM
					8/27/11	4:30 AM
					8/29/11	11:30 AM
					8/30/11	4:30 AM

Host Vicki Antonio speaks with Michael Calderin, Commander of Broward County Sheriff's Office about reporting crime anonymously. A myth about "reporting" that causes people not to get involved is that their identity will be revealed and they'll have to be involved later in the criminal justice process if someone's arrested. Crime stopper programs happen throughout the world and are linked internationally. Software sanitizes information provided by a reporter. There's no Caller ID and the calls are not recorded so BSO can guarantee 100% anonymity. There's a partnership between reporting crimes versus hate crimes. Capt. Rick Wierzbicki goes onto describe, BSO depends on witnesses to come forth. A hate crimes poster is distributed throughout the county and has been successful. Hate crime victims are reluctant to come forward for fear of being victimized again by the public or system in general, as well as domestic violence victims, especially males. Tips are followed up by investigators. Tips aid in solving crimes to make an arrest. It could be a tag # on a car, discrepancy of a suspect, or something someone overheard. An investigator follows up to develop probable cause. If someone's unsure they saw a crime in action, report it anyway for BSO to determine good versus bad. Tips are invaluable tool for BSO to work with and significant to a case. State legislation was passed on the hate crimes bill, which Capt. Weirzbicki aided in. Mr. Calderin exits by saying, tips allow more investigators to get suspects off the streets.

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

Joy In Our Town #1108	30:00	15:00	L	PA/O/E	8/26/11	1:00 PM
					8/27/11	4:30 AM
					8/29/11	11:30 AM
					8/30/11	4:30 AM

Commander Michael Calderin & Hate Crimes Task Force Commander, Rick Weirzbicki of Broward County Sheriff's Office speak with host Vicki Antonio about staying safe in the age of technology. Mr. Calderin goes on to explain GPS Navigation units have a pre-set button which is home, by pre-programming your home address a car thief knows a person is not home because the car's already been broken into and usually the device for the garage opener is on the visor above. Viewers should re-program the GPS to the closest intersection near the home opposed to a specific home address. A spoof box can be purchased on the internet for \$20. A phone number and identifier can be programmed so when a call is placed to customer service, the caller ID will say its location. A box can be manipulated to say whatever thieves want, for example the white house, a bank's name, etc. to obtain valuable, personal information. To detect fraudulence if a call isn't initiated, a call back should be made to check credentials. Technology takes texting to another level. People have become victims of hate crimes because it was imitated through text message. Texting can lead to bullying, causing the received to become in tensed, no good situation. People use email and text message to insult each other and create disagreements. A person is more likely to say something via web they normally wouldn't in person or by phone. A person can take measures by saving text messages because it's admissible in court for a judge or prosecutor to proceed with prosecution. And change personal passwords every 2-3 months.

*Crime*

Joy In Our Town #1111	30:00	15:00	L	PA/O/E	9/16/11	1:00 PM
					9/17/11	4:30 AM
					9/19/11	11:30 AM
					9/20/11	4:30 AM

Sheriff Al Lamberti of the Broward County Sheriff's Office speaks with host Lakisha Carvil about community crime issues. If someone suspects a drug house or activity happening in a neighborhood they can report it several ways. 1.) Call the police station. 2.) Use the crime stoppers program. Measures that can be taken to prevent crime include a citizen's patrol program. 2 people patrol for 4 hours on a given day. The observer is being responsible for that neighborhood which is not anonymous. Policing is partnership with community support to make neighborhoods safer. Sheriff Lamberti addresses the one who may fear retaliation against a person or program. The neighborhood comes together collectively for the same goal. There are police protection programs as well. But that is a very rare problem. A person that witnesses graffiti taking place can report it by calling their local police department. Graffiti is often associated with gangs or criminal activity moving into the area. If a youth is caught in the action, they're made to repaint and fix the problem. Vandalism is considered quality of life issues not to be tolerated and reported. Participation helps solve these crime

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concerns. If a person has problems with their neighbor, typically that's a code enforcement issue. BSO provides resources by calling 211 Broward. Ways to stay safe include surrounding yourself with others, stay in well lit areas and parameters, safety classes are offered for women. Be alert, be aware, and use common sense.

*Crime*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1112	30:00	15:00	L	PA/O/E	9/23/11	1:00 PM
					9/24/11	4:30 AM
					9/26/11	11:30 AM
					9/27/11	4:30 AM

Host Lakisha Carvil speaks with Lt. Joe Schwartz, State Fire Marshall & Courtney Palmer Life Safety Educator from BSO Fire Rescue about the Juvenile Fire setters Program which was established in 1990 under umbrella of fire chiefs association, funded by grants and the children's services council. The program assists with tools for juvenile fire setters. There are 2 parts to the program: 1.) is community outreach, which includes 3 educators who speak to people ranging from age 2 to 102. They go to schools and senior centers to discuss safety in the community. The other part is Prevention, where a child is referred into the program that has had a negative impact with the fire department. To provide counseling and education, and a family workshop for youth to learn fire safety techniques so they can protect their family. BSO Fire Rescue not only does fire safety but also drowning prevention, car seat safety, poisoning safety, hurricane safety, on the job safety, etc. The program proactively wants people educated so they're not having an emergency and find themselves having to call fire rescue. Over 50% of arson fires set throughout the country are by juveniles. Pulling an alarm is a criminal offense and first time misdemeanor. 2<sup>nd</sup> time is a first degree felony. An adult committing a similar crime would face 30 years in prison. The school will expel a student with a felony and this program produces less than 1% recidivism rate which means kids don't return for repeat offenses.

*Crime*

Joy In Our Town #1112	30:00	15:00	L	PA/O/E	9/23/11	1:00 PM
					9/24/11	4:30 AM
					9/26/11	11:30 AM
					9/27/11	4:30 AM

Host Lakisha Carvil speaks with Capt Rick Weirzbicki & Commander Michael Calderin of Broward County Sheriff's Office about hate crime initiatives. A hate crime is classified as, but not limited to a person targeted for religion, sexual origin, physical disability, sexual orientation in Florida of hate crime laws. The economy has people frustrated more so they're taking out their anger in the form of a hate crime. Broward county leads in hate crimes over the past 3 years, as a result the hate crimes bias task force was created to look at significant situations. Investigating a hate crime along with the crime stoppers component is done county wide by fliers and posters distributed in public areas. Capt. Weirzbicki is instrumental by taking the topic to congress and legislature on behalf of the state of Florida. Culture, diversity, and misunderstanding cause some to act out in anger. Some communities would rather not show hate crimes exist there. Bullying can come in different measures. For example cyber bullying, physical bullying, and taunting via text message. Any form is unacceptable and schools have an obligation to protect the students while they go to school. Cyber stalking occurs electronically by unwanted emails, texts, and following on social networking sites. Law enforcement was forced to step up and created a cyber law unit. Attacks on the homeless are up. People consider them sub-human with nowhere to retreat; mortality rate is high in Florida and nationally.

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

Joy In Our Town #1103	30:00	15:00	L	PA/O/E	7/22/11	1:00 PM
					7/23/11	4:30 AM
					7/25/11	11:30 AM
					7/26/11	4:30 AM

Host Lakisha Carvil speaks with Dr. Calvin & Jannie Russell, Founders of Teen Upward-Bound about educating our youth for future success. Ms. Jannie Russell states that academic services offered include tutoring, afterschool programs, homework help, and personalized services. Additional programs include physical fitness, computer literacy, field trips that are fun and incorporate learning. Mentors are important because they teach outside classroom settings incorporated with tutoring. Exposes students to knowing life, raises self esteem, and growth. A tutor and mentor go hand-in-hand. Kids need to know a teacher genuinely cares and isn't solely there for a paycheck, but to encompass progression. Kids that feel self conscious should know tutoring is not only for those facing challenges. It's often stereo typed as such. Many parents use it to excel their child academically. Kids who are bullied at school for receiving tutoring should remember it's about getting what you need to be successful at the end of the day. Kids learn better in a relaxed environment opposed to an edgy, stressful one. Parents roles are encouraged. During summer break kids should use available resources such as listening/reading news. In closing, Dr. Calvin & Jannie Russell say make learning fun and it's apt to be repeated.

*Education*

Joy In Our Town #1104	30:00	15:00	L	PA/O/E	7/29/11	1:00 PM
					7/30/11	4:30 AM
					8/1/11	11:30 AM
					8/2/11	4:30 AM

Mr. Kevin Bates, the Founder and CEO of The King's Sports Foundation, Inc. speaks with host Lakisha Carvil about Teaching and Mentoring Youth to be Productive Citizens. He goes onto say that education is important because it's the foundation in which we build on for our community, youth, to communicate and interact with each other. Students wanting to pursue college are offered a new skills component program which is a non-college graduate who's learned a skill through trade or apprenticeship, taken knowledge they've gained and become very successful entrepreneurs. The learning process is key in getting a student where they need to be. Importance is on higher education because it's the foundation to a career. Without it in place first, one may find them self plundering. A percentage number speaks volumes to single parent homes, and it's vital a child have a mentor to receive balance and nutriment other than someone living in the home with them. The mentoring component within a school is important because of teacher vs. student ratio. A

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teacher can't cover everything in the time allotted governing students receive extra assistance. Kings Foundation partners with a company outside of Missouri to offer same day scholarships to students who obtain high SAT/ACT and GPA scores and range from 1 year to a full 4 years.

Mentorship influences kids who begin the program and are introverted, don't talk, or interact due to the absence of a second parent. Within a year and a half (results vary), through mentoring, group guidance, career choice, etc. personality transforms to outgoing, being around others, and love of travel. Kids turn within, or to their peers for advice. Problems with education maybe a social issue like peer pressure or bullying. The key is doing a skill assessment, learn where the problem lies, and go after tools to solve it. Local agencies and organization help, as well as Facebook. The outcome will be what the parent wants it to be!

<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 #1106	30:00	15:00	L	PA/O/E	12/17/10	1:00 PM
					12/30/10	1:00 PM
					1/3/10	11:30 AM
					1/4/10	4:30 AM

Shawn Joost Executive director of educate tomorrow speaks with host Monique Dennis about educate tomorrow. Shawn explains educate tomorrow's mission is to provide independence to Foster youth and disadvantaged through mentoring, education and life skills. She states that when Foster use don't have a family support system, and don't have the structure that normal families have, it is important that the Foster youth get a good education, that way the youth can break the cycle of poverty the youth were born into. Shawn describes that educate tomorrow has a life management skills class to help teach the youth had to manage money, time, and budget. She states that educate tomorrow has a life skills retreat where the youth, come out for 1 to 3 days, and they teach the children about cooking, nutrition, and a career. Educate tomorrow also brings guest speakers to talk to the children about careers and goals as well as how to make a resume. Shawn explains that if you age out of Foster care in the state of Florida students automatically receive a free tuition to go to college.

*Education*

Joy In Our Town #1111	30:00	15:00	L	PA/O/E	9/16/11	1:00 PM
					9/17/11	4:30 AM
					9/19/11	11:30 AM
					9/20/11	4:30 AM

Host Lakisha Carvil speaks with Mr. Willie Stewart, CEO of Solutions in Music Corp about education enrichment through cultural arts. It's important to expose students to cultural arts because they achieve balance. Consider the left versus right side of the brain. Academics and science take one side and music uses both. It's been shown in clinical research music helps academics. At risk youth that has difficulty learning in a classroom setting often remember 30 songs lyric for lyric. Music allows students to concentrate, holds their attention span, because you have to be in the present. With traditional learning kids aren't being stimulated and zone out. Music is an important learning process placed in the same category as a doctor and lawyer. It may take long to learn the art but trains the brain to concentrate and be receptive. Rhythms of Africa was created to transform at-risk inner city youth by training for 2 months in percussions and show care, in a show in rhythm blues, gospel, to music now. Students express themselves and work as a team (life skills for leaders) including math, science, geography ó open learning. The organization embraces and develops students as would a parent. Broward County schools offer 40% curriculum in the arts. College scholarships are available and being offered. YMCA Boys & Girls Clubs in the future will implement instruments inner-city since schools aren't doing it. Families are brought back and

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connected by music, while bystanders are inspired. Transforming communities and students based on each other. Students age 7 to 16 are focused on something or entering college. Tend to be more receptive to encouraging and empowerment. Teachers are brought in from Cuba & Africa, students learn history, culture, and drum types. In conclusion, Mr. Willie Stewart quotes "Let's keep art in our hearts, schools, and community. For the future of our children".

<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 #1113	30:00	15:00	L	PA/O/E	9/30/11	1:00 PM
					10/1/11	4:30 AM
					10/3/11	11:30 AM
					10/4/11	4:30 AM

Operations Director, Gina Genovese and Chief Administrative Officer, Barbara Stark of The Milagro Center speak with host Lakisha Carvil about youth outreach involvement. Milagro came into existence to be a community center over 8 years ago, focused on school, cultural arts, academics, values of mentoring to at-risk youth during summer months. Sustenance now is aided by state government grants, local government grants, corporate and private foundation grants. Much is done in the area to ensure funding and provide children's services for after school programs. Parents can feel good their child is receiving academic enrichment and well rounded education after hours when they're most likely to be influenced by negative media, gangs, drugs, prostitution, etc. at a high level risk. The program also provides tutoring, a teen program, living values education, and outreach with homework assistance, taken on the road to other organizations that are in need of services. Values and curriculum is extended throughout Palm Beach County. Students grow by gaining self esteem, confidence, express themselves and become comfortable with who they are without social pressures, become healthy, and go onto be contributing members of the community. Only 30% of minority youth graduate. Milagro teamed with United Way. 100% are at risk of failure. After 1.5 years in the program 96% passed onto the next grade level, improved grades, to graduate high school. Stars Programs ó 4 Elements;

*Civic Affairs*

Joy In Our Town #1100	30:00	15:00	L	PA/O/E	7/1/11	1:00 PM
					7/2/11	4:30 AM

Host Suzette Maylor speaks with Notosha Austin Recycling Program Administrator about waste and recycling programs in Broward County. Notosha says recycling as a nation is at 50%. Florida and Broward county is between 25 to 30%. She explains recycling has been down due to the recession, business market downturn, and real estate crash. Notosha explains they're coming up with different and new recycle programs for businesses to get them back involved in recycling. She describes that Broward County uses stream line recycling all in one. This is where one can put in card board, metal, and paper in one bin

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for residential convenience. She reports to check with the city to what program they have in place. Notosha speaks about electronics recycling which includes tv's, monitors of computers, batteries, and household hazardous waste recycling like mercury, lead, cabnieum. She reports with these programs 3 million pounds per year gets recycled. Notosha says recycling has economic benefits, produces jobs, and conserves natural resources. It is our duty and a must.

<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 #1102	30:00	15:00	L	PA/O/E	6/3/11	1:00 PM
					6/4/11	4:30 AM
					6/6/11	11:30 AM
					6/7/11	4:30 AM

Host Lakisha Carvil speaks with Chrystian Tejedor Public Affairs Officer with the American Red Cross about Hurricane preparedness. Chrystian states that people should start preparing for hurricanes around June 1 but he explains that it's never too late, and never too early to start preparing. He goes on saying that having things such as canned foods, jogs a water, flashlights, first aid kits, and batteries are very important and essential for hurricane preparedness. Chrystian describes that people need 3 gallons of water per day per family as well as Emanuel can opener since there will be no electricity to open cans and containers. He says that during hurricane season is important I have documents ready and on hand, such as passports driver's license homeowners insurance and other documents that pertain to any Property Insurance. Chrystian explains that shelters will be available before, during, and after storms that may approach the area, he goes on saying there will be volunteers to assist the people the community to make everything as comfortable as possible for everyone.

*Civic Affairs*

Joy In Our Town #1107	30:00	15:00	L	PA/O/E	8/19/11	1:00 PM
					8/20/11	4:30 AM
					8/22/11	11:30 AM
					8/23/11	4:30 AM

Host Vicki Antonio speaks with Eric H. Jones, Mayor to the City of West Park, FL concerning economic impact to the city. The city was incorporated in 2005. Before the incorporation, there was one member on the county commission board, but having a relationship with people in incorporated area doesn't give representation for the city to become what it needs to be. In becoming a city, instead of having one who's seeing the residents and their needs there's 5. This means more eyes on the city and invested interest as a team to provide a listening ear and implicate policies. Plans for economic development include "the enterprise zone" where business owners along with the city manager, some citizens, review and empower quotas of the city, as well as enterprise summits- invitations for those to gather who's seeking to go into business. How to take their business and partner it, to bring into the city as we witness to 441 corridors, FDOT had been involved and many businesses were displaced as a result. Reestablish business with corridor that aids in the city's budget for the year. Citizens can become involved by joining an advisory committee, youth advisory, chamber of commerce, etc. to let their voice be heard. A goal for the city is strong financial footing, maintain, watch, and wait for evolution as it relates to overall city ambiance.

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*Civic Affairs*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1109	30:00	15:00	L	PA/O/E	9/2/11	1:00 PM
					9/3/11	4:30 AM
					9/5/11	11:30 AM
					9/6/11	4:30 AM

Ms. Deborah McPherson, Public Education Coordinator for Broward County Waste & Recycling Services speaks with host Vicki Antonio about recycling hazardous waste and electronics. The program has been around for 8 years, and consists of things you would find under the kitchen sink or out in the garage such as household cleansers, insecticide, motor oil, and fluorescent bulbs. HHW is collected at 1 of 3 locations by loading up the car, and bringing it over to drop off. Staff is on hand to unload vehicles. After collection waste is handled by recycling. Vendors take paint, motor oil. This is important because it's toxic materials that need to be kept out of waste streams (flow of trash from hauler to landfill). Items are natural resources to be recycled or toxic, and need not become part of the energy plant. Incorrect disposal, the most troubling do-it-yourself oil changes people do at their home, and dump down the storm drain or out in the yard. The American Petroleum Institute estimates 60% don't dispose of oil properly. Oil eventually can work into aquifer. South Florida is situated on Biscayne Aquifer which 90% of drinking water comes from; an aquifer can run shallow as 2 feet close to the surface, deeper in others. Poor space situated on and close to the surface doesn't take much to contaminate water. Electronics recycling has been done for 6 years in Broward County. Collected items include old TVs, computers, keyboards, monitors, mouse, printers, fax machine. The entire computer gets salvaged. Motherboard glass is recycled copper, industrial gray, gold, mercury, cadmium. States have passed laws prohibiting items to enter landfills.

*Civic Affairs*

Joy In Our Town #1109	30:00	15:00	L	PA/O/E	9/2/11	1:00 PM
					9/3/11	4:30 AM
					9/5/11	11:30 AM
					9/6/11	4:30 AM

Host Vicki Antonio speaks with Mr. Robert Rudolph of the Broward County Natural Resources Planning & Management Division about water conservation. In Broward County he describes, we get 52" of rainfall each year. Wet season is from June to October. Plants need additional irrigation to help grow in winter. Florida doesn't have storage which requires water to be sent to oceans/

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

everglades, carry offs hurt the eco system. Last June to October was below 200 than normal. Lake Okeechobee's back up supply is 3 feet below. The regional water supply in Orlando - the Kissimmee river to Lake Okeechobee, flows south west to the FL Bay out to the Caribbean islands. Flooding damage causes residents to come to Florida. In the 1950s and 60s peasant trading system was constructed when population was at 2 million. System works and drains much of South Florida ocean outfall is in the water treatment and needs to be closed by 2025. In 2008 Florida legislature reacted to treated wastewater that goes beyond our reefs, out into deeper ocean. There was 6.2 inches in each county: West Palm Beach, Broward & Dade. There are 90 million gallons a day treated waste water that's disposed out. Studies done by Nat'l Oceanic Atmosphere legislation now join the rest of the state promoting re-use. 60% of what's being disposed of will be used for supplemental irrigation on farms and other properties. Purple water piping is used for treating waste water. An alternative is injecting it in the ground to push back salt water intrusion (penetrates inland potentially impacting drinking water). Portable well fields ó 40 % law allows injection to well water supply, well below.

In closing, water conservation affects our basic needs. To contribute to water conservation at home make sure irrigation works correctly, adapted/convective landscapes, fixtures in-home, showerhead, toilet, etc.

<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 #1100	30:00	15:00	L	PA/O/E	7/1/11	1:00 PM
					7/2/11	4:30 AM

Leroy Jones, Executive Director of Neighbors and Neighbors Association speaks with host Monique Dennis about mom and pop small business grant program. Leroy explains the small business grant program was established in 1999, it started in district R3 in Miami, businesses have accessed over \$10 million since 1999 through the program. He goes on saying the country is struggling economically especially in small businesses. Leroy says small businesses are the backbone of this country. He states that when there are smaller businesses there would be, more competitiveness, more competition, better prices, stronger economy, and jobs created. Leroy describes that small businesses create 80% of the job work force for this country. He explains that it is important for future business owners to have a plan, and a strategy. Leroy states that location is an important key to success of business; location determines how much business, sales and revenue that business will make.

*Economy*

Joy In Our Town #1101	30:00	15:00	L	PA/O/E	7/8/11	1:00 PM
					7/9/11	4:30 AM
					7/11/11	11:30 AM
					7/12/11	4:30 AM

Host Suzette Maylor speaks with Miguel Gonzales, Assistant District Director and Gilbert Colon, Deputy District Director of US Small Business Administration about disaster preparedness and recovery. According to a recent study 25% of businesses will not recover after natural disaster that's why planning and preparedness makes all the difference. Gilbert says the SBA is a federally charged agency by the U.S. Congress. He explains the agency assists and aids business owners by promoting themselves and being able to succeed in a small scale market. He describes the programs for disaster awareness, which include assessment and rebuilding through a loan program, an up to 2 million can be provided for disaster and repairs including economic lost. A low interest loan does not exceed 4%. Miguel says to prepare for a disaster plan now is key and wait for it to be implemented is necessary.

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He says this will allow the business owner to ID the needs of the business in case of emergency. Gilbert goes onto explain when the plan is ready to discuss with employees. Miguel says preparedness means that one is ready to protect the assets of the business at any time including keeping materials on backup. Office materials protected, and backed up files and receipts.

*Economy*

Joy In Our Town #1102	30:00	15:00	L	PA/O/E	6/3/11	1:00 PM
D					6/4/11	4:30 AM
i					6/6/11	11:30 AM
a					6/7/11	4:30 AM
D						

Diana Arteaga, Community Liaison of the Florida Department of Financial Services speaks with host Lakisha Carvil about Financial fraud and unclaimed property. Diana states the cfo's goal is to keep Floridians hard earned money in the pockets of the citizens. She goes on saying that the department of Financial Services provides free services to help citizens with policies or insurance's, also to verify that agents are certified and licensed to open insurance policies. Diana explains also that citizens can check an agency to find out the ratio of insurance policies taken out and complaints to that agency. She states that insurance fraud costs family's an extra 400 to 700 dollars a year because of fraud. Diana explains that the three biggest cities with insurance fraud or any kind of financial fraud is Tampa, Orlando, and Miami. She describes in our state also as the number one in the United States for false insurance and automobile insurance claim fraud. Diana states that if a family member is deceased and cannot claim an account that any person of the immediate family can claim that account as their own.

<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 #1104	30:00	15:00	L	PA/O/E	7/29/11	1:00 PM
					7/30/11	4:30 AM
					8/1/11	11:30 AM
					8/2/11	4:30 AM

Host Lakisha Carvil speaks with Founder and President, Filmmaker, and Co-Author of 2 books Mr. Robert Lemon from Believe your Dreams Inc. about propelling the community by being an entrepreneur. Mr. Lemon explains how small businesses affect the community. If a person can't find a job he advises, create one. If you become an employer or employee you're able to deposit into the community something that pays taxes and makes government a better place. When you register by the state and pay the right fees it helps the community get grants, employ other people to help in the business, also imparts into the community something the state can use and the local government can benefit from taxes. People who are "do it themselves" business vendors, don't realize taxes pay for streets to be cleaned, police protection, schools that needs grant funding, particularly after school programs. Hiring keeps people gainfully employed and keeps the business world running. Leasing buildings keep owners happy. With after- school care parents stop at stores or fast food chains where revenue is continually generated. Everyone benefits because it's an asset to a neighborhood socially and financially, bringing people together. Being an entrepreneur starts with you. Everything's been given to you to achieve success. There are 5 principals Mr. Lemon teaches: Life, Fire, Water, Earth & Air. Life gives ability to see, fire gives desire to go after dreams you want, water ó you have to be thirsty and quench that thirst for success. Earth ó everybody has to go to work if they want to eat, the air ó ability to connect the spirit you have to take a deep breath of air. Law enforcement, politics, schools, and the work force is all affected by small businesses. Mr. Lemon describes the principles are already at work when we get out of bed each morning. Leadership connects to partnership, relationship, and sponsorship. Key factors in small businesses involve the employer, employee, business owner, and investor (keeps the economy going). To conclude Mr. Lemon wants viewers to believe in them self, play their god given part, reach full human potential, headl see and meet them atop the entrepreneur ladder!

*Economy*

Joy In Our Town #1105	30:00	15:00	L	PA/O/E	8/5/11	1:00 PM
					8/6/11	4:30 AM
					8/8/11	11:30 AM

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

Mr. Franklin Nickens and Mr. Rudy Howard of Community Development Outreach speak with host Lakisha Carvil about Homeowners insurance. He goes onto say it's important to protect the value of items inside the home. Replacement cost evaluator is done by an agent to estimate the cost to replace a home. Replacement cost exceeds the market value. Factors given to determine the value of a home is square footage, type of construction, number of bedrooms, etc. upon building a house, an owner signs that the lender is also covered for loss of property, if an owner doesn't have coverage they still owe money in an upside down economy on that home. Replacement cost to rebuild a home in case of hurricane, flood, or fire damage. Consumers can save on insurance by purchasing larger deductibles on homeowner's policy, reduce premiums, get strip down coverage in case of divorce or loss of job, dwelling fire insurance policy (which means some insurance is better than none). Premiums are paid to put the consumer in the same condition after a loss. If the lender pays a 4-6% increase will occur. Loan modification causes no escrow and fund availability to pay. Force placed insurance on a property is to cover the lender's asset. Lenders only cover for their liability for loss of property. Not including if a guest were to fall, have an accident inside the home or on its premises. In closing, Mr. Franklin Nickens emphasizes to consumers the need to understand getting and giving insurance thru financial crises to stay firm on their feet!

### Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1103	30:00	15:00	L	PA/O/E	7/22/11	1:00 PM
					7/23/11	4:30 AM
					7/25/11	11:30 AM
					7/26/11	4:30 AM

Host Lakisha Carvil speaks with Mr. Kevin Bates, Founder of The King's Sports Foundation, Inc. about fighting childhood obesity. Kevin explains obesity is reversible. It's NOT dieting and exercising wisely which takes an individual to a place they don't want to be emotionally and physically. Medically speaking is classified as height vs. weight out of kilt. To prevent obesity proper diet and exercise is recommended. Obesity is determined by a physician, health screening, or physical. Beyond the threshold varies within individuals 6 from 5 to 20 plus pounds. It's important to understand because it eventually leads to serious health defects. Factors of obesity can span a distance. If an individual has been through or experienced a certain situation they turn to food as a release valve. Abuse or genetics can also factor into obesity. For young kids peer pressure and emotional issues come into play. Overtime the risk of high blood pressure and diabetes set in. Two primary tools anyone can use, young or old, is exercise (doesn't have to be extreme regimen) 15 minutes of consistent movement. And proper dieting which means take what you're eating and reduce the amount over 4 meals and target nutritional value. Dieting isn't "what I can't have" it's what you're in taking - nutritional needs your body yearns for. Watch what you're eating, and the time you eat at. Daytime allows your body to digest and break down nutritional value of what's consumed faster. Mr. Bates said simplify your process to become a healthier you.

### Health

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Joy In Our Town #1105	30:00	15:00	L	PA/O/E	8/5/11	1:00 PM
					8/6/11	4:30 AM
					8/8/11	11:30 AM
					8/9/11	4:30 AM

Host Lakisha Carvil speaks with Founder and President Mr.TJ Brown of the Sickle Cell Natural Wellness Group Inc. about sickle cell anemia and healthy living. Mr. TJ Brown was motivated to found the sickle cell movement due to his own hospitalization. Sickle cell is a genetic blood disease that attacks red blood cells. Sickle comes from the shape of the cells. Normal cells are circular. Under attack its crescent shaped. They stick together and clot, blocking oxygen flow to different parts of the body, organs, bones, and blood vessels. The disease has extremely painful effects such as strokes. Those affected are usually heavily medicated just to treat pain. Loss of bone density and sometimes death occur. Wellness is defined as being proactive about one's health and in touch with their body. Organic and earth based foods shrink various illnesses. "Let food be your medicine". The root of the disease is low hemoglobin. Healthy foods prevent sickness crisis. Mr. Brown advises listen to and hear your body. Beets, carrots, and broccoli are super foods that treat cancer, obesity, and help the blood flow better. Some individuals overcome the disease by reversible effect of food intake which creates energy and a positive outlook on life. Juicing kale, beets (blood builder), acai berries, cherries fight inflammation and pinched nerves, and yams open veins. The largest myth concerning sickle cell is that it only effects the African American population. But it's wide spread across every continent, and ethnicity. Traits are fatigue, pain in climate weather, death ó overexertion. In closing, Mr. TJ Brown advises viewers to get tested for sickle cell. Some people are not aware they carry the gene and can pass it onto their kids, the next generation. Anyone can live a happy, abundant life in relation to healthy living!

<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>Health</i> Joy In Our Town #1107	30:00	15:00	L	PA/O/E	8/19/11	1:00 PM
					8/20/11	4:30 AM
					8/22/11	11:30 AM
					8/23/11	4:30 AM

Ms. Ana Romero, Program Manager for the Healthy Babies Coalition of Broward County, Inc. discusses postpartum depression with host Vicki Antonio. Women can suffer with post partum up until the child reaches 1 year of age. Without treatment it's unlikely to go away on its own. High risk factors of postpartum include lack of support, history of depression, mood disorders ó can be genetic sometimes. Stress, having a special needs baby, single moms, or a partner that doesn't provide appropriate support. If a woman doesn't receive treatment some consequences can stress the entire family's relationship. The bonding and interaction between mom & baby, mom may lose desire to care for the baby. Long-term effects (studies show) to kids is emotional and physiological where bonding lacked. There are different types of treatments offered for these moms such as therapy, cognitive/behavioral therapy which works on displacing negative thoughts with positive ones, working on relationships, changes that come with a new baby, support/therapy groups, medication ó because mild depression can become severe. Natural treatments a mother can discuss with her doctor first to detect symptoms and recommend appropriate referral if needed. The cause of postpartum is complex and unknown. It's believed a drop in hormones after childbirth or a change in brain chemistry. "PPD" also referred to as postpartum depression is preventable based on risk factors for the mother. A psycho-social assessment is done to determine a level of risk dependency. In closing, it's critical to learn and obtain information beneficial to baby and mom's overall health now and for future.

*Health*

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

Joy In Our Town #1113	30:00	15:00	L	PA/O/E	9/30/11	1:00 PM
					10/1/11	4:30 AM
					10/3/11	11:30 AM
					10/4/11	4:30 AM

Ms. Lauren Kukkamaa Communications Director from Locks of Love speaks with host Lakisha Carvil about many causes of hair loss and available treatments. There are many reasons a child may experience hair loss that include alopecia areata, treatments for cancer, chemo and radiation therapy, severe burns or trauma, and various stress disorders cause hair to fall out or permanent loss, also genetic disorders. Alopecia areata is an auto immune disorder. There's no known cause or cure for the disorder. The immune system shuts down the hair follicle, telling follicles to stop growing hair. The result is patchy hair loss, all hair, eye brows, eye lashes, even body hair. AA affects approximately 2% of the U.S. population overall (meaning 4.7 million people) half that number is children. AA is an obscure disorder. Some treatment options are topical ointments/creams, steroid injections, which don't guarantee successful treatment for the patient. Sometimes hair will grow and fall out again. Other times its permanent hair loss. A hair piece, wig, or prosthetic piece is another option. Hair loss becomes a loss of self to some people. It's not a life threatening condition for children. Certainly life altering. Locks of Love helps financially disadvantaged children under age 21 who experience medical hair loss for any reason by providing high quality hair pieces available from hair donations.

### Health/Mental Health

Doctor to Doctor #307	28:30	28:30	REC	PA/O/E	7/05/2011	12:30 PM
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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.

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

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

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Doctor to Doctor #310                      28:30                      28:30                      REC                      PA/O/E    7/26/2011                      12:30 PM

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

Doctor to Doctor #311                      28:30                      28:30                      REC                      PA/O/E    8/02/2011                      12:30 PM

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

Doctor to Doctor #314                      28:30                      28:30                      REC                      PA/O/E    8/23/2011                      12:30 PM

**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.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Doctor to Doctor #315                      28:30                      28:30                      REC                      PA/O/E    8/30/2011                      12:30 PM

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

Doctor to Doctor #316                      28:30                      28:30                      REC                      PA/O/E    9/06/2011                      12:30 PM

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

Doctor to Doctor #317                      28:30                      28:30                      REC                      PA/O/E    9/13/2011                      12:30 PM

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

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

Doctor to Doctor #318                      28:30                      28:30                      REC                      PA/O/E                      9/20/2011                      12:30 PM

**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.

# **TRINITY BROADCASTING OF FLORIDA**

DESIGNATION OF TOP COMMUNITY PROBLEMS  
FROM THE AVAILABLE SOURCES

VIEWING AREA

**WHFT – TV MIAMI**

**OCTOBER, NOVEMBER, DECEMBER 2011**

**CIVIC AFFAIRS**

**CRIME**

**ECONOMY**

**EDUCATION**

**HEALTH**

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

Joy In Our Town #1114	30:00	15:00	L	PA/O/E	10/7/11	1:00 PM
					10/8/11	4:30 AM
					10/10/11	11:30 AM
					10/11/11	4:30 AM

Jorene Jameson President and CEO of the Broward Education Foundation speak with host Monique Dennis about the B.E.F and education. Jorene explains the B.E.F is a catalyst for an educational excellence. Jorene says the Brower education foundation was founded by the school board of education for means of assisting the schools with funding. She goes on saying the role of parents on teaching their kids literacy is very important, especially when the children are in preschool. Parents that teach their children how to read a young age or even start reading to their kids tend to have a higher literacy rate. Jorene describes kid’s need of a motivated to read and study, parents can do so by finding out what books their children like. She states that the Broward education foundation focuses on three major areas. The Broward education foundation supports teachers, the organization awards grants to teachers who have innovative ideas for their classroom. The second idea that the organization does is grant scholarships to students. The last major area is the teacher supplies store, they have pencils books, etc that were donated to them, where teachers can come and pick up the supplies at no charge.

*Civic Affairs*

Joy In Our Town #1115	30:00	15:00	L	PA/O/E	10/14/11	1:00 PM
					10/15/11	4:30 AM
					10/17/11	11:30 AM
					10/18/11	4:30 AM

Natural resources Administrator Nancy Gassman of Broward County Natural Resources speaks with host Suzette Maylor about Encouraging communitywide energy efficiency in South Florida. Ms. Gassman goes onto say Broward County has a program called the energy sustainability program originally known as Broward County change task force. It began two years ago to deal with carbon imitations in our community and adaptation issues related to climate change. She goes onto explain the program took 18 months to develop with the help of 80 volunteers in the area gathering ideas and information of what to bring to the commission. The mission is to produce a general carbon foot print of the community, government operations, and to institute strategies that number 126, and range from policy issues, ways to save energy, and look at using alternative fuels – electric vehicles, solar energy adaptation. The county puts forth funding where the country lacks budgetary cutbacks. The energy efficiency and conservation block grant donates \$1.2 million dollars which covers outreach, using mass transit, green construction practices, energy efficiency for home owners and businesses, outreach within Broward County school systems, installing solar ray into one middle school thus far, and working with other cities to learn of their green initiatives in their communities. The appliance rebate program applies to any resident with a Broward County address and an FPL utility bill with their name on it. This is a great way to invest in saving for the future and begins a global impact.

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

Joy In Our Town #1120	30:00	15:00	L	PA/O/E	11/18/11	1:00 PM
					11/19/11	4:30 AM
					11/21/11	11:30 AM
					11/22/11	4:30 AM

Host Lakisha Carvil speaks with Shari L. Baer, Public Education Coordinator of Aging and Disability Resource Center of Broward County about Elder neglect & Exploitation towards seniors. Ms. Baer explains types of abuse are emotional, physical, sexual, neglect, self neglect. Half a million cases reported are financial each year. For every 1 case reported, 5 go unreported. In domestic settings several cases don't get reported. Usually 1 out of 15 cases of abuse, neglect, or exploitation was reported to Adell Services which is part of Department of Children & Families. Victims are from all races. A typical victim is 77 years old and female. Most cases of abuse take place in the family structure. A "grandparent scam" often occurs by a perpetrator who preys on someone vulnerable, perhaps a person who just lost a spouse. The victim experiences high emotional turmoil and is happy to hear from their "grandchild". With social media now it's easy to find out about a person and supposed grand (children) in various forms. It's realistic because the perpetrator seems to know a lot about the family. Ms. Baer reiterated if one suspects abuse, neglect, or exploitation to call 1-(800)-96-ABUSE. That number goes to the state office in Tallahassee, referred to Broward County, and then goes onto a desk of an investigator. All reports are confidential. Other forms of financial exploit include ID theft. Avoid giving personal information via the internet or over the phone, especially social security numbers.

*Civic Affairs*

Joy In Our Town #1122	30:00	15:00	L	PA/O/E	12/2/11	1:00 PM
					12/5/11	11:30 AM

Host Vicki Antonio speaks with Mr. Robert Rudolph of the Broward County Natural Resources Planning & Management Division about water conservation. In Broward County he describes, we get 52" of rainfall each year. "Wet season" is from June to October. Plants need additional irrigation to help grow in winter. Florida doesn't have storage which requires water to be sent to oceans/everglades, carry offs hurt the eco system. Last June to October was below 20" than normal. Lake Okeechobee's back up supply is 3 feet below. The regional water supply in Orlando - the Kissimmee river to Lake Okeechobee, flows south west to the FL Bay out to the Caribbean islands. Flooding damage causes residents to come to Florida. In the 1950's and 60's peasant trading system was constructed when population was at 2 million. System works and drains much of South Florida ocean outfall is in the water treatment and needs to be closed by 2025. In 2008 Florida legislature reacted to treated wastewater that goes beyond our reefs, out into deeper ocean. There was 6.2 inches in each county: West Palm Beach, Broward & Dade. There are 90 million gallons a day treated waste water that's disposed out. Studies done by Nat'l Oceanic Atmosphere legislation now join the rest of the state promoting re-use. 60% of what's being disposed of will be used for supplemental irrigation on farms and other properties. Purple water piping is used for treating waste water. An alternative is injecting it in the ground to push back salt water intrusion (penetrates inland potentially impacting drinking water). Portable well fields - 40 % law allows injection to well water supply, well below. In closing, water conservation affects our basic needs. To contribute to water conservation at home make sure irrigation works correctly, adapted/convective landscapes, fixtures in-home, showerhead, toilet, etc.

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

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

Joy In Our Town #1125	30:00	15:00	L	PA/O/E	12/23/11	1:00 PM
					12/24/11	4:30 AM
					12/26/11	11:30 AM
					12/27/11	4:30 AM

Host Suzette Maylor speaks with Bridget Schneiderman, Victim Advocate for the Broward Victim’s Rights Coalition about crime victim’s rights. The mission of the BVRC is to empower victims and raise community awareness through education and training, outreach events such as a run, or bowling event assist in continually getting information out there. Depending on what organization is training and what their needs are, training is tailored to that type of crime. Ongoing projects benefit crime victims. “Onalena” is a rapid response fund for crime victims that experience financial need and needs immediate assistance for example rape victims. The organization assists with \$250.00. To qualify one has to be a resident of Broward County or a crime victim in Broward County and to apply one would contact a local law enforcement agency, one who’s investigating that crime and can help direct them appropriately. There is a victim advocate for every county in Broward. Membership is made up of volunteers, no paid staff, comprised of professionals in the community including crime victims and survivors who want to be a part. Implemented in 2009, the Key Center located in Davie, FL is the sole structure dedicated to crime victims. Anyone can be a crime victim. There’s a stereotype associated with who falls into that category. The offender caused a situation that has nothing to do with the victim. There’s a need to bring realization which affects the community. Impacts on victims include physiological violation, safety and emotional well being, physical toll relating to hardship of medical bills, sustainment, and financial impact causing victim to pay additional bills, possible relocation, taking off work, or having to go to court. A mental toll can occur from filing a restraining order. Whether it is an ongoing domestic violence issue or a 1-time robbery it affects a person’s life. State statue 960 states victims have rights such as having a court room cleared, funds available to them, services provided (providing referrals).

*Crime*

Joy In Our Town #1114	30:00	15:00	L	PA/O/E	10/7/11	1:00 PM
					10/8/11	4:30 AM
					10/10/11	11:30 AM
					10/11/11	4:30 AM

Host Monique Dennis Speaks with Nora Roffe victim advocate of the Victim Response Inc the Lodge Miami about Domestic Violence. Nora explains domestic violence affects everyone, it can be verbal abuse, mental abuse and of course physical abuse. Nora states that 22 to 25 percent of women in south Florida have experienced domestic violence. She goes on saying that men even experience domestic violence; she explains that because of society most men would not come forward. Nora describes that some of the signs of domestic violence, can be emotional abuse. A person that has low self esteem and depression shows a sign of someone who has been a victim of domestic violence. She says in high school a lot of students are using texting as a way to being manipulative in a relationship. Students also tend to stock their significant other as a means to intimidate their partner. Nora Explains students and schools should tell someone immediately, whether it be their parents, or counselor. The lodge in Miami has specific hotlines are people all ages can call that are dealing with domestic violence or abuse.

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

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

Joy In Our Town #1117	30:00	15:00	L	PA/O/E	10/28/11	1:00 PM
					10/29/11	4:30 AM

Host Suzette Maylor speaks with Sandra Colon-Ferrer, Outreach Consultant for The Florida Senior Medicare Patrol about preventing fraud towards seniors. This problem is 68 billion dollars big! Every 8 seconds someone becomes eligible for Medicare, by the end of this 15-minute show, totaling 225 people. Ms. Sandra Colon-Ferrer goes onto further explain comprised beneficiary numbers is large in the states of FL, TX, LA, CA and the east coast. Florida has over 3 million beneficiaries. It grows with “snow birds” and an influx of people moving in. This population is the most vulnerable for fraud and ID theft in the tri-state area including Palm Beach, Broward, & Dade County having the most beneficiaries at 350,000. In fraud cases Miami comes in #1, West Palm Beach #2 at 251,000, followed by Broward County where 241,000 numbers total. Because there’s a higher concentration in beneficiaries, there’s a higher case for fraud as well. Victims are also taxpayers because it’s costly at \$3 to 4 million a year. And the providers because those who are good see their numbers being stolen, used, and not picked up. The FL SMP originated in Tampa/St. Petersburg and administer for the entire state. There are 55 programs throughout the state and funded by the Administration for the aging. The mission is to empower beneficiaries and caregivers in identifying and compounding fraud, scams, and medical ID theft that are out there. Inform people on how to reach communities, who to call, how to detect and report it. SMP is funded alone thru state, federal, Local County, partnerships with community organizations is the grass root.

*Crime*

Joy In Our Town #1123	30:00	15:00	L	PA/O/E	12/9/11	1:00 PM
					12/10/11	4:30 AM

Host Vicki Antonio speaks with Regine Cordon, Executive Director and Siobhan Munnely, Development Specialist of the Children’s Home Society of South Florida about child welfare and safety. If child abuse is suspected a person should call 1-(800)-96-ABUSE. An investigation will be done based on a caller’s validity. A mandated reporter also known as a social worker can’t view abuse of any kind, and not report it to authorities. A mandated reporter is legally responsible as well as nurses, teachers, doctors, or anyone in involved with children. After an allegation is found valid a child will be placed into foster care, with a family member, or facility like a group home. There may be a situation where a false allegation happens at the home but with support services the child is able to return home safely. The abuse hotline during 2009-2010 received over 224,000 calls that were just allegations in the state of Florida. Regine Cordon continues by stating out of those 19,000 children were removed from their home and placed into the foster care system. Siobhan Munnely describes ways to help including a need for teen adoptions and foster parents. Upon recruitment there’s intensive training provided. If foster care becomes adoption – parents are provided counseling, parenting education, or family therapy. And directed on where to go and provided services as well. Teens are often left to “age out” because at 18 they’re no longer eligible to be in foster care and considered as an adult. Legislative education is currently trying to extend the age to 21.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

*Crime*

	<i>Duration</i>		<i>Source</i>				
Joy In Our Town #1126	30:00	15:00	L	PA/O/E	12/30/11	1:00 PM	
					12/31/11	4:30 AM	
					10/3/11	11:30 AM	
					10/4/11	4:30 AM	

Suzette Maylor speaks with Henry Cabrera, Sergeant of the Coconut Creek Police Department about holiday crime prevention. He goes on to explain the difference between a “hard” versus “soft” target. A soft target is people who are not paying attention, walk around without being vigilant, and aware of their surroundings, knowing what and who’s around. Tips to stay safe while shopping include: shop with another person because it aids as a second pair of eyes. A hard target is one paying attention. If a person can’t find someone to go shopping with or in a group the best thing to do is going during the day. Offenders prefer night when they can’t be seen and video camera footage can’t identify them. If one is entering or exiting their vehicle it’s suggested to find a close parking space by waiting for one, making sure it’s a well lit area, lock, secure, and alarm your vehicle. Leave packages in the trunk instead of plain view. When exiting the mall put a cell phone in your pocket (you become a soft target) scan the parking lot, locate your vehicle, make sure your keys are in hand, contact an employee or store security to assist with multiple bags, flag them down. They’re more than happy to help. To keep homes safe during the holiday season use the “3 L’s” throughout the year as well which stand for Landscaping – making a house appear livable at all times. Cut shrubs, trees so the front door is visible and a culprit can’t hide behind. Lighting alerts homeowner if something is in their yard or driveway. Install motion sensors in front of and back of the house. Leave lights on, use timers for TV’s, radios, etc. Before leaving home check all windows/doors are closed, activate home alarms (make it routine). Have a trusted neighbor watch your home, mail & newspaper pickup, or vacation list – police go on location to try locks as preventative measure and neighborhood watch. Mr. Cabrera recommends after shopping if one suspect they’re being followed get on a cell phone and call police. Don’t go home, drive straight to the police dept.

*Crime*

Joy In Our Town #1126	30:00	15:00	L	PA/O/E	12/30/11	1:00 PM	
					12/31/11	4:30 AM	
					10/3/11	11:30 AM	
					10/4/11	4:30 AM	

Marshall Mosley, President and William Delaney, Vice President of the National Police Support Mosley states its mission is to aid law enforcement for them to do their jobs efficiently and effectively with budget cuts while continuing to keep the community safe. Mr. Delaney states they support municipalities throughout the state. Smaller municipalities sometimes go without resources that maybe mandatory in other departments to improve productivity in turn making safety paramount. To forward these goals, Mr. Moseley explains Project K-9 was introduced to provide body armor for police dogs that in Florida often go unprotected. They’re officers as well on the front line who enter first. Municipalities will contact the organization who sees to it the dogs are fitted for vests. In the line of duty police dogs are responsible for getting a suspect who has hidden or tucked away that obstructs law enforcement from getting to in a chase. Dogs will apprehend suspects; detect bombs and drugs without question, they don’t call in sick, and there regardless of what the situation is. It’s our job as a community to make sure they’re protected as much as they can possibly be. Mr. Delaney states the dogs do what they do out of loyalty and devotion, and their love is unconditional. The animals put their life on the line for no more than a pat on the head everyday as well as protect their handlers. In San Fernando Valley, a dog named Kilo took 3 bullets meant for the officer. Because he had on a bullet proof vest, survived and came out alive. K-9’s are an integral part of law enforcement, the military, and capturing on Osama Bin-Laden.

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

*Economy*

Joy In Our Town #1115	30:00	15:00	L	PA/O/E	10/14/11	1:00 PM
					10/15/11	4:30 AM
					10/17/11	11:30 AM
					10/18/11	4:30 AM

Host Vicki Antonio speaks with Franklin Nickens CEO of Community Development Outreach, and community partner Keira Berry, Vice President of A Fresh Start, about the effects of bankruptcy. Ms. Berry describes that since January of this year 300,000 bankruptcies were filed in the state of Florida. Many people find themselves in upside down mortgages, loss of income, households are under or unemployed. She states bankruptcy in this economy is a tool to help those get back on their feet. Bankruptcy use to have a stigma attached. Just 10 years ago it was used to run up CC debt, a person would file social security to create a new identity. In the past there was abusiveness toward the system. Mr. Nickens goes onto describe bankruptcy laws and social statues change often now to prevent the abuse. Trustees are more educated compared to 10 years ago. Bankruptcy is designed to restructure what one’s dealing with – credit card debt, house payment, and making payments on time. Filing Chapter 13 means making payments overtime. Accountability is taken and financial obligation is still fulfilled. Mr. Nickens details, the person now has to go thru counseling and be approved for bankruptcy. Ms. Kiera Berry adds that, Filing Chapter 7 wipes out debt completely by taking a means test, which a federal test is informing one if they qualify for Chapter 7. She explains financial hardship has to be established. No property, asset/value, etc. Debt to income ratio with affordability, health issues/hazards play into the role of the means test. Contact a local housing authority (HUD approved) an assessment should be done. A common myth is one can’t be employed to file bankruptcy. Chapter 7 processing time is 4 months from receipt date. Chapter 13 is a payment plan over 3-5 years. Both advise consumers to fix personal credit scores, debt negation, and prevention. So in 6 months you’re not in the same position.

*Economy*

Joy In Our Town #1116	30:00	15:00	L	PA/O/E	10/22/11	4:30 AM
					10/24/11	11:30 AM
					10/25/11	4:30 AM

Mr. Franklin Nickens, CEO of Community Development Outreach and community partner Josh Bleil, Attorney at Law for the Tickin Law Group speak with host Vicki Antonio about knowing your legal rights in foreclosure. Josh Bleil explains fewer foreclosures in South Florida are being filed but the same numbers are delinquent, meaning there’s minimal progress being made. Mortgages today are not what it was 10 years ago. Secure tie investments i.e. Wall Street banks are now responsible to investors. Litton loan services are paid to service the loan by collecting mortgage, ensuring insurance, and taxes are paid to the lender. Mr. Nickens goes onto say secondary markets means bundled loans, bought by Wall Street and want a certain return of a particular investment package like buying stocks. There’s no collection on what’s being paid which causes default. Mr. Bleil describes a servicer collects for the investor (middle person) between stock. A value of a commodity is stay-value. Banks do what’s necessary for their own interest. For consumers looking for answers at this time loan modifications are not being done how we expect. Principal and interest reduction is based on the current market with properties being upside down. Franklin Nickens states that banks will give a trial period of 3 months. Payments need to be paid on time. If 1 payment in missed or a person is 1 day late you’re now default on the trial period. Here’s what takes place service with intent to foreclose because of default. Mr. Bleil says know what you’re committing to, learn and understand terminology. Not knowing can get folks into a pickle. Reach out to certified people who know what they’re doing in foreclosure, bankruptcy, and choose a HUD certified counseling agency.

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

*Economy*

Joy In Our Town #1116	30:00	15:00	L	PA/O/E	10/22/11	4:30 AM
					10/24/11	11:30 AM
					10/25/11	4:30 AM

Franklin Nickens CEO of Community Development Outreach, along with his community partner Sherri Spears of Simplifying the mystery of real estate speak with host Vicki Antonio about the house of dilemma. Sherri Spears goes onto say a short sale is when a person sells their home who owes more on their mortgage than its actual worth. Franklin Nickens describes how a financial picture is collected before asking a bank to forgive any debt negotiation. A person who has legitimate hardship such as a death, sickness, or divorce would be included. The bank needs to see there's no way to recover, there's also a guideline set in place to look for and qualify, and it must be proven as documented fact. Sherri Spears says business owners hit as sole providers, service may not be required as much as it use to be. There's now a deficient of work coming in therefore the housing market is struggling to stay alive. An owner would have to shut down their business to work for someone, first they need to find a job and will need the bank to assist in order to take care of family projector of 90-day period. Currently there's shortfall on mortgages. After a 6 month default, a consumer is looking at intent to foreclose. It takes the lender service longer to serve a notice. It benefits the lender because the borrower works to recover some of the mortgage and resolve the issue. It benefits the borrower because the process goes against one's credit, not a judgment, reported as negotiated for less than the amount owed. Credit is impacted only by the number of payments behind. One receives a waiver of deficiency meaning the bank agrees not to go after the consumer in the future making it a win-win for both parties. Creating unity in a gap widened market.

*Economy*

Joy In Our Town #1117	30:00	15:00	L	PA/O/E	10/28/11	1:00 PM
					10/29/11	4:30 AM

Host Vicki Antonio speaks with Franklin Nickens CEO of Community Development Outreach about the importance of Forced Placed Insurance. Mr. Nickens describes if there's no more mortgage, there won't be insurance or taxes paid either causing a lapse. The bank knows insurance doesn't exist because there's no escrow to pay the insurance. A bank goes out to force place insurance 5 times the original amount. He explains the overall goal is to get a loan modification. Meanwhile fees are stacking up, forced place is there and only covers the lender's portion not the content or liability on the property. For example a hurricane comes; insurance takes care of the lender for consumer's part of the property. If an accident occurs on the property one can be sued. Now you got no insurance, and the homeowner is personally liable for what happens. There is a way to remove "force place" if a consumer knows they have a default. An insurance professional can give what's needed rather than what a bank wants you to have. It's necessary to have 2 policies in place. 1.) Content policy – protects heirlooms, furniture, assets inside the home. 2.) Dwelling policy – covers the lender in case of disaster. If one opts for their own insurance, the homeowner/consumer needs to make sure to call and have the other removed.

***Program Title                      Program                      Topic Duration                      Segment                      Type                      Airdate                      Time***

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

***Duration***

***Source***

***Economy***

Joy In Our Town #1121	30:00	15:00	L	PA/O/E	11/25/11	1:00 PM
					11/26/11	4:30 AM
					11/28/11	11:30 AM
					11/29/11	4:30 AM

Rosalind-Lassiter Roker, Member and Ann McNeil, President & CEO for the International Mastermind Association speak with host Lakisha Carvil about Career goals & Life work. Rosalind Roker begins by saying people need to understand there’s inter-dependency on each other because everyone is a leader and has a responsibility to be self sufficient. Community means all in order for something to be effective. Each joint supply makes a difference in the community by starting with a vision Ann McNeil point out. A vision should expand to a dream, to become a goal. An entrepreneurial spirit is important to create jobs and opportunities, to become a better economic community and lifestyle for families which ties into a stronger community. Ms. Roker explains we live in a society and can’t dominate each other, as a whole understand each part is important, in bringing forth what the community is trying to achieve/represent. Ms. McNeil describes helping people with the goal setting process by creating a strategic life plan in 10 different areas with business professionalism as an entrepreneur. If an individual requires qualification or certification in a certain craft, but has to go to trade school to get the craft, you take a vision and goal; bring it down to a certain activity, now a person can achieve by setting a goal in place. Have a group around to hold you accountable for setting goals. In Mega minds – 8 members hold each other accountable by setting weekly goals. Divided by 10 areas including business, civic, health, family, financial, spiritual, education, creativity, personal and recreation. In other words: help me, help you. Ms. Ann McNeil emphasizes to start with the end in mind. Write out your obituary. You’ll be clear how you live out the rest of your life.

***Economy***

Joy In Our Town #1125	30:00	15:00	L	PA/O/E	12/23/11	1:00 PM
					12/24/11	4:30 AM
					12/26/11	11:30 AM
					12/27/11	4:30 AM

Host Vicki Antonio speaks with Diana Arteaga, Market Manager for the F6 City of Florida Financial Office and is here to discuss financial relief for Floridians. The CFO is a chief financial officer for the state that wears many hats such as state treasurer, state fire marshal, licensing of insurance to anyone who wants to sell products in the state of Florida. Whether it is life, automobile, or traveler’s insurance – it’s all licensed under financial. The “your money matters” initiative looks at boosting the economy by creating jobs; a financial literacy campaign provides education for military personnel and small business owners. Workshops and lectures are launched across the entire state targeting specific financial groups because each has a special need than the other. Florida is the 4<sup>th</sup> largest state with women as business owners. In 2002 the nation saw a 20% increase in women as small business owners and in 2011 a 32% increase in the national average. CFO provides information and resources to those who desire to launch their own small business. Specific information provided in workshops includes managing a business more effectively, determining good debt versus bad debt, budget analysis, and goal setting. For persons interested in participating, dates are available online at the website to download or print out.

<b><i>Program Title</i></b>	<b><i>Program Duration</i></b>	<b><i>Topic Duration</i></b>	<b><i>Segment Source</i></b>	<b><i>Type</i></b>	<b><i>Airdate</i></b>	<b><i>Time</i></b>
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*The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.*

*Education*

Joy In Our Town #1113	30:00	15:00	L	PA/O/E	9/30/11	1:00 PM
					10/1/11	4:30 AM
					10/3/11	11:30 AM
					10/4/11	4:30 AM

Operations Director, Gina Genovese and Chief Administrative Officer, Barbara Stark of The Milagro Center speak with host Lakisha Carvil about youth outreach involvement. Milagro came into existence to be a community center over 8 years ago, focused on school, cultural arts, academics, values of mentoring to at-risk youth during summer months. Sustenance now is aided by state government grants, local government grants, corporate and private foundation grants. Much is done in the area to ensure funding and provide children’s services for after school programs. Parents can feel good their child is receiving academic enrichment and well rounded education after hours when they’re most likely to be influenced by negative media, gangs, drugs, prostitution, etc. at a high level risk. The program also provides tutoring, a teen program, living values education, and outreach with homework assistance, taken on the road to other organizations that are in need of services. Values and curriculum is extended throughout Palm Beach County. Students grow by gaining self esteem, confidence, express themselves and become comfortable with who they are without social pressures, become healthy, and go onto be contributing members of the community. Only 30% of minority youth graduate. Milagro teamed with United Way. 100% are at risk of failure. After 1.5 years in the program 96% passed onto the next grade level, improved grades, to graduate high school. Stars Programs – 4 Elements;

*Education*

Joy In Our Town #1118	30:00	15:00	L	PA/O/E	11/7/11	11:30 AM
					11/8/11	4:30 AM

Host Suzette Maylor speaks with Olive Taylor, mentor or of Olive Taylor’s Motivational Mentoring, Inc. about motivation in students including encouragement to believe in oneself to place first, reaching goals, and guidance to increase self esteem in young people. Motivational tutoring goes over life skills conduct, goals trying to be achieved, focus, and life-long goals. In addition to talking students may need financial support, kind words, improvement in reading and math by familiarizing themselves with numbers. Starting at kindergarten stage by knowing and identifying along with shapes improves math skills also memory game practice found online. Technology helps student’s master multiplication tables. Reading skills happen by familiarizing one with the alphabet, picture reading helps young ones learn letters that form words that connect sentences. To help improve skills older students in high school should go to the local library to read as many books /articles/newspapers available. Continuous practice overtime develops and hones a skill. Ms. Taylor explains a parent not confident in their own ability introduce tutoring and after-school programs. The FCAT evaluates ability, skills, and performance. Education is important for one’s daily living because of high end technology; people need to fit into society and in order to get a good payable job for all expenses we face. Education is good on the whole.

<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*

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

Joy In Our Town #1119	30:00	15:00	L	PA/O/E	11/12/11	4:30 AM
					11/14/11	11:30 AM
					11/15/11	4:30 AM

Host Lakisha Carvil speaks with Ricardo and Tracie Bonnick, Business owners and Ministry directors of Moving 4word Productions about the benefits of homeschooling. Ricardo begins by saying homeschooling is outside traditional perimeter of public and private setting. The parent/caregiver or guardian takes personal responsibility for their child’s education and learning process. Dual parent household, single parents, grandparents, any legal guardian can home school their child by Florida law. No qualifications or degree is required other than the desire to home school. Many different curriculums are available. At home one can nurture their child. Mr. Bonnick describes a misconception about a child’s socialization. Extracurricular activities aid in a child’s involvement and being well versed. Mrs. Bonnick emphasizes involvement of school groups in the local area, conferences, debate, as reference tools for parents. Benefits of homeschooling include maintain and develop a close relationship, lessen peer pressure influences, and joy of teaching. Siblings can contribute to their brother or sister’s learning by helping with responsibilities in, around, and outside the home. Mr. Bonnick points out curriculum couples with exams to determine a child’s success at learning.

*Education*

Joy In Our Town #1122	30:00	15:00	L	PA/O/E	12/2/11	1:00 PM
					12/5/11	11:30 AM

Ms. Rosalind Roker, a member of the International Mastermind Association speaks with host Lakisha Carvil about The Community School Concept. Ms. Roker states this is an innovative approach that involves the student and their family using resources from the school and community to help students academically achieve, combining resources to learn socially and physically. Results community schools strive to achieve is that students are ready to start, there’s a difference in the student academically, and teachers improve attendance, improved behavior throughout the school, activities students can engage in that are productive and supervised. The “CSC” is a strategy for reforming schools because many schools have low scores in reading and math as a result of problems at home or may have to leave early to get to a job. The CSC addresses those needs of home life, healthcare, and mental healthcare needs that should be addressed. It involves students, teachers, and families and as a result the community as a whole is made healthier. Traditional schools only deal with academic needs of the student. That’s where the CSC differs. Service learning, internships for the school, parental engagement are increased by becoming part of the school. Implemented in South Florida is the university model enabling a school to have a partnership with local colleges/universities to use resources that include summer programs, afterschool and tutorial services. School reform means everyone can tap into use of their gifts, skills, and talents.

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

*Education*

Joy In Our Town #1124	30:00	15:00	L	PA/O/E	12/16/11	1:00 PM
					12/17/11	4:30 AM

Larthenia Howard, Book Author and Kelly Williams, CEO of Holy-wood Records & Ministry speak with host Vicki Antonio about bullying and its effects on education. Mr. Williams describes a bully as someone with low self esteem, likes to be dominant in everything they do, who targets one they know they can beat up on. It may begin at home by witnessing things such as no control or authority. Bully’s target timid, quiet individuals. Ms. Howard explains warning signs to look for such as a child becoming withdrawn, fear, signs of depression, crying, or confiding in other students. Statistics show 160,000 students daily miss school because they’re afraid of being bullied. There are 282,000 cases daily being talked about. Bullying happens beyond the playground, work, etc. Bully me no more is a campaign that takes a stand against bullying after a suicide death took place in the state of TX. It raises awareness prevention. Statistics described by Ms. Howard detail 1 in every 3 children is bullied, which accounts for 1.6 million day after day, which causes a physical and psychological effect in a child and the school environment. Bullying is defined as enforcing physical harm or physiological distress on someone including teasing. Harassment is threatening, insult, and name calling. The biggest difference is systematically and chronically. Systematically happens over time in a step by step process. Chronologically is the degree of how it happens. Parents be aware and not in denial. Always have boundaries.

*Education*

Joy In Our Town #1124	30:00	15:00	L	PA/O/E	12/16/11	1:00 PM
					12/17/11	4:30 AM

Larthenia Howard, Author & Founder of the Stimuknowlogy Institute speaks with host Vicki Antonio about Challenging Mediocrity: Balancing Diversity and Student Achievement. There is a disconnect between teachers and the student their servicing. Ms. Howard’s goal is to bridge the gap of differences between the two and challenge what is being done with students who are minority, have a language barrier, disabilities, and communication issues of some sort to challenge mediocrity. Challenges teachers face, statistics show us 90% of teachers today, graduated, are from white middle class backgrounds but 52% of the population are minority students. The transparency between the types of students teachers are facing and lack of experiences a teacher may have in dealing with cultures, languages, and backgrounds of those students they see in a classroom every day that presents a big challenge. Suggestions for possible challenges include an awareness piece. Teachers need to be aware of who they’re servicing, be aware of the community in which we’re in, and understand what one’s biases are. The issue is if you’re not aware, or are, you treat people differently because of it. Awareness is heightened alertness we all of some sort or another and which holds the key. An example of applying that concept is a bias because a child comes from a single parent home. What would that then have to do with achievement, mental capacity, capability, and possibility of that individual student? A teacher won’t treat a child differently where expectations maybe lowered. Many people are successful products of a single parent home, by not allowing a bias to hinder expectations between children. The S.U.R.E. formula is Self awareness, Understanding, Reforming traditional curriculum, Evaluate culture and climate. Each unites strengths and weakness in terms of skill and getting real with you are as a teacher.

<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*

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Joy In Our Town #1113	30:00	15:00	L	PA/O/E	9/30/11	1:00 PM
					10/1/11	4:30 AM
					10/3/11	11:30 AM
					10/4/11	4:30 AM

Ms. Lauren Kukkamaa Communications Director from Locks of Love speaks with host Lakisha Carvil about many causes of hair loss and available treatments. There are many reasons a child may experience hair loss that include alopecia areata, treatments for cancer, chemo and radiation therapy, severe burns or trauma, and various stress disorders cause hair to fall out or permanent loss, also genetic disorders. Alopecia areata is an auto immune disorder. There's no known cause or cure for the disorder. The immune system shuts down the hair follicle, telling follicles to stop growing hair. The result is patchy hair loss, all hair, eye brows, eye lashes, even body hair. AA affects approximately 2% of the U.S. population overall (meaning 4.7 million people) half that number is children. AA is an obscure disorder. Some treatment options are topical ointments/creams, steroid injections, which don't guarantee successful treatment for the patient. Sometimes hair will grow and fall out again. Other times its permanent hair loss. A hair piece, wig, or prosthetic piece is another option. Hair loss becomes a loss of self to some people. It's not a life threatening condition for children. Certainly life altering. Locks of Love helps financially disadvantaged children under age 21 who experience medical hair loss for any reason by providing high quality hair pieces made available from hair donations.

*Health*

Joy In Our Town #1118	30:00	15:00	L	PA/O/E	11/7/11	1:00 PM
					11/8/11	4:30 AM

Brad Bammell Program/ Quality improvement Manager along with Natasha Markman Centralized Intake & Eligibility Manager speaks with host Suzette Maylor of Broward County Human Services Department about HIV/AIDS citywide resources and support. Brad Bammell begins by describing Ft. Lauderdale is one of the top 12 highest ranked cities in the US infected by the disease and only half of that number knows their status. It's estimated over 10,000 people in Broward County are infected and unaware of their status. Fear prevents people from getting tested. Like an STD, HIV/AIDS is considered a dirty disease. People don't want to feel threatened or judged. In the local community outreach can be done by wellness days, seminars/discussions during in school sex education. Half of the number tested positive are underage of 25. In Broward County many seniors test positive (beyond age 65). Natasha Markman explains a patient should request doctors/healthcare providers do an HIV/AIDS test done once a year along with an annual physical. It should be part of normal care for oneself. Discussions beginning with the younger population is important because sometimes their sexually active early on. Brad Bammell confirms treatment in the earliest stages prolongs a healthy life going forward. If treatment is prolonged in a person with less than 100 t-cells the individual is susceptible to germs and bacteria which can cause sickness. One can live a better, healthier quality of life by knowing their status. For those battling this disease services include a centralized eligibility test, medical care with case management. Natasha Markman explains further assistance involving food bank donations, pharmacy aid, and transport to and from appointments.

<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*

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

Joy In Our Town #1119	30:00	15:00	L	PA/O/E	11/12/11	4:30 AM
					11/14/11	11:30 AM
					11/15/11	4:30 AM

Vanessa Vicente, Community Outreach Manager for the Leukemia and Lymphoma Society speaks with host Lakisha Carvil about raising awareness of blood cancers in the community. Blood cancers originate in bone marrow such as myeloma and myelodysplastic syndrome. Leukemia originates in the blood and bone marrow, lymphoma originates in plasma cells. They're all related because they're in the blood system. The Leukemia and Lymphoma Society is the 3<sup>rd</sup> largest volunteer run organization and specializes in these types of cancers. Approximately 957,000 Americans are living or have been diagnosed with these diseases. Categorized as incidents, there are children under age 20 and adults over age 65. A large surge of 20 and 30 year olds are becoming diagnosed. With pediatric cases this disease represents 45%, often associated as a childhood disease when more adults are afflicted with Leukemia than children. There's no screening or prevention associated with this disease that's why it's important to get general checkups. An abnormal test may reveal abnormal production with white blood cell count, sometimes manifest with severe anemia. Hodgkins lymphoma is the 6<sup>th</sup> highest ranked form of cancer. It's important upon diagnosis one is aware of this organization to be provided updated info and referred specialists to treat these diseases. Symptoms include severe fatigue, profuse sweating and bruising manifestation that can lead to diagnosis. Ms. Vicente wants to bring attention to, if you notice something growing abnormally, have it check out. Don't bypass or ignore symptoms that could develop into worse – tumors, large mass, etc. particularly found in minorities. Specifically of Hispanic decent.

*Health*

Joy In Our Town #1120	30:00	15:00	L	PA/O/E	11/18/11	1:00 PM
					11/19/11	4:30 AM
					11/21/11	11:30 AM
					11/22/11	4:30 AM

Sara Ferrer, Community Relations Specialist for the Drug Abuse Foundation speaks with host Lakisha Carvil about Substance Abuse in our Community. Ms. Ferrer goes onto say South Florida is considered rehab capital of the world. 98% of oxycodone prescribed by doctors in this state exceeds the number prescribed in 10 states combined. Red Ribbon week is a national campaign that began in 1985 as a need to create awareness of illegal and legal drug use in this country. 21 Floridians die each day because of drug use. 7 of those from prescription drug use alone. The drug problem effects a number group of people primarily families. The addiction is known as a family disease because it affects every other relationship around the individual. Co-workers and family lie or cover up issues, stress, and grievance for loss of a relationship that use to be. Ms. Ferrer states, it's important to remember you can't make a loved one change, but keep communication open, encourage individual to seek help/treatment, a family member can also petition with the clerk of court for a Marchment Act to have the person contained and held for observation and assessment if believed to be out of control, if treatment is needed and what type to provide. There's a line between use, use and abuse, and addiction. Addiction is a chronic relapsing brain disease characterized by drug seeking behavior and loss of control. The disease is caused by lifestyle behaviors voices – controlled by lifestyle changes. Anyone can get help from a non judgmental, caring staff. To promote drug-free living and continuum of services affordable and accessible to Palm Beach County includes medical detoxing for adult & youth, residential programs, patient programs, family safety program, family resource center, alumni program, resources and support based on personalized need.

<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*

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Joy In Our Town #1121	30:00	15:00	L	PA/O/E	11/25/11	1:00 PM
					11/26/11	4:30 AM
					11/28/11	11:30 AM
					11/29/11	4:30 AM

Host Lakisha Carvil speaks with Sandra Muvdi, Founding President and Craig Dennis, Member & Advocate of Jessica June’s Children’s Cancer Foundation about Fighting Children’s Cancer. Ms. Muvdi describes the foundation serves Chris Everett Hospital and all the hospitals in the tri-county area who treat pediatric oncology in South Florida. There’s a relationship with the hospitals and social workers, and they refer the organization to more extreme cases that are in need. Which include 7 hospitals. Since starting the financial assistance program in 2006, the organization has served 1,200 impacted in South Florida. Ms. Muvdi goes onto describe programs that are provided. After diagnosis, come emotional then financial crises. The social workers are in touch with each individual, there is a list of requirements, and in most cases patients are eligible to receive Medicaid/government assistance. Cases are referred and signed by a social worker and the family. The family is financially struggling while trying to save their child’s life. Mr. Dennis became an advocate to raise awareness after his daughter was diagnosed with Stage 4 Nero blastphoma at age 3. They dynamics of how cancer effects the family; 2 income household, to one parent being home to oversee other children while 1 parent is at the hospital full time transitioning in and out of the hospital, maintaining normality while family is divided, homeless, and injured. Devastation occurs financially, mentally, and economically. Intervention equals result. Ms. Muvdi departs by saying this is a small grassroots organization, doing as much as it can but there’s a great need in the community for those who want to reach out and be involved/transparent.

*Health*

Joy In Our Town #1123	30:00	15:00	L	PA/O/E	12/9/11	1:00 PM
					12/10/11	4:30 AM

Giselle Cheminand, President of GCI Worldwide Corporation, Partner and Sponsor of the American Heart Association speak with host Vicki Antonio about the prevalence of heart disease and stroke in our local communities. Ms. Cheminand explains 1 out of 3 women die daily from heart disease. The AHA supports being healthy and living an active lifestyle. There’s more money taken for heart research by the federal government than any other organization. Founded in 1924, it is the oldest and largest. There is a misconception that heart disease is a man’s disease. Woman can become proactive in avoiding the disease. If detected early, it can be treated. 1 out of 30 women die from cancer. 1 out of 3 is a huge disparity. The AHA mission is important because people are not aware. They think cancer, repertory diseases, or diabetes is the biggest killer in our community when that’s not true. People can make a difference by changing that statistic. The Go Red for Women campaign is a national movement to celebrate the passion, energy, and power women have to address the issue and wipe out the disease. Events take place to create awareness; survivors share their experience with other women, and it becomes a powerful movement. AHA surveyed and researched 50% of women change their lifestyle for good by losing weight, one third of women change their diets, 60% began measuring cholesterol and learning about heart conditions. 50% consult a doctor about a heart health program for themselves. Stroke is the #3 killer, 45% of African American women are directly affected. Ms. Cheminand firmly acknowledges programs create a difference and impact people’s lives.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Doctor to Doctor 28:30 28:30 REC PA/O/E 10/04/2011 12:30 PM  
#320

**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 to Doctor 28:30 28:30 REC PA/O/E 10/11/2011 12:30 PM  
#321

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/18/2011 12:30 PM  
#322

**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. Its inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. **Dr. Janet Poole** talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/25/2011 12:30 PM  
#323

**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	28:30	28:30	REC	PA/O/E	11/15/2011	12:30 PM

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#324

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 11/22/2011 12:30 PM  
#326

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 11/29/2011 12:30 PM  
#327

**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.