

# Trinity Broadcasting Network

## *Quarterly Report*

January, February, March 2009

WHLV-TV Channel 52, Cocoa / Orlando

Orlando, Florida

Eastern Time

Ascertainment List

Leading Community Issues

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

Economy  
Family  
Environment  
Education  
Health  
Civic

*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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***Economy***

Joy In Our Town # 95	28:30	14:00	L	PA/O	1/01/2009	3:30 am
					1/02/2009	1:00 pm
					1/03/2009	3:30 am
					1/05/2009	11:30 am
					1/06/2009	3:30 am
					1/08/2009	3:30 am

Host Diana Shaw talks with Joseph McMullen, Commissioner from the Town of Oakland, regarding economic development. Commissioner McMullen shares that the town of Oakland consists of 2000 residents and they would like to see social service programs like summer programs and job training programs, and other various social programs become available with the hopes that these opportunities would better enhance their lives. He states that the town just received a grant from CDBG and the monies were used to rehab and build homes in the lower income part of town. Commissioner McMullen would also like to see more opportunities become available to increase education and provide job creation for the residents. He states that he believes that job creation, increasing the level of education among residents, and establishing home-ownership moves people up the income-status ladder and will improve the economy of the town. The Town of Oakland would like to see businesses come into the town and create jobs for the residents as well as establishing successful entrepreneurship businesses which will also contribute to and build the town's own economy.

***Economy***

Joy In Our Town # 97	28:30	14:00	L	PA/O	1/16/2009	1:00 pm
					1/17/2009	3:30 am
					1/19/2009	11:30 am
					1/20/2009	3:30 am
					1/22/2009	3:30 am

Host Dr. Mary Woolridge talks with State Representative of District 38, Bryan Nelson, regarding the economy. Rep. Nelson shares about his history and location of service as a state representative. Two years ago the budget was 73 billion and the '09 budget is expected to be 63 billion so the cutting of the budget is putting stress on the state government. One solution Rep. Nelson offered was to reduce the size and scope of government and streamline offices. Another solution discussed was to use more technology resources and investigate the work performed by each state department and eliminate double spending of dollars and duplication of work performed among various departments. Another strategy to increase state dollars is to raise cigarette taxes by \$1.00. More solutions offered among the discussion in terms of the downturn of the housing marketing included an initiative to invest more money into organizations such as Habitat for Humanity which build more affordable homes and place people in the homes and work with them to follow tighter budgets. Rep. Nelson discusses an idea of giving schools more decision making control on how their money is spent. He strongly feels that giving schools one sum and then letting each school district decide where the dollars should be spent will work to work as one solution.

***Economy***

Joy In Our Town #98-1	28:30	14:00	L	PA/O	1/23/2009	1:00 pm
					1/24/2009	3:30 am
					1/26/2009	11:30 am
					1/27/2009	3:30 am
					1/29/2009	3:30 am

Host Dr. Mary Woolridge talks with Lake County Commissioner for District 4, Linda Stewart, regarding economic development for District 4. Commissioner Stewart states that after reviewing the district and finding that 35% of the residents have to leave the county to go to work, economic development needed to become a main priority for this district. She states that a solution to help with developing the area was to create a department of economic growth and re-

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development which helps existing business grow and expand as well as helping citizens develop their own entrepreneurship and new businesses, as well as finding new businesses for the community. Some of the strengths in which she hopes to draw new business within District 4 include; close proximity to Orlando, beautiful lakes and parks, centrally located close to turnpike and major highways, highly educated residents, excellent schools, higher learning community college, great historic downtowns and a lot of land available for building. Commissioner Stewart also shares that there are five areas this district is focusing on for new business development. They are agriculture, arts/leisure and recreation, business services, health and wellness.

***Economy***

Joy In Our Town # 100	28:30	14:00	L	PA/O	2/06/2009	1:00 pm
					2/07/2009	3:30 am
					2/09/2009	11:30 am
					2/10/2009	3:30 am
					2/12/2009	3:30 am

Host Dr. Mary Woolridge talks with Joie Cadle, Orange County Public School Board Chairman, for the first time ever in history the Orange County School Board is an A district, 13 high schools are listed on the Newsweek top 1000 high schools in the nation, 126 schools have received an A or B grade, the drop out rate is declining and the graduation rate is increasing. Some challenges the Public School System is facing are drastic budget cuts after this school year if nothing changes the school system is going to have a 102 million short fall which follows a 70 million from last year. Ms. Cadle explains that we need to keep in mind that 82 cents of every dollar is spent towards people/employees there will be less people in schools starting next year. The class size amendment which was passed last year is being reconsidered because the addition of one or two students per class can save 30 million dollars, although 314 teachers would be cut. The hiring process begins in April and the placement of teachers will start with the already existing employees and go from there. Some of the solutions the district has put into place due to the economic shortfalls include; hiring freezes, balancing the budget, reducing the learning communities, eliminating the office of recruitment, and a restructure of the human resources department. Ms. Cadle encourages parents to become advocates for their children and contact the legislation in Tallahassee. There is also a mailbox on the school board website for any budget ideas the public has to offer.

***Economy***

Joy In Our Town # 101	28:30	14:00	L	PA/O	2/13/2009	1:00 pm
					2/14/2009	3:30 am
					2/16/2009	11:30 am
					2/17/2009	3:30 am
					2/19/2009	3:30 am

Host Dr. Mary Woolridge talks with the Mayor of Winter Springs, John Bush regarding the city of Winter Springs. Winter Springs is in very good economic shape, the city has been voted one of the best places to live in Florida, second to Lake Mary, and has the lowest tax rate in Seminole County. Mayor Bush shares that the city is looking to spend a little money towards infrastructure such as accelerating their road resurfacing program to get more people employed during these tough economic times. The biggest impact the financial crisis has had on the city is through investments, in the past they have been able to invest left over tax dollars at 4% to 6% and now the interest rates have dropped to 1% to 2% which has brought down those dollars invested. The city has developed a vision committee who looks at where and how they have spent there dollars to make sure the money is being spent wisely. The city council is working with the county to attract a hotel and a new top notch softball field which will draw tournaments and guests into the city. These ventures will expand the commercial tax base and will help keep taxes down. The city is hoping to attract new businesses by promoting their low crime rates, high quality schools, and nice town center. Another main goal is to bring in high wage jobs and businesses such as the hotel and a medical center, in hopes that most of the employees will eventually call Winter Springs home.

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***Economy***

Joy In Our Town # 103	28:30	14:00	L	PA/O	2/27/2009	1:00 pm
					2/28/2009	3:30 am
					3/02/2009	11:30 am
					3/03/2009	3:30 am
					3/05/2009	3:30 am

Host Diana Shaw talks with Commissioner Gary Bonner, City of Winter Springs, regarding economic development in Winter Springs. Commissioner Bonner discusses the campaign of becoming a commissioner and his main objective during campaigning was to meet as many people as possible and learn what their issues were. He explains that historically Winter Springs has been a bedroom community with 92% residential with the need to increase high end commercial businesses. He feels that because of this particular high residential percentage the property taxes have the heavy burden of carrying the revenue for the city. To add to the revenue base the commission is looking to add more commercial business. The intersection between highway 434 and 417 is an undeveloped corridor which is being looked at as the place to put these hopeful new found commercial businesses. The benefits to that particular corner include; new county park with very nice facilities as well as a high end office area. The majority of Winter Spring residents commute out of the city to work and the city's goal is to reverse that and keep residents working within city limits which will in turn raise revenue for the city. The town center district is also an attraction for new business and has been underway for a few years. The vision of the town district is to create a downtown atmosphere which provides special amenities for residents to shop, dine, and recreate. The city also has a CRA, community redevelopment agency, in partnership with neighboring communities, which has the goal to attract the right kinds of businesses as well.

***Family***

Joy In Our Town # 96	28:30	14:00	L	PA/O	1/09/2009	1:00 pm
					1/10/2009	3:30 am
					1/12/2009	11:30 am
					1/13/2009	3:30 am
					1/15/2009	3:30 am

Host Dr. Mary Woolridge talks with John Stemberger, President and General Council of Florida Family Policy Council regarding issues effecting today's family. Mr. Stemberger states that the council is a state based group with the focus on using law and public policy to further strengthen families and children and marriages throughout the state. He explains that the group successfully led a recent coalition to pass amendment 2 which defines the union of marriage as one man and one woman. The passing of the amendment took the existing statue and put it into the constitution which means that no judge can take it and redefine it. Mr. Stemberger also confirms that with the passing of the amendment no benefits were taken away or lost from seniors or anyone else. Mr. Stemberger states that there is extreme importance to the laws regulating the entrance and exit to the union of marriage, because marriage is a foundational institution which affects all of civilization. Mr. Stemberger gives historical references of the creation of no fault divorce which has created a sociological disaster in today's society; with divorce rates increasing dramatically the effects leave more single mothers, absent fathers and neglected children. The missing parents among families are leaving children to be educated by today's increasing technology and negative influences. The standard of law influences society's standards and moral convictions of what is acceptable or not acceptable. Mr. Stemberger believes the partnering of community, culture and faith will provide unity to all the diversity of ideas and help society to come together for the common good which will further help build and strengthen families and children. Adults have to address divorce issues and work towards rectifying marriages and pastors have to come together and agree not to marry individuals without premarital counseling. Mr. Stemberger believes in a two prong solution to decrease divorce rates and strengthen marriages. He explains the first solution which is held in the private sector with churches and pastors; offering couple mentoring and pre-marital counseling. The second in the public sector; raising fees associated with obtaining marriage licenses, requiring counseling to obtain the license, or an economic incentive which lessens the cost or eliminates the cost of the license if premarital counseling takes place.

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***Family***

Joy In Our Town #99-1	28:30	14:00	L	PA/O	1/30/2009	1:00 pm
					1/31/2009	3:30 am
					2/02/2009	11:30 am
					2/03/2009	3:30 am
					2/05/2009	3:30 am

Host Fatima Edwards talks with Carmen Molina regarding divorce care for children. Ms. Molina states that this particular program addresses the needs of children who have witnessed parents separating and/or divorcing. She shares that the number of children affected by this epidemic is growing and this program was put into place to help children and parents learn coping mechanisms during the transition period of divorce and/or separation. Ms. Molina explains that the children are separated into two age groups; under six and six years to eleven years of age. The parents are also put into counseling groups which help the individuals understand what went wrong in their relationships and teach them parenting and coping skills to help their children during the transition. The children are counseled through a method of counseling during play using puppets and role playing to help the children express their emotions. She states that conflict resolution is also taught to the children and adults because of the anger and frustration which evolves from the divorce proceedings. She feels that by gauging the maturity of the child and being as honest as possible with the child will help the child understand what is going on during the divorce and then give them hope that things will pass and get better with time. Ms. Molina also encourages parents to help children find mentors and other positive influences for their children through these difficult times and seek one on one counseling for the entire family. She has found that these solutions are very helpful.

***Family***

Joy In Our Town # 102	28:30	14:00	L	PA/O	2/20/2009	1:00 pm
					2/21/2009	3:30 am
					2/23/2009	11:30 am
					2/24/2009	3:30 am
					2/26/2009	3:30 am

Host Diana Shaw talks with Sheritta Johnson, Community Leader in Central Florida regarding women's self esteem issue effects on a family. Ms. Johnson states that it is important for women to know their identity and have a strong sense of self which further encourages them to be able to contribute more positively to the environment around them. Host Diana and Ms. Johnson discuss families and values. Ms. Johnson believes core values and open communication help build strong families. Ms. Johnson states that women have unique challenges due to how many roles they take on; wife, mother, provider, care giver, nurturer, etc. She encourages women to step back from time to time and learn how to say no which will help avoid overwhelming situations. Once women learn to put themselves first and work on building their own confidence it in turn builds inner strength. With a strong foundation of self identity women are then more capable to extend themselves to others. Some signs of low self esteem include critical behavior, negative words, and comparison to others, checking mirrors constantly and looking to and living in the past. Ms. Johnson sees a great future for women along with endless possibilities and opportunities which in the end their families will benefit from.

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Joy In Our Town # 104	28:30	14:00	L	PA/O	3/06/2009	1:00 pm
					3/07/2009	3:30 am
					3/09/2009	11:30 am
					3/10/2009	3:30 am
					3/12/2009	3:30 am

Host Dr. Mary Woolridge talks with Ilene E. Wilkins, President and CEO of UCP of Central Florida regarding families with children who have disabilities. Ms. Wilkins explains that UCP is part of a national organization although independently owned and operated, offering services to children with disabilities. She states that there are three services offered include; support, education and therapy for children pre-school to middle school age. The therapy can include physical therapy as well as speech therapy. UCP has a holistic approach to care which address' the whole child as well as the family needs; such as counseling or child care concerns. There is an intake process which a family must go through to begin services, an application and history is taken on the child and then their specific needs are then addressed by a coordinator and they are assigned a center. The school center designed for the older children is an inclusion school which means the school body is made up of students both with and without disabilities. The school uses multiple techniques to teach their students and uses technology to direct the curriculum to reach all children in fun and effective ways. Ms. Wilkins encourages early intervention; families should seek help early on if they notice their child having difficulties with communication or speaking.

### *Family*

Joy In Our Town # 105	28:30	14:00	L	PA/O	3/13/2009	1:00 pm
					3/14/2009	3:30 am
					3/16/2009	11:30 am
					3/17/2009	3:30 am
					3/19/2009	3:30 am
					3/26/2009	4:00 am

Host Dr. Mary Woolridge talks with Frank Thompson, Central Florida Community Leader regarding issues families are facing today with their school aged children. The number of suspensions in Orange County is startling and growing which causes stress among the family. Mr. Thompson states that there were 16,000 suspensions in Orange County in 2006. He explains that when a child falls behind in school their behavior usually turns negative and they end up in trouble. Some of the reasons children fall behind include the lack of ability to compete academically as well as other environment social risks outside of school. Mr. Thompson stresses the importance of parental involvement and how parents need to become proactive as well as reactive when children start getting into trouble. Parents need to assess the situation and get involved right away when trouble happens. Mr. Thompson also shares that parents happen to be working more and more these days which pulls them away from their families. He suggest that parents set some time apart from their busy days and spend quality time with their children and actively listen to what they have to say. Mr. Thompson also suggests that parents reach out for outside resources and community events which support families and provide fun activities for families to enjoy. Some additional sources for parents to call are 211, which will provide a directory of community resources including recreational centers and programs for their child to be apart of. Mr. Thompson believes it takes a village to raise a child and encourages community members to get involved with the children surrounding them.

### *Environment*

Joy In Our Town #98-1	28:30	14:00	L	PA/O	1/23/2009	1:00 pm
					1/24/2009	3:30 am
					1/26/2009	11:30 am
					1/27/2009	3:30 am
					1/29/2009	3:30 am

Host Dr. Mary Woolridge talks with Lake County Commissioner of District 4, Linda Stewart, about preserving natural resources within Lake County. Commissioner Stewart shares the priorities and steps taken to preserve natural resources include a new department called conservation and compliance that consists of residents who are concerned with

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water conservation, a green team whose objective is to develop programs for energy and water conservation, a green bill ordinance which states green standards must be met in all public buildings, and limited impact development while building which keeps in mind open space preservation, rain gardens, and proper irrigation. She explains that by initiating these standards our water supply will be kept at a lower expense for a long time and will keep the water supply local. She feels that to preserve water the first thing to be checked is irrigation systems which take up 50% of water consumption and then plant the right plant in the right place. She states that there are also six places to drop off recycled items and a new program to recycle paint where the left over paint is offered directly to the public free of charge. She shares that a reuse program will also be initiated where unused furniture and appliances will be collected and then donated to citizens within the county free of charge. Commissioner Stewart states that in terms of energy conservation there is a waste energy plant in Lake County which takes waste, incinerates it, and the steam produced is used to power 5,000 homes.

***Environment***

Joy In Our Town #99-1	28:30	14:00	L	PA/O	1/30/2009	1:00 pm
					1/31/2009	3:30 am
					2/02/2009	11:30 am
					2/03/2009	3:30 am
					2/05/2009	3:30 am

Host Fatima Edwards talks with the Seminole County Program Coordinator for Florida Yards and Neighborhoods, Neta Villalobos-Bell regarding the environment. She states that the purpose of this program is to educate residents about landscape practices to conserve water, reduce the overuse of pesticides and fertilizers and to enhance habitat. She feels that Florida Friendly Landscaping has nine practices which enhance the landscape and make it sustainable. Ms. Bell shares the steps to the Florida Friendly Landscaping program include; right plant in the right place, watering efficiently by calculating how much water is needed for lawns and shrubbery, fertilizing appropriately, controlling yard pests by using good/bad insects in balance, using mulch or leave droppings to moderate temperature, attracting wildlife, protecting the waterfront and recycling yard waste by blowing the clippings back into the yard increasing nitrogen. She states that each county has their own coordinator who teaches these techniques by holding informational seminars for residents at no charge. She shares that websites are also available for more information.

***Environment***

Joy In Our Town # 100	28:30	14:00	L	PA/O	2/06/2009	1:00 pm
					2/07/2009	3:30 am
					2/09/2009	11:30 am
					2/10/2009	3:30 am
					2/12/2009	3:30 am

Host Dr. Mary Woolridge talks with Director of Public Works for the City of Winter Park, Troy Attaway regarding the environment. Mr. Attaway states that The City of Winter Park has the desire to become greener and protect the lakes within the city. The city looked at numerous solutions to achieve these goals such as cool cities and achieving a green local government. Green local government reflects on all of the energy uses within the city government and comes up with different ideas to conserve energy, water and waste. There is an environmental review board looking at different issues effecting the cities environment and they are the driving force behind reaching the "green" certification status. Some suggestions for citizens to help aid the going green process include; education, recycle and reuse, turning lights off when leaving rooms, slowing down before red lights, as well as being more aware of surroundings and energy uses. The city of Winter Park has been buying vehicles which use ethanol, hybrid vehicles, and electric vehicles. Mr. Attaway also shares that the city is also linking a website called the Green Button, to their local government website which will offer numerous tips on how to use less energy and create less waste.

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<i>Environment</i> Joy In Our Town # 102	28:30	14:00	L	PA/O	2/20/2009	1:00 pm
					2/21/2009	3:30 am
					2/23/2009	11:30 am
					2/24/2009	3:30 am
					2/26/2009	3:30 am

Host Diana Shaw talks with Gabriella Serrado, Executive Director of Keep Winter Park Clean, regarding the environment. The City of Winter Park has two main programs currently going on which include, "Great American Cleanup" and phone book recycling program. Ms. Serrado explains that the phone book recycling program has two phases; first phase offers residents, without single stream recycling, the option of bringing their old phone books to fire rescue stations to be recycled and the second phase is the contacting of businesses throughout the city to arrange pickup of their phone books to be recycled. She continues to explain about the "Great American Cleanup" is a nationwide program with millions of volunteers offering to clean up their community. The main goals to this program include; picking up trash, educating young people and adults about the benefits of recycling and planting trees. Another new program the city has initiated is the cleaning up of lakes by volunteer certified SCUBA divers. Ms. Serrado feels that all these programs will provide solutions for making Winter Park's environment a better & safer place to live.

### *Education*

Joy In Our Town # 96	28:30	14:00	L	PA/O	1/09/2009	1:00 pm
					1/10/2009	3:30 am
					1/12/2009	11:30 am
					1/13/2009	3:30 am
					1/15/2009	3:30 am

Host Dr. Mary Woolridge talks with Principal Keith R. Hicks regarding education. Principal Hicks shares some rewarding experiences with the involvement of being an educator. Principal Hicks talks about the major issues effecting education and how the students are affected. With this particular academy their focus is on the student as a whole; offering a broadness of education given at school and taking it one step further and offering support with home visits involving parents more effectively into their children's educational and personal success. The downturn of the economy has placed a tremendous amount of stress on families pulling parents away from the home. The school has offered and created more after school programs, creative arts programs as well as training programs for parents to help elevate stress among the family and keep the children involved in their education. The main focus of the school is to promote the individual student's talents and keep them in school by creating different programs and activities which emphasize and bring out the student's talents. Principle Hicks explains that when you look at the community as a whole the parents are in need of breaking the poverty cycle and the school offers education to the parents in terms of basic life skill training; health screening, financial budgeting classes, and other programs focused on the encouragement of positive life choices.

### *Education*

Joy In Our Town # 101	28:30	14:00	L	PA/O	2/13/2009	1:00 pm
					2/14/2009	3:30 am
					2/16/2009	11:30 am
					2/17/2009	3:30 am
					2/19/2009	3:30 am

Host Dr. Mary Woolridge continues talking with the Mayor of the City of Winter Springs, John F. Bush regarding how budget cuts are affecting schools & education. Mayor Bush explains that since the sales tax revenues are down the funding to schools is being drastically cut. The city is trying to offset some of the costs for the schools by trying to save them money on certain things such as lawn maintenance and driving education courses. The city and county have partnered together to provide drivers education to any student wanting the opportunity. The city has donated retired police cars and the county has donated funds to make the courses available to all students. The city has also supplied police officers to teach the courses. The city and the school board are also currently sharing the cost of having school resource officers in the schools and are considering taking over the cost entirely. Mayor Bush encourages everyone to write legislators to address and stop these drastic cuts to education and stop mandates.

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<i>Education</i> Joy In Our Town # 106	28:30	14:00	L	PA/O	3/20/2009	1:00 pm
					3/21/2009	3:30 am
					3/23/2009	11:30 am
					3/24/2009	3:30 am
					3/26/2009	3:30 am

Host Fatima Edwards talks with Gloria Esteban, Program Director for Junior Achievement regarding the importance of teaching ethics to students. Ms. Esteban states that Junior Achievement was established with one main goal; teaching students entrepreneurship. Along the years the teaching topics have increased to include a number of various avenues including teaching ethical behavior among business practices. The host and guest continue to discuss the financial crisis of today's economy and how Junior Achievement encompasses the reality of the economy up and down turns in their lesson plans. Ms. Esteban states that recently the lessons have focused on financial literacy; budgeting, credit, protecting your identity, investments, and insurance. The programs teach students on monetary tools and how to use their money wisely to plan for their individual future economic development. She shares that Junior Achievement also prepares students for future job readiness which include basic hand shake to interview skill techniques. Ms. Esteban feels that entrepreneurship is the main focus of the program teaching students how all aspects of a business model. She stresses that the program is offered at no cost to students, volunteers, or schools. Ms. Esteban believes preparing children for future successful business employment and opportunities must begin with the teaching of good ethical principals.

### *Education*

Joy In Our Town # 107	28:30	14:00	L	PA/O	3/27/2009	1:00 pm
					3/28/2009	3:30 am

Host Fatima Edwards continues to talk with Dr. Linda Burke-Galloway with the discussion focused on education and reading advocacy. Dr. Burke shares that reading is the fundamental foundation for everything. Making reading and learning fun really advocates reading and gets children interested in reading. As an adoptive parent to a child from a foreign country Dr. Burke experienced the joy of teaching English to her adoptive children. She encourages other parents that there are fun software programs, DVDs, and books that they can utilize to teach letter recognition as well as phonics which are the building blocks of learning. Dr. Burke tells us that children who begin working with reading concepts as early as eighteen and twenty-four months can begin building a strong foundation for reading. She strongly feels that the importance of reading is so imperative because there is reading in all activities of life; school, driving, math etc. She states that without the ability to read it can greatly hinder children from a successful academic career as well as business career. Dr. Burke shares that the Title one is a governmental program initiated to help reading advocacy and prepare early learners for school readiness. Dr. Burke stresses parental involvement being a must during their children's early learning experience and must continue all the way into high school and graduation.

### *Health*

Joy In Our Town # 104	28:30	14:00	L	PA/O	3/06/2009	1:00 pm
					3/07/2009	3:30 am
					3/09/2009	11:30 am
					3/10/2009	3:30 am
					3/12/2009	3:30 am

Host Dr. Mary Woolridge talks with Wayne Rich, a volunteer for the American Heart Association regarding heart disease. Mr. Rich states that the American Heart Association's main purpose is to educate and aware the public about heart disease. He shares that heart disease is the number one killer of men and women of this country and the number 3 killer is stroke which is related to heart disease. The statistics are alarming with 1 out of 2.6 people dieing of heart attacks. There are three main events that the American Heart Association holds annually; the 5k heart walk through downtown Orlando, Go Red for women, and the Heart Association Gala. He feels that these events promote teamwork among local businesses to get the word out about heart disease research and prevention. Mr. Rich gives us great tips for prevention of heart disease which include; listening to your body, watching your diet and getting exercise daily. Mr. Rich also shares some warning signs of a heart attack; pain in center of chest, radiating pain to extremities, tingling in fingertips, shortness of breath and cold sweats. Mr. Rich urges anyone experiencing these symptoms to call 911 immediately and wait for EMT assistance.

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Joy In Our Town # 105	28:30	14:00	L	PA/O	3/13/2009	1:00 pm
					3/14/2009	3:30 am
					3/16/2009	11:30 am
					3/17/2009	3:30 am
					3/19/2009	3:30 am
					3/26/2009	4:00 am

Host Dr. Mary Woolridge talks to Cindi Kopelman, President for Shepherd's Hope, regarding health issues for the uninsured. Ms. Kopelman shares that there are 46 to 47 million people uninsured throughout the U.S. and in central Florida alone there are at least 250,000 uninsured. She states that Shepherd's Hope is a clinic that serves anyone uninsured and has ten clinics set up throughout the Central Florida area, managed by all volunteers. She shares that these clinic hours serve patients in the evenings from 6pm until 8:30p. Ms. Kopelman also shares that the number of uninsured are growing rapidly especially in the Central Florida area because of the large number of people working in the service industry where health insurance is not offered. She feels that due to the downturn of the economy and rising unemployment rate a number of individuals are losing jobs and/or hours which causes them to lose their full time status leading to a loss of insurance. Ms. Kopelman stresses that there is a great demand for health care workers and a need for volunteers is an absolute must to help keep these types of clinics going until another national solution is found.

**Health**

Joy In Our Town # 106	28:30	14:00	L	PA/O	3/20/2009	1:00 pm
					3/21/2009	3:30 am
					3/23/2009	11:30 am
					3/24/2009	3:30 am
					3/26/2009	3:30 am

Host Fatima Edwards talks with Dr. Moody, Executive Director for the Health Masters Club regarding childhood obesity. Dr. Moody explains that parents need to be aware of their children's growth starting at the age of 2 and to speak to their pediatrician immediately if concerns start to arise. Pediatricians use a national growth chart to pilot a child's growth according to age, height and weight. Dr. Moody explains that balancing a nutritional diet for children is extremely important especially because families are involved in so many activities and have busy lifestyles. Heredity, adequate grocery stores, environment living conditions are all risk factors in childhood obesity. She states that children with weight problems also have increased risks of developing type 2 diabetes, asthma, and high blood pressure. Some solutions Dr. Moody offers parents for preventing obesity include; breast feeding babies, be a good role model for children, eat healthy and exercise. Diets are not recommended for children and can harm more than hurt children. Maintenance of a healthy weight is the most important factor in controlling obesity as well as walking 2500 steps a day. Dr. Moody feels that schools are a key environment of keeping children healthy. Most schools have an active healthy policy and a health wellness team which encourage and teach healthy living to young people.

**Health**

Joy In Our Town # 107	28:30	14:00	L	PA/O	3/27/2009	1:00 pm
					3/28/2009	3:30 am

Host Fatima Edwards talks to Dr. Linda Burke-Galloway regarding oral hygiene and pregnancy. Dr. Burke explains that poor dental hygiene can lead to pre-term labor in pregnancy which can lead to the babies being under weight, under developed, and difficulties with breathing. Good oral hygiene includes; regular teeth cleaning, preventing cavities, as well as checking possible problem areas that may need surgery such as extractions or abscesses. By controlling all aspects of your dental health and taking care of your teeth and gums prevents the bacteria in your mouth from causing extensive health risks while pregnant. Dr Burke suggests simple solutions such as regular dental checkups including teeth and gum cleanings on a regular basis, brushing twice daily and flossing daily. Dr. Burke strongly suggest that before pregnancy occurs to make sure all of your dental work is performed, any surgeries or extractions should take place prior to pregnancy and the teeth are checked for any other potential problems. She shares warning signs of when something is wrong with the teeth include; bleeding gums, discoloration, pain and sensitivity to hot or cold. A lack of vitamin C or calcium is also a problem for teeth during pregnancy because the baby receives the nutrition and vitamins first before mom which could cause depletions if the proper amounts are not taken.

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

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

700 Club CBN NewsWatch #021809	1:00:00	5:00	REC	PA/O/E	2/18/2009	3:00 PM
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Lorie Johnson, CBN News Medical reporter, found that Sleep Apnea is a condition whereby you stop breathing in your sleep. Approximately 80 percent of the patients at the Norfolk Sleep Disorders Clinic are treated for sleep apnea. While snoring is when your airway is narrowed, Sleep Apnea is when your airway closes completely. This is serious, because when your airway closes completely, the oxygen supply to your body is cut off. When that happens, your body jolts out of deep sleep, so you start breathing again. This happens repeatedly all night long. The end result is that the person with Sleep Apnea doesn't experience enough of the deep, stage 4 sleep that restores your body, or the dreaming sleep, otherwise known as REM sleep. People with Sleep Apnea wake feeling as though they haven't slept a wink. And the next day, they perform as though they haven't slept at all. Sleep Apnea can be attributed to accidents at work or in the car as well as a host of other behavioral problems. In addition to behavioral problems, Sleep Apnea can be attributed to a number of medical problems. Dr. Vorona says if you feel you might have Sleep Apnea, **talk to your doctor**. Your physician may recommend a sleep study. Other treatments include the use of a CPAP device. A CPAP device is a mask that is worn at night, over the nose, or over both the nose and mouth, that pumps enough air to keep the airway open. Another treatment is a dental appliance that is also worn at night. It is designed to prevent the lower jaw from slipping backward while you sleep, and therefore keeps the airway open.

***Health/Mental Health***

700 Club CBN NewsWatch #031809	1:00:00	5:00	REC	PA/O/E	3/18/2009	3:00 PM
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Gailon Totheroh, CBN News Medical reporter, found that the eye can be used as a window to the body. "It's the only place in the body where we can actually see living tissue without having to dissect the tissue away to see how the blood flows in the blood vessels," Dr. Kenneth Lebow, an optometrist, explained. Lebow says obtain an excellent view of the posterior pole of the eye, the retina, is critical. Lebow gets that view from Optomap, a new technology that captures detailed images of the back of the eye. Many patients are choosing the scan to go beyond routine exams. Optomap and similar technologies help medical detectives find clues about damage to the body ranging from diabetes to glaucoma to high blood pressure. They can even spy out some brain tumors as well as and cancers right in the retina. Retinal images also help evaluate another common problem called macular degeneration. This condition increases as we age and eventually causes patients to lose the very center of eyesight. High blood pressure, or hypertension, can be a silent killer that threatens the eyes and even life itself. As diagnosis improves, eye doctors are starting to recommend lifestyle changes. Those changes for the good can be monitored in retinal scans. Thus the outcome of those eye pictures can show improvement -- an advantage in people of any age.

***Health/Mental Health***

Doctor to Doctor #193	28:30	28:30	REC	PA/O/E	01/06/2009	12:30 PM
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**Dr. Scott Farhart** talks about bulimia being an excessive eating cycle of bingeing followed by purging. Some consequences are dehydration, hypoglycemia, potassium loss and esophagus or stomach tears. Healthcare professionals such a dentist or doctor may notice changes over time. **Dr. Robert Gear** talks about Scoliosis meaning the "side bending of the spine". There are various levels of it depending on what region of the spinal cord is being affected. Treatment can greatly improve the curving of the spine. **Dr. David ERB** talks about how to cure asthma. It's important to decrease medication, inflammation, intensity of workout and to make sure your back/neck are adjusted. It's important to find a doctor that specialized in Asthma.

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

Doctor #195	to	Doctor	28:30	28:30	REC	PA/O/E	01/13/2009	12:30 PM
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**Dr. Pat Riley** talks about how our bodies need vitamins for every task. It's important to eat a well balanced diet filled with colorful veggies and fruits. It may be also necessary to take a multivitamin. **Dr. Hale Akamine** talks about ways to be happy. It's important to have good friends, optimism, appreciation and purpose. **Dr. Robert Gear** talks about understanding tissue circulation. Nerves travel to all the areas of our body and how blood is able to flow throughout the whole body. When the spinal cord twists, it can hinder the circulation in the body.

Doctor #196	to	Doctor	28:30	28:30	REC	PA/O/E	01/20/2009	12:30 PM
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**Dr. Jace Wolfe** talks about hearing loss. It may be caused by genetics, exposure to high levels of noise or exposure to gunfire. A couple of ways to prevent it are staying away from loud noise and wearing hearing protection. **Dr. Leon Mellman and Dr. Zev Mellman** talk about chiropractic wellness. It's important to measure the nervous system to get a starting point on your health. It's important to eat right, exercise and get adjusted on a regular basis. **Dr. Thomas DiStefano** talks about hip problems. It can be inflamed or irritated or become a bursitis. There are usually ways to treat it without surgery. It's important to get a physical exam and x-rays to see what the problem is.

Doctor #197	to	Doctor	28:30	28:30	REC	PA/O/E	01/27/2009	12:30 PM
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**Dr. Eileen Silvia** talks about cleansing, balancing and oxygenating the body. It's important that our colon and liver are being cleansed regularly. We can do this by drinking plenty of water, exercising, limiting stress, eating lots of fiber and getting lots of rest. **Dr. Malcolm Hill** talks about making healthier food choices. Healthier foods are found on the outer aisle of the grocery store. It's important to eat fruits, vegetables, nuts and whole grains. It is also important to drink plenty of water. **Dr. Chip Abbadessa** talks about the spine and nervous system. The spinal cord connects the brain to the rest of the body. The spin can lose its normal alignment and have subluxation. This can cause problems by getting in the way of the messages being sent to the brain. It's important to maintain proper posture and to get spin adjustments when necessary.

Doctor #198	to	Doctor	28:30	28:30	REC	PA/O/E	02/03/2009	12:30 PM
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**Dr. Dale Peterson** talks about first aid. In dealing with a secondary prevention, it is important to respond quickly and affectionately to the crisis. Some common ones are burns, sprains/strains, bruises, cuts/scrapes and nosebleeds. Immediate attention can help in the recovery time. **Dr. Gene James** talks about stress and your health. It is important to have an awareness of the factors that cause stress and then to maintain balance. It's important to have a positive perception about things in life. It's also important to find ways to relax or exercise. **Dr. Kent Bartell** talks about detoxification. The three areas that toxins are release through are the urinary tract, skin and colon. It's important to eat healthy foods and drink plenty of water.

Doctor #199	to	Doctor	28:30	28:30	REC	PA/O/E	02/10/2009	12:30 PM
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**Dr. Bettye Alston** talks about being careful of what we put into our bodies. Our diet should be limited in white foods such as sugar, salt and flour. Instead our food should be colorful and fresh. **Dr. Chauncey Crandall** talk about heart disease. It is when one of the blood vessels of the heart becomes diseased. Arteries to the heart start to get plugged up with fat and cholesterol. It's important to lose weight, exercise and eat right. **Dr. Shellie Faris** talks about colon cancer. Polyps that are found in the colon must be removed or they can lead to cancer. It is the third most common cancer and the second leading cancer killer in the United States. It is important to be screened at age 50.

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***Health/Mental Health***

Doctor #200	to	Doctor	28:30	28:30	REC	PA/O/E	02/17/2009	12:30 PM
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**Dr. Dale Peterson** talks about the common cold and how over 500 million colds occur each year in the United States. Some recommended steps to help prevent it are drink plenty of water, get enough rest, avoid alcohol, regular hand washing and eat plenty of fruits and vegetables. **Dr. Aaron Wall** talks about key ways to losing weight since the United States has an obesity issue. The key is to look at the times you are eating. Morning should be high in carbohydrates such as oats and fruits. Lunch and dinner should be high in protein such as chicken, beef and fish while carbohydrates are limited. **Dr. Shellie Faris** talks about how people 50 years of age should be screened for colon cancer. Colonoscopy, fecal occult blood test and double contrast barium enema are ways to test for it. Risks for a colonoscopy include bleeding, non-visualized lesions, incomplete examination or holes being created. It is recommended to be tested 5 to 10 years after the first initial test.

Doctor #201	to	Doctor	28:30	28:30	REC	PA/O/E	02/24/2009	12:30 PM
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**Dr. Scott Farhart** talks about menopause. It is when a woman runs out of eggs and there is a decline in estrogen. Symptoms can be irritability, hot flashes, loss of sleep, and difficulty with intimacy. Estrogen replacement is an option, but needs to be monitored regularly by a physician. **Dr. Robert Gear** talks about arthritis which is an inflammation of the joints. Long term inflammation causes the bones to grow out and make spurs. It also causes the discs to degenerate and push out against the spin. A person should see a doctor that looks at all the tissues. **Dr. Ace Anglin** talks about how poor circulation or Peripheral Arterial disease can affect the arteries of the legs and feet. It can cause cold feet or extremities, absence of hair and dystrophic nails. It's important to give an adequate medical history to your doctor and eat a diet low in cholesterol and high in fiber.

Doctor #202	to	Doctor	28:30	28:30	REC	PA/O/E	03/03/2009	12:30 PM
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**Dr. Aaron Wall** talks about burst training. It is doing exercise at 90-100% of max performance for 30-60 seconds. This helps to burn up sugar and then continues to burn fat for up to 36 hours. It doesn't take long and burns fat longer. **Dr. Carl Schmidt** talks about brain health. It's important that the brain receives complex carbohydrates, essential fatty acids, protein and vitamin B. It is also important that there is proper digestion and assimilation of nutrients, rest and exercise. **Dr. Eileen Raynor** talks about the throat, larynx and vocal cords. Using the voice too much or in a harsh manner may cause the voice to be raspy. Other problems that may occur for this particular area are nodules, acid reflux disease, lesions and cancer. If the problem is consistent, you should have it checked out by a doctor.

Doctor #203	to	Doctor	28:30	28:30	REC	PA/O/E	03/10/2009	12:30 PM
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**Dr. Scott Farhart** talks about hot flashes that are associated with menopause. It is caused by the skin temperature rising 4-7 degrees and the cooling back down. It can happen both during the day and night. Sleep medications may be helpful in falling back to sleep after a hot flash. **Dr. Hale Akamine** talks about fear and anxiety. It is an anticipated perception that something negative will happen. Due to high stress or emotions, we may think a situation is worse than it is. It is important to get calm emotionally and refocus thoughts. Exercise and talking may be helpful in dealing with it. **Dr. Stefan Flink** talk about spinal health. The spine can interfere with the nerves and that can affect how other organs in the body function. This can then cause other problems in our body's system. It's important to have your spinal column checked on a regular basis.

Doctor #204	to	Doctor	28:30	28:30	REC	PA/O/E	03/17/2009	12:30 PM
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**Dr. Dale Peterson** talks about strokes or also known as a cerebral vascular accident. It is due to a brain vessel being damage or having an accident. There is Ischemic stroke where the blood supply is cut off. There is also a Hemorrhagic Stroke where a weak spot causes bleeding in the brain. It is important to seek medical attention if signs of a stroke are present. **Dr. Margaret Nagib** talk about eating disorders. Anorexia involves the person refusing to maintain an appropriate body weight. Bulimia involves a cycle of bingeing and purging. Binge eating disorder involves compulsive eating and the person feeling a lack of self control. Treatment needs to involve a team of specialist to help with the different areas it affects. **Dr. Kent Bartell** talks about food. It is important to avoid processed or canned foods because they can contain toxins that are harmful to the body. It is important to eat fresh fruits and vegetables. Drink lots of water and get plenty of rest each night.

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**Health/Mental Health**

Doctor to Doctor #205	28:30	28:30	REC	PA/O/E	03/24/2009	12:30 PM
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**Dr. Melissa Walker** talks about Prostate Cancer. Cancerous cells found in the prostate gland can be either fast or slow growing. You can be at risk if you are male, have a family history of it, 50 years or older and have a high fat diet. There is a digital rectum exam and Prostate Specific Antigen that can test for it. **Dr. Samuel Dagogo-Jack** talks about doctor's human understanding. It's important that a doctor have technical skills, scientific knowledge and human understanding. Patients often want to be diagnosed, enlighten, prognosis, treatment and hope. **Dr. Jace Wolfe** talks about hearing loss. It is the most common disability for children at birth. Lack of speech and language from 0-4 can cause irreversible consequences to the areas of the brain that process speech and language. It's important that infants are screened at birth and receive either hearing aid or therapy.

**Civic**

Joy In Our Town # 95	28:30	14:00	L	PA/O	1/01/2009	3:30 am
					1/02/2009	1:00 pm
					1/03/2009	3:30 am
					1/05/2009	11:30 am
					1/06/2009	3:30 am
					1/08/2009	3:30 am

Host Diana Shaw talks with Joseph McMullen, Commissioner from the Town of Oakland, regarding civic concerns affecting the Town of Oakland. Commissioner McMullen shares that the town of Oakland is hoping to expand their resident base from 2000 to 7500 people which is their capacity; although their main concern is that their water supply is too low. He states that they are in the process of obtaining a USDA loan to use for expansion of their current water storage which will provide enough water to encourage expansion and encourage more developments to be built to provide more homes for future residents. The expansion of 50 and the growth of the road is a current project the town of Oakland is facilitating and the town and the department of transportation are working alongside one another to streamline the project for a smooth transition. Commissioner McMullen feels that the growth and expansion of this road will provide more traffic to the town and more promotion to the town itself. The main focus of the town in regards to the environment is to keep and maintain the town's dirt roads and preserve the area's beautiful oak trees. Commissioner McMullen states that "Going green" is another initiative within the town's government by making sure any building and developmental projects follow the environmentally-green code guidelines.

**Civic**

Joy In Our Town # 97	28:30	14:00	L	PA/O	1/16/2009	1:00 pm
					1/17/2009	3:30 am
					1/19/2009	11:30 am
					1/20/2009	3:30 am
					1/22/2009	3:30 am

Host Dr. Mary Woolridge talks with State Representative of District 38, Bryan Nelson, regarding a civic issue. Mr. Nelson states that the main focus this year regarding transportation for Central Florida is to get commuter rail funded. There is federal funding for this particular project and if it is not done the funding goes away. Commuter rail will positively impact residents by taking a lot of traffic off of I-4. People who use commuter rail will be able to efficiently use their time better and benefit their company more by using that time traveling to perform work on their way into the office and get to work on time. He feels that commuter rail will also provide transportation to residents who are lacking cars and give tourists access to all the different business in the numerous cities within central Florida as well as the venues downtown. Another idea the state is looking at is to sell or lease toll roads to private enterprises which will give the state more dollars to put more roads down. If this idea is used safeguards will be put into place to uniform tolls for residents so they can't raise the tolls by any amount. The Wekiva project is also underway, the last piece of property has just been purchased and now the road deal is being put together which will take a toll road from Sanford to outside of Apopka near Plymouth. Mr. Nelson states that this project will also provide residents more opportunities to get around more effectively and elevate traffic congestion on I-4.

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# Trinity Broadcasting Network

## *Quarterly Report*

April, May, June 2009

WHLV-TV Channel 52, Cocoa / Orlando

Orlando, Florida

Eastern Time

Ascertainment List

Leading Community Issues

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

Economy

Family

Seniors

Environment

Public Safety

Civic

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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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***Economy***

Joy In Our Town # 110	28:30	14:00	L	PA/O	4/17/2009	1:00 pm
					4/18/2009	3:30 am
					4/20/2009	11:30 am
					4/21/2009	3:30 am
					4/23/2009	3:30 am

Host Dr. Mary Woolridge talks with Commissioner Robert Stuart from the City of Orlando regarding the economy. Commissioner Stuart discusses the impact of the economic stimulus package and effects on local government. The first package released was to avoid foreclosures and 6.9 million dollars has been allocated to the city to help people out of foreclosure situations. The city has put a plan together to help people become more educated and stretch the dollars as far as possible to help as many people as possible. Only about 35 to 40 families will be helped by this amount of money although the money is in a continuous pool that may be used over and over. The current economic stimulus package that passed recently is hoped to bring in more jobs into the area by the allowance to build three new venues in Orlando. Commissioner Stuart feels that these venues will create about 10,000 jobs over the course of the building and then another 10,000 jobs to run the facilities once built. Commissioner Stuart explains that the county is working with the state and federal government to create more educational programs and seminars which focus on avoiding foreclose. He states that a possible additional solution is to invite investors into the plan and partner with them to stretch dollars even further although the money needs to be put into the city's hands first. Commissioner Stuart shares that the city's main goal is to put people into homes that they can afford and manage financially.

***Economy***

Joy In Our Town # 112	28:30	14:00	L	PA/O	5/01/2009	1:00 pm
					5/02/2009	3:30 am
					5/04/2009	11:30 am
					5/05/2009	3:30 am
					5/07/2009	3:30 am

Host Fatima Edwards talks with Councilwoman, District 3 City of Cocoa, Patricia McCrary, regarding economic issues affecting the City of Cocoa. Councilwoman McCrary begins by saying that she would love to see a technology business incubator to be established in Cocoa. This incubator would be a great foundation to connect Cocoa with the Port Canaveral and Tampa as well as a solution to create more jobs for the impending layoffs with Kennedy Space Center. To increase the economic base of Cocoa the main solution offered by Councilwoman McCrary is to have an incubator focusing on technology based jobs that have a higher pay rate. Councilwoman McCrary feels that having higher paying jobs available in the city will help raise the tax base and increase the residential values in the area. The incubator helps start up companies with legal help, grant writing, and business development plans to help establish the new businesses and make them more profitable and successful. The City of Cocoa is geographically in a great location for this incubator because it is; near the Orlando airport, close to the port and has easy access to numerous highways. Councilwoman McCrary also talks about energy related products, medical opportunities and other ideas for businesses that can be developed within the technology incubator.

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***Economy***

Joy In Our Town # 113	28:30	14:00	L	PA/O	5/08/2009	1:00 pm
					5/09/2009	3:30 am
					5/11/2009	11:30 am
					5/12/2009	3:30 am
					5/14/2009	3:30 am

Host Dr. Mary Woolridge talks with Superintendent for Orange County Public Schools, Ronald Blocker, regarding the recent budgets cuts in Orange County School Systems. Mr. Blocker explains that Orange County is the fourth to fifth largest school system in Florida. Dr. Mary and Superintendent Blocker begin discussing budget and budget deficits. Mr. Blocker explains that currently the year started 70 million lighter than last year's budget with 568 less teachers and 120 less administrative positions. He states that on a positive note the school system did remain stable this year with no mid-year lay offs. Next year will be much more difficult with even larger cuts in the budget because of a deficit of around 200 million dollars. Mr. Blocker shares that there are some non-traditional solutions the board is considering such as cutting new teacher contracts and closing schools. Superintendent Blocker thanks parents for taking initiative and writing legislators to show their care and concern for their children's education and urges them to continue.

***Economy***

Joy In Our Town # 116	28:30	14:00	L	PA/O	5/29/2009	1:00 pm
					5/30/2009	3:30 am
					6/01/2009	11:30 am
					6/02/2009	3:30 am
					6/04/2009	3:30 am

Dr. Mary Woolridge talks with Patricia Carter, foreclosure intervention counselor, regarding the crisis of foreclosure and the impact it has on family. Nationally since October 2008 there have been one million eight hundred thousand foreclosures and in Orange County, Florida there have been 134,000 filings in the first quarter and 23,000 homes already foreclosed. The foreclosure intervention program offered by the University focuses on how to handle the situation of foreclosures and the options available to possibly save a home or find a home that is affordable for that family. One preventative solution of foreclosure discussed by Ms. Carter centers around the new plan released by President Obama earlier this year which helps homeowners who suffer from job loss. If you have recently been laid off there are new modifications available for homeowners where loans and rates can be adjusted temporarily until a new job is found. Another main solution offered by Ms. Carter is that if you receive a notice from the lender because you are 90 days past due, make sure you read the letter and contact the lender to find out your options. Foreclosures are taking 12 to 24 months to be finalized which gives homeowners a longer period of time to fix the problem before the home is lost for good. Ms. Carter urges homeowners to be aware and budget appropriately. If you can not afford your home the program can also provide resources to help homeowners settle into more affordable housing and rebuild your credit history. Finding out the time line of the lender is a must for homeowners facing foreclosure so alternative housing can be found. This program offers many workshops and seminars on budgeting, rebuilding credit and finding affordable transitional housing. Ms. Carter also recommends that if foreclosure happens to your family seek a counseling program to partner immediately for guidance.

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***Economy***

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	4/27/2009	3:00 PM
#042709						

Carolyn Castleberry, CBN News reporter, says besides being out of work, many Americans are now upside down in their homes. Their houses aren't worth what they paid for them. But there are options to simply not paying your mortgage. It begins with a phone call and that's the hardest part, admitting there's a problem. And timing is everything. Option one: a short sale. This is where the lender agrees to take less for the property, releasing their lien and allowing you to sell it. But like every financial transaction, you have to read the fine print. This type of sale releases the lien against the property, but doesn't necessarily release the individuals from the obligation to pay the debt. For example, if someone owes \$300,000 and the bank says we'll take \$200,000 to release the lien, so that your buyers can buy the property, you still may owe the lender the \$100,000 difference. And lenders may not tell you that which is why you need to negotiate a "release" from the remaining debt. The company may not let you out of all of it, but you can negotiate it down. Option two: deeding the home back to the lender. This is called a deed in lieu of foreclosure. This still goes on your credit, but you can make the argument that you were willing to work with your lender on this problem. Option three: a loan modification. A loan modification begins with a call to the lender, which is something you can do yourself to reduce the rate you're paying or to extend you time to pay it back. Bankruptcy and foreclosure should be your last options. Bankruptcy may keep you in your home, but it will stay on your credit for 7 years. Foreclosure sends another damaging message that you weren't cooperating with the lender and they had to go through the judicial process to take the property back.

***Economy***

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	6/01/2009	3:00 PM
#060109						

It starts with something called your FICO score which can impact everything from how much you pay for a loan - the lower your score the higher your interest rate - to how fast you can get out of debt - the higher your interest rate, the higher your monthly bills. It can even impact whether or not you get your next job. This equation starts with something simple, paying your bills on time. Payment history accounts for 35 percent of this score. The next part of the puzzle hurts people the most. It's the amount you owe on revolving debt, like credit cards, which adds up to 30 percent of your score. Go above that 30 percent limit and your score will go down. It's a sign that you may start maxing out your cards, so here's a new strategy for tackling your debt. This is different; something you've probably never heard before. Bring all of your balances down, then tackle them one-by-one. If not, your score will stay low and your interest rates will stay high, costing you money. Bureaus also look at your credit mix which is 10 percent of your score, because not all credit is the same. It's important to understand the type of credit you have and having a good manageable mix. For example, that car payment is considered installment debt, because there is an end in sight, as opposed to credit cards. These are known as revolving debt because, if you're not careful, they may never go away. Rounding out your score is "pursuit of new credit," which adds up to 10 percent of your score. In other words, think twice before opening new department store accounts, no matter what kind of discount these stores are offering. Finally, your length of credit history accounts for 15 percent of your FICO score. It is an indication of how long you have had that creditor and how well you have paid them.

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

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

Joy In Our Town # 114	28:30	14:00	L	PA/O	5/15/2009	1:00 pm
					5/16/2009	3:30 am
					5/18/2009	11:30 am
					5/19/2009	3:30 am
					5/21/2009	3:30 am

Dr. Mary Woolridge talks with the founder of Feed Our Citizens, Christopher America, regarding families involved in helping the hungry in Lake County. Mr. America tells Dr. Mary on how he along with some other young people birthed the idea of this organization from involvement in their home church. Mr. America shares a startling statistic that youth spend about 120 million dollars a year on clothing, video games, and other personal items. He then decided to ask kids to give up one of those items and use the money to help others out in the community. Feed Our Cities organization is developed with the idea that one community is helped at a time so they don't have to ask other counties for additional help. Lake County food pantries are suffering greatly with not enough food to disperse to citizens. Feed Our Cities puts together events and instead of charging an admission fee they ask for event goers to bring canned goods or other non-perishable items to donate to gain entrance to the event. Mr. America states that solving world hunger can't happen in one day although they can help feed one community for a day. He also encourages every young person to put family first and to get involved anyway they can and to think of others ahead of themselves.

***Family***

Joy In Our Town # 115	28:30	14:00	L	PA/O	5/22/2009	1:00 pm
					5/23/2009	3:30 am
					5/25/2009	11:30 am
					5/26/2009	3:30 am
					5/28/2009	3:30 am

Host Dr. Mary Woolridge talks with community leader, Kelvin Curry, regarding youth crime and the affects it has on the entire family. Mr. Curry shares with Dr. Mary that 85% of youth arrested return to jail or end up dead. Mr. Curry states there are solutions that parents can implement to prevent this from happening in the first place such as getting your child involved in an after school program. After school programs engage children in activities which are positive and encourage self esteem and build character. He strongly feels that programs are time fillers for children and can act as deterrence for teenagers by keeping them involved in supervised participation with others their own age. Mr. Curry also encourages parents to pray, pray for guidance and intercession for their child and family. Mentorship also helps children stay on the right path and gives them the one on one interaction, directions and attention they may desperately need. Mr. Curry also encourages parental education which can provide key steps to help model the way of life parents want for their children. Positive affirmation and involvement is also crucial to show active interest in your own child. Mr. Curry urges that it is never too late for parents to get involved in their children's lives and to start now and keep it going throughout the rest of the child's youth years. For the parents who have children getting released from prison the first step to take is to get them involved in a structured supervised after school program and follow up with family counseling and show your commitment to help change the child's future reaction.

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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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***Family***

Joy In Our Town # 117	28:30	14:00	L	PA/O	6/05/2009	1:00 pm
					6/06/2009	3:30 am
					6/08/2009	11:30 am
					6/09/2009	3:30 am
					6/11/2009	3:30 am

Host Dr. Mary Woolridge talks with Pat Williams, VP of Orlando Magic and motivational speaker regarding issues surrounding the family. Mr. Williams speaks about vital research he did on how young people are made into strong leaders. Mr. Williams urges parents to start early and train their children in how importance leadership is and start by training them with small steps. Set reachable goals for children and show them the reward of how success can feel and then affirm them along the way. Speak positive to your children and be consistent. Mr. Williams strongly believes the role of the father is the key ingredient to all successful leaders. Fathers play such an important role in children's lives and when they positively involve themselves with their children it can make a long huge positive impact. If fathers are absent from a family, Mr. Williams says that mothers must find strong positive male role models who will involve themselves and invest into the child's life and fill in that gap of the missing male voice. Mr. Williams sums up the topic by readdressing the main solutions of investing in children's lives by affirming them and being a positive role model by doing the actions and not just giving commands.

***Family***

Joy In Our Town # 118	28:30	14:00	L	PA/O	6/12/2009	1:00 pm
					6/13/2009	3:30 am
					6/15/2009	11:30 am
					6/16/2009	3:30 am
					6/18/2009	3:30 am

Host Dr. Mary Woolridge talks with Central Florida Community Leader, Mary Pitts, regarding issues surrounding today's families. Ms. Pitts begins by expressing her thoughts on how the rising number of single parent homes is affecting children negatively by leaving children unattended for long periods of time. The communities are then being affected because the unattended children become bored and involve themselves into trouble and possibly crime. Many homes are also dependent on social services and are not learning self sufficiency. Ms. Pitts offers some solutions that begin with building healthy relationships among your family first. Ms. Pitts believes parents should also research outside organizations to help find educational opportunities that can help assist their goals for change. Ms. Pitts says that if you can't do it by yourself be honest and seek out the help and support you may need to change your life situation. Embracing change and building a healthy support system encourages people through the tough times making those goals more attainable which leads them to self sufficiency. Ms. Pitts offers some resources available in the community such as; YMCA programs, 4H, and other community parenting classes that can help in various areas and situations.

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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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***Family***

Joy In Our Town # 119	28:30	14:00	L	PA/O	6/19/2009	1:00 pm
					6/20/2009	3:30 am
					6/22/2009	11:30 am
					6/23/2009	3:30 am
					6/25/2009	3:30 am

Host Fatima Edwards talks with Brandy Dalton, local community leader, regarding issues surrounding families and the loss of a father. Ms. Dalton shares her story of being a nineteen year old student who experienced the loss of her own father at a young age. Ms. Dalton discusses how she grieved her father and suffered from the missing guidance of not having a father in her life. Ms. Dalton founded a group for daughters without fathers whose main initiative is to reach out to other young girls and provide outside resources for them to help fill in the gap a missing parent creates. The group holds monthly meetings and provides mentors for the girls involved. Each meeting is theme oriented and has fun activities as well as coping games and methods to help the girls cope and get over certain issues they may be facing. Ms. Dalton shares that the biggest challenge of the group is the recruitment of girls because of the uncomfortable feelings associated with their situations. Ms. Dalton encourages girls to reach out for support and find alternative fun ways to engage with others who have experienced the same loss. Ms. Dalton shares the hope that losing a parent either by death, divorce or noninvolvement is something that you can learn to cope with and your life can move forward and become enjoyable again.

***Family***

Joy In Our Town # 120	28:30	14:00	L	PA/O	6/26/2009	1:00 pm
					6/27/2009	3:30 am
					6/29/2009	11:30 am
					6/30/2009	3:30 am

Host Dr. Mary Woolridge talks with Community Leader, Joe Manno, regarding issues that surround families. They begin to discuss how 708 billion dollars a year is spent on crime and incarceration. Mr. Manno believes one main solution to combat this major expense and save young people is to invest money, time and energy now into young people lives instead of paying for the consequences later. He also shares that alcohol plays a huge part in the lives of teens and is the number one drug of choice which can open the door to a life of trouble and possibly death. Mr. Manno goes on to share more alarming statistics about gangs, crime, bullying, and child suicide. Mr. Manno believes the problem is clear that we are not spending enough time paying quality attention to our young people. The average child has 3.5 minutes of meaningful conversation with their parents a week. Some solutions Mr. Manno shares with the audience include; if a child approaches you stop what you are doing to start listening immediately to what they have to say or designated a time where you sit down with your child in their environment and discuss their day, their friends, and their interests. Parents should find time to make special dates which are planned around what the child likes to eat and their favorite things to do. Make children feel special and listened to, because when they feel ignored or unimportant they look for attention else where which may lead to negative activities. Both parents must be involved at all times in children's lives and if you are a single parent make the time to play both roles and find positive role models to fill in for the missing parent. Mr. Manno urges parents to start as early as possible and if your children are older it is never too late to start new patterns and invest as much time as possible to make those children feel valuable. Another solution Mr. Manno offers to parents is to explain the NO when you have to say it to kids. Explain why you are refusing a certain activity and the consequences of what can happen if they partake in negative activities. Mr. Manno also tells us to please model behavior you want your children to show and set the example.

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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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**Family**

700 Club CBN NewsWatch	1:00:00	6:00	REC	PA/O/E	4/14/2009	3:00 PM
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#041409

Heather Sells, CBN News Reporter, says today's media specialists are not just the librarian-turned-Internet-surfer at your child's school. It's parents. The job requirement? Monitor and mentor your child through often heavy use of cell phone, Internet, and other technological gadgetry. Cell phones. They're just the tip of the new media iceberg you may fear is headed your way. One Harris poll says more than half of all teens say their cell phone is key to their social life. And, they're good. Forty-two percent say they could text blind-folded! Besides cell phones, parents must oversee Internet use, video games, music and TV. Bottom line: For most, it's an overwhelming amount of content to help children navigate. When they go on-line, kids are always just a click away from danger. A recent Kaiser study found seven out of 10 kids accidentally view porn on the Internet. Ironically, much of the help to protect against dangerous new media can be found on the new media. For instance, Focus on the Family and Web-wise kids both have reliable, inexpensive filters you can download in minutes onto your computer. Other options -- you and your child can click onto [Cyber bully](#) for tips on online harassment. When it comes to TV, [ControlYourTV.org](#) shows you how to block entire channels or just specific programs using your TV and cable equipment. And when it comes to cell phones, there's [WebWiseKids](#) - a new interactive cell phone game teaches safety to a prime target: middle school age kids.

**Family**

700 Club CBN NewsWatch	1:00:00	6:00	REC	PA/O/E	5/27/2009	3:00 PM
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#052709

Mark Martin, CBN News reporter, says you may be among the 20 million people caught in what's called the "Sandwich Generation." That's the growing number of people taking care of their children and aging parents at the same time. Americans are living longer, and people are starting their families later. According to the Pew Research Center, one out of every eight Americans, ages 40 to 60, is raising a child and caring for a parent at home. On top of that, seven to 10 million Americans are caring for their aging parents from a long distance away. Baby Boomers are at the heart of this group. And many times, their scenarios can be tricky. First, there's the "traditional sandwich." That's when the adult children are caring for both aging parents and their own children. Next comes the "club sandwich." As you might expect, there's more on a person's plate. The adult children are caring not only for their aging parents, but also their grandparents, as well as their own kids. Finally, there's the open-faced sandwich - anyone who's involved in elder care. Although having a multi-generational family under one roof can be a lot of fun, it can also be taxing both emotionally and financially. So if you're one of the 20 million Americans in the Sandwich Generation, how do you survive the squeeze? First, make sure all legal documents are in place before you need them. That includes durable power of attorney, which allows a person to designate someone else to make decisions, even if the person becomes disabled; as well as a document showing who will make medical decisions, and a regular will. Second, don't be surprised by experiencing a roller coaster of emotions. Third, don't be afraid to ask for help from family members or community resources like your local office on aging. It is also recommends purchasing long-term care insurance.

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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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**Seniors**

Joy In Our Town # 112	28:30	14:00	L	PA/O	5/01/2009	1:00 pm
					5/02/2009	3:30 am
					5/04/2009	11:30 am
					5/05/2009	3:30 am
					5/07/2009	3:30 am

Host Fatima Edwards talks with Councilwoman Patricia McCrary regarding the seniors in Cocoa. One of Cocoa's main goals is to help seniors stay in their own homes as long as possible by providing a central location where seniors can have access to services and programs that assist them with multiple scenarios. The "Seniors at Lunch" program has been established by the meals on wheels creators within Brevard County which gathers seniors multiple times during the week to provide meals and multiple services at multiple sites throughout the county. The program is held Monday through Friday from 10am until 1pm offering a hot nutritious lunches as well as a variety of fun activities and programs. Some of the programs offered include physical exercise activities, games, social activities, and educational seminars. Other nice activities scheduled throughout the year are string quartets, artist presentations, prescription reviews by pharmacists, and other educational classes. Transportation is also provided if needed.

**Seniors**

Joy In Our Town #114	28:30	14:00	L	PA/O	5/15/2009	1:00 pm
					5/16/2009	3:30 am
					5/18/2009	11:30 am
					5/19/2009	3:30 am
					5/21/2009	3:30 am

Dr. Mary Woolridge talks with Marion Oliver, Community Leader in the city of Melbourne regarding health concerns among seniors. One of the main concerns discussed regarding seniors is their adverse reactions to combining certain medications. Another issue is medication errors which occur when they transfer living arrangements; home to hospital to assisted living facilities. Some solutions Ms. Oliver suggests center around education. Educating the seniors is extremely important. Spending some time with each individual going over what prescriptions they have currently, adding new prescriptions or changing prescriptions, will help pharmacies keep their records in order and minimize any adverse drug reactions for the clients. Ms. Oliver suggests that if anyone whose is taking medication to keep an up to date list of all medications and make multiple copies and bring it with them each time they visit a Dr. or pharmacy. If you go to multiple pharmacies make sure that each individual pharmacy has a copy of your list and the pharmacy will be able to refer to that list to make sure the drug combinations are safe. Another main concern among seniors and their medications is dehydration. Many prescriptions combined together may have side effects which cause diarrhea which could lead to dehydration and the loss of much needed electrolytes. Monitoring the medications and becoming informed on possible side effects is also extremely important. Ms. Oliver also warns about mail order pharmacies because the prescriptions are usually shipped in large quantities and if the patient goes to a Dr. and the medication changes then the patient is left with un-useable medication which could also cause confusion with so many pills in their medicine cabinets. Ms. Oliver also encourages everyone to clean out their medicine cabinets every couple of months and throw away unused or past date prescriptions and medications.

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**Seniors**

Joy In Our Town # 118	28:30	14:00	L	PA/O	6/12/2009	1:00 pm
					6/13/2009	3:30 am
					6/15/2009	11:30 am
					6/16/2009	3:30 am
					6/18/2009	3:30 am

Host Dr. Mary Woolridge talks with Community Leader, Linda Smith on how seniors can get involved in the community by volunteering. Ms. Smith starts off by telling Dr. Mary how she began volunteering at a local center by teaching migrant women English. Ms. Smith tells us that volunteering is such a gratifying way to become involved in the community and gives back to those around us. There are many ways seniors can get involved at community centers like Hope Center, such as; teaching English, teaching Computer Science and offering help with the preparations needed for migrant workers to take their citizenship tests. The center also offers volunteer opportunities with their parenting classes that engage the entire family in different activities. These classes are designed to help strengthen family relations. Ms. Smith goes onto to tell us how communication barriers limit so many migrant workers when they can't speak English. Learning English helps these adult students engage themselves more in their new communities by breaking the communication barriers they may run into while dealing with their children's schools, work environments and/or daily activities. The center offers many avenues for volunteers and Ms. Smith encourages everyone especially seniors to call and seek out more information on how they can get involved.

**Seniors**

Joy In Our Town # 119	28:30	14:00	L	PA/O	6/19/2009	1:00 pm
					6/20/2009	3:30 am
					6/22/2009	11:30 am
					6/23/2009	3:30 am
					6/25/2009	3:30 am

Host Fatima Edwards talks with Carmen Callanan, Community Leader, regarding seniors. Ms. Callanan believes volunteering in the community can help seniors get out and engage in activities with others and share their expertise in various areas. Ms. Callanan shares that many seniors face a variety of issues such as isolation, financial difficulty and fear of becoming a victim of crime. Ms. Callanan believes a positive solution such as volunteering can help seniors feel validated and a part of something important. Ms. Callanan shares about AmeriCorps which is an organization that sponsors many programs for children. Becoming involved in AmeriCorps can provide a senior with an opportunity to lead a program focused around their own expertise and experiences while being paid a small stipend in the process. So many children are left alone for long periods of time which can lead them into negative activities such as crime. After school programs offer free programs that engage children in positive activities such as dance, art, academics and sports and get kids off the streets. These after school programs provide solutions for both seniors and young people by providing opportunities for seniors to volunteer and positive activities for children to engage themselves in.

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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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**Seniors**

Joy In Our Town # 120	28:30	14:00	L	PA/O	6/26/2009	1:00 pm
					6/27/2009	3:30 am
					6/29/2009	11:30 am
					6/30/2009	3:30 am

Host Dr. Mary Woolridge talks with Sara Kelly, regarding seniors and some issues they face. Ms. Kelly explains seniors are so different and have a variety of different needs depending on what generation they come from. Ms. Kelly tells us about three main distinct categories seniors fall into; GI Seniors, silent generation seniors, and the baby boomers. The GI Seniors are from 1905-1925 they were typically our leaders living through most of World War I and World War II, who are typically set in their ways with a mindset "if it ain't broke don't fix it". The next group is the silent generation born 1926 to 1945 growing up through the depression and World War II, who were usually the maintainers who took what came before them and kept it going. 1946 to 1964 are the baby boomers, a very large group who love change. Ms. Kelly says we need to be careful with the next generations coming up which are the Xrs and Ys, they need to focus on preparing for the future and how they will help themselves when they get older. Ms. Kelly shares some problems for seniors; living on small fixed income and the lack of affordable housing. The cost of healthcare, nursing homes, and assisted living is increasing and many seniors don't have the finances to cover the expenses. Ms. Kelly shares that there must be more advocates available to help support seniors such as SHINE; group of volunteer advocates who work with Senior Citizens. Another solution Ms. Kelly offers is generational care; return to having three generations in one home which helps everyone in the family; provides a home for the senior as well as direction for the senior's child who has now become a parent to their own children. Ms. Kelly believes the combination of advocacy, awareness and changing one's mindset will solve the majority of senior issues and help combat the isolation challenges seniors face today.

**Environment**

Joy In Our Town #109	28:30	14:00	L	PA/O	4/11/2009	3:30 am
					4/13/2009	11:30 am
					4/14/2009	3:30 am
					4/16/2009	3:30 am

Host Dr. Mary Woolridge talks with two governing members from the City of Winter Springs regarding the environment and the conservation of water. Mr. Richart begins the discussion explaining various grasses and how they are taken care of can hurt or help water conservation efforts. Some of the major problems with grass include; over watering, over fertilizing and not properly mowing. One solution Mr. Richart gives is to educate yourselves on the specific sort of grass you have in your lawn. Ms. Krebs joins the conversation by discussing how important it is to conserve water, especially sustainable drinking water. Drinking water is very scarce and Ms. Krebs explains that there are plants and grasses available that will conserve water as well as beautify your lawn although residents must become educated on what is available. Some other tips the guests provide for conservation of water are; follow water restricted times, check irrigation systems, monitor the irrigation timer, during winter months restrict water usage, use reduce flow water heads and toilets. In the summer time mow once every seven days 4 to 7 inches tall and in the winter once a month. Zero-scaping is another new technique for gardening and lawn maintenance which includes; right plant in the right place, using insects, using correct soil and to water properly. Mr. Richart and Ms. Krebs strongly suggest that education is the key to water conservation and the city is helping residents become more educated by providing clinics and special events throughout the year focusing on tips and techniques on how to become greener. Mr. Richart also discusses rain barrels which recycle rain water from roofs and then used for watering lawns.

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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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***Environment***

Joy In Our Town # 115	28:30	14:00	L	PA/O	5/22/2009	1:00 pm
					5/23/2009	3:30 am
					5/25/2009	11:30 am
					5/26/2009	3:30 am
					5/28/2009	3:30 am

Host Dr. Mary Woolridge talks with Jennifer Ramos, Florida Yards and Neighborhoods in Orange County regarding landscaping techniques to help preserve the environment. Ms. Ramos begins by saying there are nine main principles they tend to follow with their program. The first step is right plant in the right place. The ph in the soil needs to be found out before any plants are purchased to make sure the soil works with the plant that is placed there. Next step is to create a plan, make a drawing of your home and include each side of your home where the sun falls as well as the shady parts. Third step is to connect plant beds or expand the ones that you have, design the shape of the areas where your plants will be placed. Get rid of the vegetation in the area by applying herbicide or digging it up. After tilling the soil place the plants with adequate amounts of space between each plant and then cover them up. Irrigation is also extremely important so you need to make sure how and when the plants need to be watered. Best way to know when plants or turf need water is if the leaves start to tilt inward. Ms. Ramos explains the three main types of turf used in Central Florida; Bahia, St. Augustine and Zosia grass and goes over the advantages and disadvantages of each type of turf. Main solution Ms. Ramos offers the audience to keeping your lawn environmentally friendly as well as aesthetically pleasing is to educate yourself and develop a comprehensive plan and seek advice from professionals in the industry if needed. To help protect waterfront use native aquatic vegetation as well as a ten to thirty buffer zone that is not fertilizes and pesticide free. Check your irrigation system regularly by measuring each zone in your yard and monitor the coverage areas of each sprinkler.

***Environment***

Joy In Our Town # 116	28:30	14:00	L	PA/O	5/29/2009	1:00 pm
					5/30/2009	3:30 am
					6/01/2009	11:30 am
					6/02/2009	3:30 am
					6/04/2009	3:30 am

Dr. Mary Woolridge talks with Dennis Mudge, faculty member of University of Florida, about animal science and wildlife. Mr. Mudge shares that as people move out into more desolate areas a phenomenon called the urban wildlife interface is occurring. Large animals have a natural fear of people although sometimes humans make mistakes by feeding them on purpose or inadvertently such as leaving trash out or pet food which draws the animals closer to your home. Simple solutions include always bringing in trash cans; pet foods as well as pets in at night due to most large animals are nocturnal and search for food at night. Some precautions when interacting with reptiles is to educate your self first. When it comes to snakes some are needed to contain rodent issues although some snakes are dangerous so learn which snakes are which. If bitten by a snake always seek medical attention just in case. They discuss alligators and precautions to take when dealing with alligators. Alligators feed at night and seek their prey by size. If you live along an edge of water do not bring small children or small pets near the water at night. Alligators wait for their prey to come to them they do not hunt. Be aware that April through June is mating and hatching season for alligators and nests can sometimes be placed close to human environments which can cause more interface than usual. If you encounter nests or animals at any time back off, leave it alone and call the animal control. Mr. Mudge strongly urges humans to never take in wild animals of any kind. Wild animals can never be fully trusted as pets, they are not made to be in captivity and it is against the law to take them into your home as well as feed them in the wild.

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***Environment***

Joy In Our Town # 117	28:30	14:00	L	PA/O	6/05/2009	1:00 pm
					6/06/2009	3:30 am
					6/08/2009	11:30 am
					6/09/2009	3:30 am
					6/11/2009	3:30 am

Host Dr. Mary Woolridge talks with Cliff Frazier, Fire Mitigation Specialist, from the Florida Division of Forestry regarding the environment and wildfires. Mr. Frazier shares with our audience that because Florida is suffering serve drought conditions there are numerous dangerous wildfires resulting which are destructing thousands of acreage of land. Wild life is not being affected as much as one may think because wildfires are a part of their habitat and the Florida ecosystem. Mr. Frazier shares some solutions on how residents can elevate and prevent wildfires. Preparation is very important for homeowners; make sure your yard has dispensable space, clear 30 feet around the perimeter of your home by clearing out flammable plants and yard debris. Clean the pine needles off the roof of your home, trim trees 10 feet above the ground, trim shrubs, clean out gutters, and make sure you communicate with your neighbors incase a wildfire approaches. Evacuation plans are extremely important; place local fire department number near a phone in a central location of your home and have two evacuation plans to get out of your home. Plan a place to take your pets as well if you have to evacuate. Mr. Frazier urges homeowners to eliminate palmettos and other flammable plants around the 30 foot perimeter of your home as well. If you do have fencing place a metal piece between additional structures on your property as well as between your home and your neighbors. Planning and preparation are key to protecting your home and family from wildfires and thinking wisely such as extinguishing smoking materials before throwing them on the ground or outside your car windows can prevent a fire from starting as well.

***Public Safety***

Joy In Our Town # 108	28:30	14:00	L	PA/O	4/03/2009	1:00 pm
					4/04/2009	3:30 am
					4/06/2009	11:30 am
					4/07/2009	3:30 am
					4/09/2009	3:30 am

Host Dr. Mary Woolridge talks with Commissioner Linda Stewart from Orange County regarding a public safety concern in Orange County of illegal drag or street racing. Commissioner Stewart explains that her district has had an increase of kids using public streets to drag race or street race causing major public safety concerns. She shares that between 300-400 kids are participating in these events which she also feels causes an environment of violence and drug problems. She state that people congregating at all hours of the night and early morning causing disturbances and hazards to the community. People have been hit, killed and injured by street racers. A solution to this problem has been addressed by the passing of two bills focusing on deterring the illegal racing. The first bill allows citations with fines to be issued to spectators who gather to watch these illegal races and the second bill allows police to arrest and prosecute racers who participate in the racing. There is a three tiered offense to drivers with hefty fines. Another solution Commissioner Stewart offers is the legal racing area in Bithlo which allows people to participate legally in regulated car races. Commissioner Stewart urges parents to become more aware of what their teens are up to and urges the people involved in these activities to avoid illegal racing all together. She suggests again the area in Bithlo and car shows for car enthusiasts. Commissioner Stewart wants citizens to know of the dangers involved to spectators and bystanders and shares a story of a young boy being hit and killed while riding home on a bicycle.

*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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***Public Safety***

Joy In Our Town # 109	28:30	14:00	L	PA/O	4/11/2009	3:30 am
					4/13/2009	11:30 am
					4/14/2009	3:30 am
					4/16/2009	3:30 am

Host Dr. Mary Woolridge talks with Joanne Krebs, Deputy Mayor of the City of Winter Springs, regarding public safety. Ms. Krebs shares that the City of Winter Springs is very active in public safety by providing a number of programs which deter gangs protect neighborhoods and provide extra police training. Ms. Krebs begins by explaining a new program called "are you okay program" which is an automated call system through a computer which calls registered residents three times if an alarm is triggered and if there is no response the police department is contacted and sent to the home. Another new program the city is offering is a lock box program. The lock box program provides residents with a lock box located on their property where residents place an extra house key in the box just incase the police or fire department need emergency access into the home. Any resident may apply and register for these programs through the police department. The City of Winter Springs also provides a variety of self defense programs and after school programs. Ms. Krebs shares that vehicle crimes are on the rise and easy deterrence methods such as; keeping valuables out of sight and locking doors at all times. Ms. Krebs also suggests residents to contact the police department at any time uncertainty arises.

***Public Safety***

Joy In Our Town # 110	28:30	14:00	L	PA/O	4/17/2009	1:00 pm
					4/18/2009	3:30 am
					4/20/2009	11:30 am
					4/21/2009	3:30 am
					4/23/2009	3:30 am

Host Dr. Mary Woolridge talks with Commissioner Robert Stuart from the City of Orlando regarding the public safety of the city. Commissioner Stuart tells us that the violent crime rates have been going down mostly due to the changes in the police force. More education, training and addition of officers have been solutions to strengthen the police force of the city. Commissioner Stuart urges residents to know their neighbors and watch out for one another. When you see suspicion please call when you think something is not right, it is better to be safe than sorry. Some additional safety tips Commissioner Stuart suggests include; lock your house, lock you car, keep valuables out of sight, close your garage door, get a dog, get an alarm and most importantly take away the opportunity for crime to take place by being aware. The city has also increased security measures by using grant money for increased lighting, using light duty police officers to view security cameras in certain areas, as well as evaluating certain areas for crime activity to prevent potential crime. Commissioner Stuart also mentions his involvement with the Christian Service Center which provides a soup kitchen for homeless men and women, food assistance as well as financial assistance for low income families. Because of the economy challenges the city has seen an increase in impoverished people who then become victim to crime or get involved in crime to supply their basic needs. The city is trying to battle these issues by trying to find more affordable housing and get people off the streets and into homes they can financially manage.

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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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***Public Safety***

Joy In Our Town #111	28:30	14:00	L	PA/O	4/24/2009	1:00 pm
					4/25/2009	3:30 am
					4/27/2009	11:30 am
					4/28/2009	3:30 am
					4/30/2009	3:30 am

Host Dr. Mary Woolridge talks with Fred Brummer, Commissioner of District 2 in Orange County regarding public safety in business development. They begin speaking about community planning in Pine Hills area. Commissioner Brummer explains that the plans are to redevelop the area and bring jobs into the area and hopefully reduces crime. Commissioner Brummer believes it is extremely important to live where you work and work where you live. Commissioner Brummer also explains there are multiple facets with redevelopment. First of all, businesses want an educated workforce who can serve their customers as well as an area that has customers to serve. Second of all, the businesses have to find the right building in the right zoning areas to be able to house their services or storehouse. There is also a program called "Business Watch" which has been implemented into the Pine Hills area to make businesses more secure and burglary proof. This program is a neighborhood watch for businesses, the businesses partner with the police department to communicate more efficiently to find ways to secure the area making the environment a more productive efficient place to conduct business. Commissioner Brummer strongly feels that public safety issues are being resolved so that communities and community businesses can be safer.

***Civic***

Joy In Our Town # 108	28:30	14:00	L	PA/O	4/03/2009	1:00 pm
					4/04/2009	3:30 am
					4/06/2009	11:30 am
					4/07/2009	3:30 am
					4/09/2009	3:30 am

Host Dr. Mary Woolridge talks with Orange County Commissioner Linda Stewart regarding a civic concern with red light running in Orange County. The discussion is centered around red light running and the risks it ensues on citizens. Commissioner Stewart is working with the local and state government trying to pass laws through legislation to increase fines and make the infractions for red light running more severe. Commissioner Stewart explains that red light running has major consequences regarding safety for citizens such as accidents that result in severe disabling injuries, death, and higher insurance rates. One of the solutions Commissioner Stewart is working on is the increase of fines associated with the traffic violations. She believes that an increase to \$150 per citation will deter people from running lights and increase public safety at the same time. Another solution the city is working on is putting cameras up at intersections to catch violators running red lights. The county did a test run to see how many violators were caught on tape and in one day they recorded 11,000 incidents. The funding for the cameras are being asked for through the state level although it has been unsuccessful to date. Commissioner Stewart urges citizens to get behind these bills and write legislators telling them of their support on this particular issue. The suggested increased fine is \$125 per violation with part of the monies collected going towards the trauma center with the rest returning to the county to pay for an official police person to view the tape and issue citations.

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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*

Joy In Our Town # 111	28:30	14:00	L	PA/O	4/24/2009	1:00 pm
					4/25/2009	3:30 am
					4/27/2009	11:30 am
					4/28/2009	3:30 am
					4/30/2009	3:30 am

Host Dr. Mary Woolridge talks with Fred Brummer, Commissioner of District 2 in Orange County regarding some keys issues affecting the county. Commissioner Brummer starts speaking about "Destination Home" which is a program he founded to convert renters into home owners. The program starts with an educational seminar that teaches citizens on how to approach their debt and possible bad credit report and go through each item to clean up their debt/credit history and qualify for a mortgage. The program approached people with roots in the community through churches and started to qualify people for the program. The members are usually recruited through churches and the pastor encourages their members throughout the lengthy process which last about 18 to 20 months. If renters have good credit scores they can go from the seminar into the home buyer's assistance program and shop for a home faster. Commissioner Brummer states that homeownership is the American Dream. It builds equity and the principal is a forced savings plan and after the mortgage is paid off that money is the homeowners. Commissioner Brummer strongly feels that homeownership is also good for communities, builds the quality of the schools around it, and reduces crime. He shares that this program has been going on for over a year now and they have 300 families progressing through the process. Another group that has gotten involved in partnership with the program; FOCUS, federated of churches of churches united to serve has started recruit participants as well and has been a great help to this program.

*Civic*

Joy In Our Town #113	28:30	14:00	L	PA/O	5/08/2009	1:00 pm
					5/09/2009	3:30 am
					5/11/2009	11:30 am
					5/12/2009	3:30 am
					5/14/2009	3:30 am

Host Dr. Mary Woolridge talks with Superintendent Ronald Blocker regarding Orange County Public Schools and their academic records. The Superintendent explains that in the past couple of years the system was at a B grade and this year they earned an A grade. There were multiple facets and solutions in making the higher grade which focused around hard work. One of the new programs used to boost academic levels is a program which takes retired professionals specializing in certain business areas, such as technology, and put their experience to use by putting them back in the work force as teachers. Mr. Blocker states that because Orange County schools took the approach that all children can learn and focused on serving all students equally, the success has shown by the higher grades. The discussion turns to pre-k programs and serving four year olds prior to kindergarten. Superintendent Blocker does say that it is proven that all kids who participate in a preschool program become better learners and are more prepared for school. The problem the system is running into is that the funding is not there so they are soliciting the federal government to help fund future pre-k programs. Some other challenges the Orange County district faces because of its size is the diversity of the students and serving them all equally. Some additional solutions Superintendent Blocker talks about include; encouraging parental involvement and providing information in multiple languages to keep everyone up to date and informed.

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# Trinity Broadcasting Network

## *Quarterly Report*

July, August, September 2009

WHLV-TV Channel 52, Cocoa / Orlando

Orlando, Florida

Eastern Time

Ascertainment List

Leading Community Issues

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

Economy

Youth

Family

Education

Health

Civic

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

Joy In Our Town # 123	28:30	14:00	L	PA/O	7/17/2009	1:00 pm
					7/18/2009	3:30 am
					7/20/2009	11:30 am
					7/21/2009	3:30 am
					7/23/2009	3:30 am

Host Makia Chandler talks with Commissioner Kathy Till about the economy and how it has affected the city of Apopka. Commissioner Till begins to talk about positive collection of impact fees from 2006 totaling 9 million dollars in that year alone. Between 2007 and 2008 there was a 47% reduction and with the more recent downturn of the economy there has been a total reduction of 72% since 2006. There have been numerous steps taken to deal with the negative impacts such as last years budget being reduced by 20% with an additional 10% reduction to be added later on for this year. The city is looking at ways to deal with the crisis in a variety of ways to improve their internal services. Adding energy efficient appliances such as a new air conditioner has saved \$20,000 over the past year alone. The addition of a new employee health clinic has also reduced health care costs and the city is considering adding more "green" ventured vehicles which will save money and the environment. Commissioner Till also shares that the city has a town center project which will provide economic growth and provide residents with more professional, retail, and entertainment options. No services have been cut in the city of Apopka, although some services have been streamlined such as the automating of garbage collection which combines garbage and recycling in one collection effort which has been extremely cost efficient.

***Economy***

Joy In Our Town # 125	28:30	14:00	L	PA/O	7/31/2009	1:00 pm
					8/01/2009	3:30 am
					8/03/2009	11:30 am
					8/04/2009	3:30 am
					8/06/2009	3:30 am

Host Dr. Mary Woolridge talks with Barry Brumer, ESQ. Central Florida Community Leader, regarding the effects the economy has had on the community. Mr. Brumer states that most of the businesses effected first off by the downturn of the economy were the housing market although as the economy worsened the effects then hit service businesses such as lawn care and maintenance businesses and then even further with the average American small business owner. He feels with all the effects of the downturns that the number of bankruptcies has increased greatly. Mr. Brumer shares that the numbers are up by 67% from last year. Mr. Brumer gives some suggestions to individuals who are considering filing bankruptcy; filing chapter 7 bankruptcy is for people who have come to a situation where they can't pay their unsecured debts such as credit cards and medical bills and the debts are wiped clean, chapter 13 bankruptcy is for individuals who need to protect their home from being foreclosed on. Mr. Brumer explains that education is a 'key' to find your way out of financial stress. Mr. Brumer emphasizes for individuals to look at their whole personal financial picture and find out exactly what you can afford and what you can't afford to pay back and then make an educated decision. Mr. Brumer also suggests debt consolidation and loan remodification to reduce debt and to make sure you are not putting any of your money upfront to gain a loan modification.

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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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***Economy***

Joy In Our Town #126	28:30	14:00	L	PA/O	8/07/2009	1:00 pm
					8/08/2009	3:30 am
					8/10/2009	11:30 am
					8/11/2009	3:30 am
					8/13/2009	3:30 am

Host Fatima Edwards talks with Mayor Mary Lou Andrews from the City of Oviedo regarding city improvements. Mayor Andrews shares her main concerns which are reported by residents which include; want for limiting access of public transportation, need for park activities for smaller children, and beautification efforts for certain distressed neighborhoods. She explains about the City of Oviedo's new program called ION, Improving Oviedo Neighborhoods, governed by a steering committee which comes up with plans for development that will benefit the existing and future residents. She shares that some of the main suggestions envisioned by the group include; cleaning up crime, adding a police substation, adding a senior center, adding more vegetation and trees in certain areas, and getting kids involved in positive after school activities. Mayor Andrews feels very strongly that these will be great solutions to helping improve City of Oviedo communities.

***Economy***

Joy In Our Town # 130	28:30	14:00	L	PA/O	9/04/2009	1:00 pm
					9/05/2009	3:30 am
					9/07/2009	11:30 am
					9/08/2009	3:30 am
					9/10/2009	3:30 am

Host Dr. Mary Woolridge talks with Mayor Bruce Mount of Town of Eatonville regarding the city's economy and housing issues. They begin their discussion by reviewing Mayor Mount's background and then turn to the history of Eatonville. He explains that the Town of Eatonville is the oldest black town founded in 1887 by newly freed slaves who purchased lots for \$50 each and then decided to incorporate the town. Mayor Mount shares that due to the economy downturn, the town has gone through cost cutting measures to save dollars such as; streamlining of jobs, cutting cell phone usage, cutting back on travel expenses, and scaling back on credit card purchases. Mayor Mount discusses how the city generates income through; grants, taxes, revenue sharing with the state and the city owned water system. Due to the economy downturn the housing value has greatly decreased although there aren't many foreclosures within the town so the property taxes are still holding at a consistent rate. Some solutions offered to increase Eatonville's revenue including a plan to purchase a parcel of land which will be developed for upscale housing. Mayor Mount believes by offering upscale housing and beefing up the branding of the town, this can create more tourism and make Eatonville a more desirable place to call home. A new business park is also in the plans for further developing Eatonville. Mayor Mount expresses his hopes for Eatonville to be rewarded some of the stimulus dollars from the government.

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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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***Economy***

Joy In Our Town # 131	28:30	14:00	L	PA/O	9/11/2009	1:00 pm
					9/12/2009	3:30 am
					9/14/2009	11:30 am
					9/15/2009	3:30 am
					9/17/2009	3:30 am

Host Fatima Edwards talks with Carol Drake Wheatley, Community Leader in Brevard County regarding grants. Ms. Wheatley discusses the billions of dollars of grant money available although parameters need to be followed to be awarded monies for certain situations. Ms. Wheatley warns that there are misleading opportunities advertised on the internet that cause trouble for many people who are not educated on how and what grants are. Ms. Wheatley teaches individuals on how to obtain grants and how to become eligible for grants. The majority of grants are awarded to non-profit organizations that have 501C3 status. Occasionally, federal grants are available for people partnering with for-profit companies although they are rare. Ms. Wheatley tells us that legitimate grants are not for sale and are not offered at any price. Database searches can locate grant availability although the key to avoiding scams is to use government mandated sites such as SBA.gov or score.org, which provide established links and resources that can lead to successful grant awarding. Ms. Wheatley suggests that before you apply for a grant make sure you have a solid business plan and vision for your business or organization. The time period for grants to be awarded varies greatly depending on where the funds are allocated and the complexity of the technical aspects of the grant itself. Ms. Wheatley provides steps for grant writing; contact the solicitation first for instructions and requirements, follow instructions explicitly, and make the set deadlines. An accounting system also needs to be put into place to show accountability of what you are doing with the grant funds.

***Economy***

700 Club CBN NewsWatch #070609	1:00:00	6:00		REC	PA/O/E	7/06/2009	3:00 PM
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Carolyn Castleberry, CBN News Reporter, says according to one financial aid source, two-thirds of all undergraduates leave college in the hole financially. Graduate students can be saddled with more than \$100,000 in debt before they ever start their careers or even think about buying a house. Instead consider a school you can actually afford. It's also called scholarships and grants. Sources of funding that won't put you in the hole financially. But what will kill students financially is the mindset of entitlement. Now, for you students who are in college. Don't put any of the extras on credit cards, like pizza and parties. Now, for students and graduates who are already buried in debt, here's your financial plan for the next few years. Consider getting a second job just to pay for your debt. Don't try to get out of it or put it off until later.

***Economy***

700 Club CBN NewsWatch #091809	1:00:00	5:00		REC	PA/O/E	09/18/2009	3:00 PM
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Paul Strand, CBN News Reporter, says according even in these tough economic times, the average American family is still budgeting almost \$900 for vacationing this year. The thinking seems to be you need to get up and get really far away to have a really good time. Families will spend a small fortune to come and enjoy beautiful wilderness areas like the ones that can be found in Oregon. In fact, the highest quality entertainment for a family comes from being simple. Have a board game marathon, with everyone pulling out their favorite game and playing them all. To mix it up, let the person who picked that game change one major rule. Get out the family photo books and reminisce. Share family history. Make a family tree with a photo for everyone on it. Divvy pictures up into fun categories, including weirdest, coolest, most embarrassing, and happiest. The point is to share time and create your own good times. If you just have to turn on the TV, here's a way to make it extremely interactive. Put on a movie, mute the sound and make up the dialogue yourselves. The cheesier the movie, the better. Make Hollywood wish you had been the screenwriters. Let's dwell now on sunnier times -- namely those days sunny or warm enough to escape the house and enjoy the big world outdoors. Grab neighbor kids and hold a mini-Olympics. Come up with all your own competitions -- the wackier the better. Run backward all the way around the house. Toss everyone's stuffed animals in wagons and take them for an expedition. Here's one for getting your kids to think about others -- do secret good deeds, such as gathering up litter or fixing something a neighbor needs repaired behind their back. Camp out in the backyard. Sleep there. Cook there. Eat there. If you have some woods

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or waters nearby, go to them often, enjoy them, let them change you. Study the plants, the animals, the rocks and the stars. Other tips include reading together -- making stories a big part of your family. Do mental games like build your perfect home or plan your perfect vacation. It will widen your horizons and ignite your imaginations. Write your own family history a day at a time. If you cannot afford a fancy vacation, you may think you have to splurge on stay-cations to make them really fun. But it turns out your biggest profits could come from doing the things that have no price tag at all. And because they're free, you can do them any time. So think about it. You can have happier kids, stronger family ties, and a better outlook on life. While reaping all of these rewards, you could also save a few thousand dollars in the process.

**Economy**

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 09/21/2009 3:00 PM

#092109

Charlene Israel, CBN News Reporter, says one in 10 Americans are struggling to pay their mortgage. A growing number have also fallen behind on their credit card bills. Tight economic times have some people turning to companies that promise to reduce or eliminate debt. But while some of these programs are legitimate, some could leave you even deeper in debt. During the country's recession, many Americans are having a hard time paying their bills and that has created a boom in businesses that promise quick and easy debt relief. Debt settlement is a perfectly legal solution for consumers who have fallen behind on their bills. But having a debt-settlement company do the legwork for you is risky -- and it can be expensive. Here's how debt settlement companies work: The company gets your creditors to accept less than the full amount you owe. They promise to knock 50 percent or more off of the debt you have to pay back, with repayment taking between two and four years. The company then sets up a savings account for you, and you make monthly payments to that account. When you've made all the payments, the debt settlement company settles with your creditors in one lump sum. You are told to stop making payments to your creditors and not to contact them. Leave the negotiating to the debt settlement company. When you go this route, you could end up owing more than when you started, and your credit suffers because you stop paying your bills. And that's not all. Some debt settlement companies charge advance fees that can run up to \$1,000 or more. Attorney Sarah Gottovi of the Federal Trade Commission says the agency is concerned about misleading and abusive practices in the debt settlement industry. "Many companies will charge upfront fees that might be the first of several payments, the first several monthly payments that's paid to the company and that will go to the companies fees instead of into the savings account to pay the creditors," Gottovi told CBN News. She mentioned that other fees could also be added in. "The debt settlement company may charge a monthly fee, an account maintenance fee, and they also might charge you a fee at the end of the program when they've settled an account," she said. Gottovi said the FTC has received hundreds of complaints about the claims of some debt settlement companies. But if you're considering signing up with a debt settlement company, you need to pay attention to the red flags such as: Does the company charge an upfront fee? Do they tell you to stop making payments to your creditors? Do they claim they can eliminate your debts? Are they licensed in your state? Has the Better Business Bureau received complaints about the company? And read the fine print -- the money you save through negotiation could be considered income that you have to claim on your taxes. And many people don't realize they can negotiate with their creditors themselves. Creditors are usually willing to work with consumers to pay back their debt. But if you choose to have a debt settlement company negotiate your debt for you, experts say make sure you ask lots of questions, read the fine print, and know exactly what you're getting into before you take the plunge.

**Youth**

Joy In Our Town # 123	28:30	14:00	L	PA/O	7/17/2009	1:00 pm
					7/18/2009	3:30 am
					7/20/2009	11:30 am
					7/21/2009	3:30 am
					7/23/2009	3:30 am

Host Makia Chandler talks with Commissioner Kathy Till about growing youth gang violence in Apopka and the efforts taken to stop it from spreading. Commissioner Till begins by explaining the city's initiative to deter youth gang activity and rid the city of gangs. She states that this initiative includes holding forums to educate residents and inform them of what they can do to rid the activity of gangs. Some of the suggestions given to residents are to report suspicious activity and graffiti as soon as it is seen. She feels strongly that keeping kids busy in productive after school activities deters gangs from recruiting members. Commissioner Till shares that many faith based organizations are offering more programs and the city is spreading the word on all the resources that are available to keep kids off the streets. She adds that to keep everyone informed a special website has been designed as well as a brochure that may be passed out door to door so residents can have someone to speak with face to face about any questions or concerns they may have. Town hall meetings and forums are also being held throughout the city to educate the residents on how to extinguish youth gangs in the community.

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

Joy In Our Town # 124	28:30	14:00	L	PA/O	7/24/2009	1:00 pm
					7/25/2009	3:30 am
					7/27/2009	11:30 am
					7/28/2009	3:30 am
					7/30/2009	3:30 am

Host Dr. Mary Woolridge talks with Linda Laurendeau, Neighborhood Restorative Justice Program, regarding youth who break the law. Ms. Laurendeau explains that the Neighborhood Restorative Justice is a collaborative effort between the 9<sup>th</sup> judicial circuit court of FL, the state attorney's office, the juvenile justice department, the local police department, and the community where a second chance is given to juvenile first time offenders. She also states that the program is offered only to first time offenders by recommendation of a judge. The first step is for the child to come before the board and admit guilt and volunteer themselves for community service. After the court ordered recommendation a meeting is held with the child and perspective representatives from the board where the child is given specific assignments to be completed within a 90 day period. She further explains that they must write an essay to explain in their own words what happened and what they could have done differently, they must write letters of apology to all parties affected by their crime, they must attend a jail tour and then they are assigned community service hours to complete. Once all their assignments are completed their case is then handed over to the states attorney's office to be reviewed and their record is then wiped clean. Ms. Laurendeau strongly feels that this program gives good kids who have made bad choices a second chance to learn how to make better future decisions and stay out of trouble.

## Youth

Joy In Our Town # 127	28:30	14:00	L	PA/O	8/14/2009	1:00 pm
					8/15/2009	3:30 am
					8/17/2009	11:30 am
					8/18/2009	3:30 am
					8/20/2009	3:30 am

Host Dr. Mary Woolridge talks with Judge Hubert L. Grimes, from the Circuit Court in Volusia County regarding youth. Judge Grimes believes that first and foremost children should develop their own personal success plan. He feels that by developing a success plan it gives children an avenue to pursue and a focus for their future. Judge Grimes encourages parents and teachers to ask children what they want their future to look like. When a profession or certain interest is found, Judge Grimes urges parents to help the child research the requirements that go with the profession they seek. Once the child sees that certain requirements are needed to obtain that particular profession the teens tend to start understanding that their choices will shape their future. Judge Grimes talks about the importance of a future mate because of the numerous distractions that cause children to focus on the wrong things. Judge Grimes believes starting discussions with young people help begin the thinking process for them to really consider their choices and how they treat others. The discussion turns to health and habits. Judge Grimes discusses how important is to take care of our bodies early on in life so they can live longer and healthier lives. Judge Grimes emphasizes that young people should really think through decisions before jumping into anything because you never know how it will affect your future.

## Youth

Joy In Our Town # 129	28:30	14:00	L	PA/O	8/28/2009	1:00 pm
					8/29/2009	3:30 am
					8/31/2009	11:30 am
					9/01/2009	3:30 am
					9/03/2009	3:30 am

Dr. Mary Woolridge talks with Kristen Formet, from Safe Start, YMCA, regarding keeping children safe around water. Ms. Formet shares that in the state of FL drowning is the number one leading cause of death among children under the age of 4. With Florida's warmer climate, swimming is one of the most popular recreational activities for children and the majority of homes and communities have pools and there are several lakes throughout the state making prevention of drowning a key concern among families. Ms. Formet offers many solutions for the prevention of drowning including; parental

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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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supervision, pool fences, locks, gates, as well as swimming safety classes such as Safe Start. She explains that Safe Start is a program offered through the YMCA for children less than four years of age that focuses on teaching survival methods if a child ends up accidentally in the water. She further states that the program offers 10 minute instruction daily five times a week for a six week period with a private instructor. The instructor teaches the child to stay calm, flip over on to their backs and remain floating. The program also teaches children to swim to the side of a pool for safety. The program also trains the child fully clothed on how to float if an accident occurs. Ms. Formet shares the purpose to train water survival is to keep the child calm, alleviate fear of water and ultimately enjoy and respect the water. She states that the YMCA offers the program at seventeen locations throughout central Florida. This program so far has served over 8000 babies and Ms. Formet's location has received 32 letters from parents that have had children fall into the water accidentally and survive using the techniques taught through the Safe Start program. Ms. Formet really feels that this is a valuable solution to prevent future child drowning.

**Youth**

Joy In Our Town # 133	28:30	14:00	L	PA/O	9/25/2009	1:00 pm
					9/26/2009	3:30 am
					9/28/2009	11:30 am
					9/29/2009	3:30 am

Host Dr. Mary Woolridge talks with Rico Sharp, Central Florida Community Leader regarding youth and the issues they face in society. Mr. Sharp speaks about his volunteer counseling efforts throughout Orange and Seminole counties, talking to youth in juvenile facilities. Mr. Sharp talks about how divorce and separation can cause children to develop emotion problems which further develop into delinquent behavior. One solution Mr. Sharp suggests is for both parents to take an active role in their child's life and be a positive mentor. If the parents cannot play this role for the child, then a positive role model needs to be found to provide that must needed positive influence. Mr. Sharp also discusses peer pressure and how it can affect young peoples paths. Mr. Sharp urges youth to find their own identity which will help direct their own positive path for their future. If you find your own identity the pressure to follow someone else declines drastically. Mr. Sharp also encourages parents to spend 30-40 minutes daily to actively involve themselves with their child spending quality time such as; helping with schoolwork, play time at the park, walks, sports, etc. He feels that community leaders can also help provide educational, vocational, and recreational opportunities for youth. Mr. Sharp urges parents and children to set goals and dream for their future and begin to take steps to work towards those goals.

**Family**

Joy In Our Town # 121	28:30	14:00	L	PA/O	7/02/2009	3:30 am
					7/04/2009	3:30 am
					7/06/2009	11:30 am
					7/07/2009	3:30 am
					7/09/2009	3:30 am

Host Fatima Edwards talks with Bill Symolon, a teacher at Apopka High School, regarding discipline and education among our families. Mr. Symolon shares that order is essential in the classroom and is key to growing children into responsible educated adults. Mr. Symolon feels that every student needs to be disciplined at home first and must be taught to carry their respect for authority into the school environment. Mr. Symolon shares that the biggest discipline problems in today's classrooms are lack of attentiveness and respect for authority. He shares that the key solutions are for parents to step in early and be consistent in their children's lives and be consistent with discipline when a child breaks the rules. He also believes schools should use more punitive punishment during school hours when disruptions occur. Mr. Symolon suggests that minimal labor tasks on school campus should be assigned to disruptive students. He believes that by putting kids to work doing janitorial type activities will leave the student with an undesired want to break the rules.

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***Family/ Youth***

Joy In Our Town # 122	28:30	14:00	L	PA/O	7/10/2009	1:00 pm
					7/11/2009	3:30 am
					7/13/2009	11:30 am
					7/14/2009	3:30 am
					7/16/2009	3:30 am

Host Fatima Edwards talks with Elizabeth Arenas, representative for Florida Department of Children and Families regarding children staying home alone without parental supervision. Ms. Arenas states that this is one of the most frequently asked questions during summer months for the Department. Ms. Arenas says it really depends on the maturity of the child and there is no legal age limit for this particular situation. Ms. Arenas offers many things that should be considered for the safety of your child and your home while making this very important decision. Her suggestions include that the child should be able to do the following: call 911 in the case of an emergency, know their physical address and phone number, ability to feed themselves and prepare meals, using the oven or stove safely, answering the telephone or the door safely and knowing evacuation procedures or routes. Ms. Arenas explains that the parent really needs to evaluate the whole situation; who is staying home, how long will they be left at home alone, who is allowed access to the home, how many children are left together as well as the ages of multiple children being left alone together. Ms. Arenas warns that if a child is not ready to be left alone there are a number of affordable alternative options such as Central FL YMCAs, daycares, day camps, and park and recreation programs. Ms. Arenas encourages parents to contact their local city organizations and parks and recreation departments for more information.

***Family***

Joy In Our Town # 124	28:30	14:00	L	PA/O	7/24/2009	1:00 pm
					7/25/2009	3:30 am
					7/27/2009	11:30 am
					7/28/2009	3:30 am
					7/30/2009	3:30 am

Host Dr. Mary Woolridge talks with Margaret English, Central Florida Community Leader, regarding women who commit crimes and rehabilitation efforts for their families. Ms. English shares about the new community based organization in Central Florida to help rehabilitate women who have chosen human trafficking as a profession. She explains that most of the women who chose prostitution as a profession have suffered from severe sexual abuse in the past as well as drug addiction and are in need of counseling for themselves as well as their family members. She shares how very important it is not to forget about these women who have emotionally hurting families. She states that the organization's efforts include a free health clinic as well as a counseling center to help treat their physical and mental issues. She expresses that many of the women have children who are also suffering because of the criminal activity that the mother chooses to engage in. She states that they have numerous outreach ministry events throughout the community which reach out to the entire family in hopes to stop the cycle of bad life habits and negative role models. Ms. English feel strongly that if these families are helped then it will start to clean up our communities to bring a positive influence to the community.

***Family***

Joy In Our Town # 127	28:30	14:00	L	PA/O	8/14/2009	1:00 pm
					8/15/2009	3:30 am
					8/17/2009	11:30 am
					8/18/2009	3:30 am
					8/20/2009	3:30 am

Host Dr. Mary Woolridge talks with Judge Hubert L. Grimes, from the Circuit Court in Volusia County regarding family issues. Judge Grimes states that he believes that we need to get back to having faith in our family structure and that

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kids can grow up to be productive adults. Judge Grimes also believes people who live in the negative and don't look towards the positive future that can develop by applying some fundamental family structure. He strongly feels that children need to be engaged in positive healthy after school activities that are supervised. Parents need to become positively involved in their child's life and provide discipline and structure to keep children engaged and out of trouble. Parents must also talk to their children instead of talking at them and display the behavior and attitude they desire their children to have. Judge Grimes urges parents to set boundaries and really watch who their friends are and what they are involved in. Children are greatly influenced by who they surround themselves with so it is imperative for parents to engage wholly into their child's lives. Judge Grimes strongly suggest spending time as a family will be a great starting solution to some of these issues.

**Family**

Joy In Our Town # 128	28:30	14:00	L	PA/O	8/21/2009	1:00 pm
					8/22/2009	3:30 am
					8/24/2009	11:30 am
					8/25/2009	3:30 am
					8/27/2009	3:30 am

Host Dr. Mary Woolridge talks with Maryalicia Johnson, director from YMCA, regarding bringing the family together through healthy activities. Ms. Johnson feels that by bringing the family together it ultimately bonds and strengthens the family unit. She further explains that the YMCA is a non-profit organization that provides activities and opportunities to bring people together in healthy physical and educational ways. Ms. Johnson shares some of the educational programs that are offered such as FYT which introduces teenagers and young people to nutritional foods and meals. Ms. Johnson urges that it is important to educate people on healthy habits so the habit is replicated and applied successfully to every day life. Even with the downturn of the economy the YMCA also awards many scholarships so children can afford camps and other programs. She states that there are many leadership and coach opportunities for people to get involved and help inspire the younger generation. Ms. Johnson urges couples to take advantage of the multiple programs and spend quality time together. Ms. Johnson re-emphasizes that the more time families spend together it will help further bond that family, as well as make it stronger.

**Education**

Joy In Our Town # 121	28:30	14:00	L	PA/O	7/02/2009	3:30 am
					7/04/2009	3:30 am
					7/06/2009	11:30 am
					7/07/2009	3:30 am
					7/09/2009	3:30 am

Host Fatima Edwards talks with Larry Banks, foundation manager of Florida Virtual School, regarding the benefits of on-line education. Mr. Banks explains that this program has been in existence for 12 years and offers a variety of instructional classes through on-line access 24 hours a day 365 days a year. He also explains that the instruction is one on one between student and teacher although the work is completely done on-line. Mr. Banks states that the main benefit of on-line curriculum is the flexibility and convenience for students. This is a great tool to help students prepare for the upcoming school year or catch up if they have fallen behind in their regular school classes. He shares that there are on-call instructors available from 8am until 8pm via cell phone or instant messaging for extra help or guidance. On-line class curriculum offers students the choice of how fast or slow the pace of the class is learned so the subject when finished is really mastered by the student. The main goal for the virtual school is to serve all Florida middle and high school students so they can successfully reach their educational requirements. MR. Banks states that this program only offers 85 courses and cannot give out a diploma, so this schooling program is to supplement your ongoing school curriculum.

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***Education***

Joy In Our Town # 122	28:30	14:00	L	PA/O	7/10/2009	1:00 pm
					7/11/2009	3:30 am
					7/13/2009	11:30 am
					7/14/2009	3:30 am
					7/16/2009	3:30 am

Host Fatima Edwards talks with Kat Gordon, Orange County School Board Member, regarding education. Ms. Gordon shares that last year Orange County School District received its first "A" grade as a district. Orange County is one of the largest school districts in the nation. Ms. Gordon states that the grade was achieved through a lot of hard work from the students and teachers working together. She also states that there were a number of schools that were put under new principals and leadership that turned their grades from Fs to an "A" grade. She explains that churches, businesses and other community organizations provided dedicated volunteers weekly to go into struggling schools and gave one on one tutoring lessons to students. Ms. Gordon also adds that there was some bad news that went along with the achievements for the district which included a number of schools that dropped one or two grades, penalizing the schools that moved forward. Ms. Gordon states that the district is asking for investigations to be conducted by the state to reconsider how the grades are weighted so struggling schools don't bring down a high achieving schools in the future. Other solutions Ms. Gordon offers is the reconsideration on how funds are allocated so all schools can reach educational success.

***Education***

Joy In Our Town # 130	28:30	14:00	L	PA/O	9/04/2009	1:00 pm
					9/05/2009	3:30 am
					9/07/2009	11:30 am
					9/08/2009	3:30 am
					9/10/2009	3:30 am

Host Dr. Mary Woolridge talks with the Mayor of Town of Eatonville, Bruce Mount regarding education. Mayor Mount states that the Town of Eatonville had two schools although currently they have been cut down to one school due to funds. Hungerford preparatory school has been recently closed although the school board has been approached to reopen the school and use it as a charter school. The gymnasium of the closed school has remained opened throughout the summer months providing safe recreational activities for kids, keeping them off the street, which has ultimately reduced crime in the area. The town's vision for the closed campus encompasses multiple aspects to serve Pre-K students all the way past high school age students by; developing a municipal school offering performance arts, developing a trade school, opening a preschool, as well as using the outside field to facilitate the local community football team. Mayor Mount also discusses Eatonville's measures to reduce crime and get rid of drugs in the community. An additional police officer has been added to the department and police officers are using bikes to ride throughout the community which increases their appearance and awareness within the town.

***Education***

Joy In Our Town # 131	28:30	14:00	L	PA/O	9/11/2009	1:00 pm
					9/12/2009	3:30 am
					9/14/2009	11:30 am
					9/15/2009	3:30 am
					9/17/2009	3:30 am

Host Fatima Edwards talks with Paul and Cindy Rosarius, founders of a Gift from God Computer Foundation regarding helping students succeed with their education. Mr. Rosarius begins with how he and his wife first found this particular organization and how it came to be in existence. A Gift from God Computer Foundation provides students with free

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computers to be able to further succeed in their educational goals. The organization receives computers and equipment from local business and personal donations and then refurbishes the machines and gives them out to local students in need. The organization gave out over 1200 computers last year alone. Mr. Rosarius describe how necessary it is for students to have the tools available to be able to complete their school assignments and to also prepare and pass the required FCAT testing. Mrs. Rosarius shares that in today's school system it is a necessity to be able to research school assignments and prepare reports. When students do not have computers in their homes their school work suffers, tends to be late or inadequate which can lead to failing grades and ultimately higher drop out rates. By equipping students with the tools needed, such as a computer, students are given an equal chance to excel in their educational experience and build confidence. Mr. Rosarius emphasize that computer knowledge is a must not only to achieve in school but later on in life to build work skills and market yourself for finding future professional job opportunities.

**Education**

Joy In Our Town #133	28:30	14:00	L	PA/O	9/25/2009	1:00 pm
					9/26/2009	3:30 am
					9/28/2009	11:30 am
					9/29/2009	3:30 am

Host Dr. Mary Woolridge talks with Betty Clinton, Central Florida Community Leader regarding pre school education for young children. Ms. Clinton emphasizes the importance of pre kindergarten schooling setting a foundation of education before entering the school system. The federal program does provide free VPK which is voluntary pre-kindergarten schooling four hours a day. Ms. Clinton urges parents to start early education with their children around the age of 1 to teach basic practical concepts and skills. Keeping your child a step ahead can make the transition to full day schooling much easier. Ms. Clinton also suggests parents to wisely utilize time spent with children by encouraging learning by pointing out; sounds, shapes, colors, letters and numbers. Ms. Clinton also urges parents to stick to the school schedule and keep their child's attendance regular because missing days can disrupt their educational foundation. Ms. Clinton finishes the topic discussing making learning fun and enjoyable for the kids.

**Health**

Joy In Our Town # 125	28:30	14:00	L	PA/O	7/31/2009	1:00 pm
					8/01/2009	3:30 am
					8/03/2009	11:30 am
					8/04/2009	3:30 am
					8/06/2009	3:30 am

Host Dr. Mary Woolridge talks with Denise Ward from the Seminole County Health Department regarding health concerns. Ms. Ward states about warning the community about the amoeba which can cause infection to the brain leading to death. She explains that the amoeba is a bacteria that lives in the dirt at the bottom of lakes and grows with increasing water temperatures. Ms. Ward recommends several things you can do to protect yourself from the dangers of the amoeba such as; walking into water, refrain from jumping into lakes, wearing nose clips or holding your nose while going under water. The amoeba enters through the nose and within two days the infection begins with cold and flu like symptoms, headache and untreated the infection travels to the brain causing severe hallucinations and possible death. Ms. Ward also suggests people to look at where they are choosing to swim, if the water looks dirty do not go into it or chose salt water instead because the amoeba only lives in fresh water. She shares that since tests can not be performed on lakes to find the amoeba, you must assume that the amoeba is always present in fresh water so take precautions while swimming. If you show symptoms previously mentioned seek medical attention right away and let your Dr. know that you were swimming in fresh water.

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**Health**

Joy In Our Town #128	28:30	14:00	L	PA/O	8/21/2009	1:00 pm
					8/22/2009	3:30 am
					8/24/2009	11:30 am
					8/25/2009	3:30 am
					8/27/2009	3:30 am

Host Dr. Mary Woolridge talks with Ms. Debra Purdue, nurse of 32 years, regarding hypertension and health concerns. Ms. Purdue begins by explaining what blood pressure is; measuring the blood flow through the arteries, when the heart beats (top number) compared to the rate of when the heart is at rest (the bottom number). She shares that the normal ranges for blood pressure are 90-120/50-90. When these numbers start climbing the arteries become restricted which cause hypertension. If someone is diagnosed with hypertension a doctor will prescribe medication to help bring you back to normal range. Ms. Purdue continues to discuss risk factors that we can control such as; obesity, smoking, alcohol and lack of exercise and stress. There are uncontrollable risk factors such as hereditary and age although by controlling the other factors your risk declines drastically. Ms. Purdue emphasizes the importance of taking care of your body early in life and parental involvement with children is a key to helping children minimize the possibility of hypertension. Ms. Purdue also suggests healthy diets which include; eating more fruits and veggies, cut carbohydrates, and lower salt intake. In addition to healthy diets, Ms. Purdue suggest healthy activities be added to your day such as continuous light exercise to maintain the healthy weight and strengthen the body. Stress can also cause disease and hypertension and Ms. Purdue urges people to control stress by adding moments of relaxing time to your day.

**Health**

Joy In Our Town # 129	28:30	14:00	L	PA/O	8/28/2009	1:00 pm
					8/29/2009	3:30 am
					8/31/2009	11:30 am
					9/01/2009	3:30 am
					9/03/2009	3:30 am

Dr. Mary Woolridge talks with Denise Ward, Public Information Officer for Seminole County Health Department, regarding the Swine Flu, H1N1 virus. Ms. Ward explains that the reason why the Swine Flu caused such an interest is because it was such a new virus and not all of the information was available at the time of the outbreak. She states that the H1N1 virus, also known as the Swine Flu, is a different strain of the Flu virus. This particular flu strain showed up during the summer season instead of the typical fall season of the regular flu which also caused alarm. There are typically 50,000 deaths annually throughout the U.S. caused by the regular flu and the Swine Flu can also cause death although it is rare. There is not a vaccine available yet for the Swine Flu so to protect your self from contracting this flu Ms. Ward suggests; wash hands regularly, cover your coughs and sneezes, avoid public areas if symptoms start to show. Some of the symptoms with the Swine Flu include; fever, cold, cough, sneezing, and chills. Ms. Ward shares the plans for the future regarding the Swine Flu such as developing a vaccination and making sure the public is appropriately educated. This particular flu epidemic is tending to effect middle aged people due to the fact that the elderly may have already received flu vaccinations in the past that have helped ward off infection from this strain. Ms. Ward also shares that people with other health issues that become infected with the Swine Flu are more at danger so if symptoms begin, seek medical attention immediately. Ms. Ward also urges people to stay home if you are sick so the virus is not continually passed onto others.

**Health**

Joy In Our Town # 132	28:30	14:00	L	PA/O	9/18/2009	1:00 pm
					9/19/2009	3:30 am
					9/21/2009	11:30 am
					9/22/2009	3:30 am
					9/24/2009	3:30 am

Host Dr. Mary Woolridge talks with State Representative, Scott Plakon regarding health care reform. Mr. Plakon begins to speak about recent town meetings and how when asking the public about the need for reform it was always a

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unanimous vote of yes. Mr. Plakon shares his dissatisfaction with the proposals coming from Washington. Mr. Plakon believes that healthcare is our own freedom and is precious and the government shouldn't be involved in those choices. Mr. Plakon believes there should be bi-partisan reform which can include ideas such as; allowing citizens to buy policies across state lines, small organizations or small businesses pooling together to buy larger policies, as well as subsidizing polices to make them more available to everyone. Mr. Plakon shares the mission of House Joint Resolution 37 which filed the "Florida Health Care Freedom Act" which will prevent Floridians to be fined or penalized based on health care choices. Mr. Plakon discusses the proposals he supports such as; greater transparency in the overall process as well as making the use of electronic records more readily available. By working on the numerous legislation pieces the state representatives are trying to send the message to the federal government that the reform planned by them is not what the local citizens want. Mr. Plakon urges citizens to contact their state representatives, share their opinions, become educated on the issues and get involved.

**Health**

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	7/29/2009	3:00 PM
#072909						

Lori Johnson, CBN News Reporter, says vaccines can be a touchy subject. But most doctors are solidly behind them. And in most places, it's the law: in order to attend school, children must be vaccinated. But there are exceptions. All states allow medical exemptions, many offer religious exemptions, and an increasing number offer philosophical exemptions. In some school districts, as many as 20 percent of students are opting-out of vaccines, which has led to disease outbreaks. But many parents are wary of vaccines because they believe they cause autism. However in February, the U.S. Court of Federal Claims ruled that vaccines do not cause autism, examining several studies brought forth by the Institute of Medicine that failed to prove any connection. The Department of Health and Human Services, the Centers for Disease Control and Prevention, The Food and Drug Administration, and The American Academy of Pediatrics all agree that vaccines do not cause autism. In addition to childhood vaccines, there's also debate about adult vaccines, particularly for the seasonal flu. Most physicians recommend the flu shot for seniors and women of childbearing age. A Columbia University study showed getting the flu in the first half of pregnancy results in three times the risk of schizophrenia in the baby. If she gets the flu in the first 13 weeks, that risk jumps seven-fold. In fact, 14 percent of all schizophrenia cases are linked to the flu virus in the womb. Having the flu while pregnant is also linked to other developmental disorders like low I.Q. But flu shot critics say it doesn't work, citing an American Medical Association study that found that three percent of unvaccinated adults got the flu, but two percent of those who were vaccinated also got it. Right now, vaccine makers are planning for this fall, when the flu season begins. This year they have a new challenge: a swine flu vaccine. They're developing vaccines, but they have to decide which will be needed most: a swine flu or seasonal flu vaccine. Making one takes away from making the other. Only a finite number can be manufactured, and it takes months to do it. The seasonal flu kills 36,000 Americans a year. So far, the swine flu has killed 300. But it's unknown whether the swine flu will become widespread. So when it comes to vaccines, whether for kids or adults, doctors overwhelmingly agree, they're not perfect, but we need them.

**Health**

Doctor to Doctor	28:30	28:30	REC	PA/O/E	07/07/2009	12:30 PM
#218						

**Dr. Scott Hanan** talked about Potential of Hydrogen (PH). PH can be too acidic it can cause chronic infections, or you wake up throughout the day with no energy, chronic pain syndromes, and headaches or stiff and tight. There are certain foods and nutrients you can put in your body to help balance PH. **Dr. David Sklar** talked about Emergency medical services system. Emergency physicians produced a report card broken up into 5 main areas. If you're getting seen in a timely manner, safety and quality, injury prevention, liability and state providing support for disasters. **Dr Ace Anglin** talked about leg cramps. This can occur if your experiencing heavy exercising, heavy lifting, dehydration and in many cases experience leg cramps when taking certain medications. It's very important you stretch before and after exercising, massage the affected area, take a warm shower and if necessary contact your physician.

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**Health**

Doctor #219	to Doctor	28:30	28:30	REC	PA/O/E	07/14/2009	12:30 PM
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**Dr. Dino Prato** talked about Men's health. Men suffer from prostate issues, overweight, cardiovascular disease and diabetes. Estrogens are an epidemic for men because they have too much. The harmful estrogen's can cause mutations and changes the DNA in the prostate gland and can lead to cancer. By losing weight and eating healthy it can prevent diseases. **Dr. Robert Hromas** talked about four phases for new cancer drugs. First they need to test drug to see if it's effective or not. Two if it's effective against cancer being tested against. Three is how does it compare against alternative. Four how large of a dose should be given to patient. **Dr. Caroline Leaf** talked about how stress is a body's reaction to what's going on in deep in the limbic system which is in the middle of the brain. When we think negative we have a toxic memory. It is important to choose to create positive memories.

**Health**

Doctor #220	to Doctor	28:30	28:30	REC	PA/O/E	07/21/2009	12:30 PM
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**Dr. Glen Steele** talked about vision therapy. Therapy is usually done if there is difficulty using both eyes together, sustained focusing ability, and eye movement control. You have to have a full comprehensive examination where all of these areas are evaluated to determine if they are sufficient to meet the task. It's best to identify the condition on time so that it can be treated faster. **Dr. Dale Peterson** talked about first aid. Treatment for burns that work effective is spray burn immediately with catalyst treated water then wrap it with gauze and keep moisturized. For cuts and scrapes apply pressure, cleanse wound thoroughly, avoid anti bacterial soaps and hydrogen peroxide on open wounds. Always have a first aid kit handy. **Dr Armando Pineda-Velez** talked about cholesterol and how we need it because it's a molecule that helps build our hormones. The bad cholesterol produces high blood pressure, hardening of arteries, or heart attacks, which is caused by saturated fat and stress management. Keep your cholesterol in balance by eating healthy, exercising and losing weight.

**Health**

Doctor #221	to Doctor	28:30	28:30	REC	PA/O/E	07/28/2009	12:30 PM
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**Dr. Asa Andrew** talked about the males and females hormonal issues. 80% of our health challenges are lack of diet and lifestyle. Males should get blood test or PSA tested by physician, take 100miligrams of zinc a day and 2 milligrams of copper to help testosterone levels increase. Females should get blood work done by physician and take organic iodine everyday and about 150 micrograms for ovaries and thyroid gland and overall health. **Dr Ace Anglin** talked about the three types of arthritis which are osteoarthritis, rheumatoid and gouty arthritis. The symptoms for arthritis are pain, swelling, maybe even redness in the particular joint and as well as limitation of movement. There are medication, treatments, and physical therapy. **Dr Barbara McAnneny** talked about the Medicare system. Medicare is a way to help senior citizens with healthcare. Medicare part "A" is the hospital insurance trust fund. Part "B" is added on outpatient services. Medicare payments are not covering the cost of senior citizens so therefore it's affecting our economy and patients because doctors are only taking a number of people on Medicare.

**Health**

Doctor #222	to Doctor	28:30	28:30	REC	PA/O/E	08/04/2009	12:30 PM
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**Dr. Caroline Leaf** talked about stress in children and how it affects a child even more than an adult. Most time what may seem like a mild stress to adults may be a major catastrophe for a child. Stress activates by some kind of trigger. In order to control stress start to change your brain pattern by controlling stress levels, academic situations, and give your child lots of love. You may also seek consultation from physician. **Dr. Scott Hannen** talked about

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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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weight loss. Blood sugars are what dictate those cravings therefore you start to gain weight. If we eat the right food in the proper balance we don't get disruption in the blood sugar and we don't have canines and gain weight. To keep the weight off the Keto Diet is recommended as well as eating 4 to 6 meals a day with small meals that have protein, complex carbs and fruit or vegetables. **Dr. Melissa Walker** talked about colon cancer. Cancer makes cells form clumps also known as tumors. There are two types of tumors benign tumor which is non-cancerous and malignant tumor which is cancerous. In colon cancer the cells invade the colon which is large intestine in the body. If you experience diarrhea or constipation of any length of time you should go to the doctors to be examined. Early testing offers 92% cure rate.

**Health**

Doctor #223	to	Doctor	28:30	28:30	REC	PA/O/E	08/11/2009	12:30 PM
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**Dr. Craig Thomas** talked about attitude in health. How you think is the impact you have on your health through chemistry and gene expression. Subsequently it gets translated into things in our body and promotes health or will help to have an illness. Three ways to boost up your confidence is count your blessings, have an attitude of gratitude and train your brain to be positive. **Dr. Chauncey Crandall** talked about hypertension also known as the silent killer. Some people are born with hereditary defects and others are not living a good lifestyle, so they develop diseases. By lowering you blood pressure, eating better and losing weight it can help you live a healthier live. **Dr. Monica Allison** talked about dry eyes. Having a lack of tears can cause dry eyes. Tears wash away debris, prevent infections and provide a clear comfortable smooth surface as well as lubrication. You can get over the counter medication as long as there not for red eyes and preservative free.

**Health**

Doctor #224	to	Doctor	28:30	28:30	REC	PA/O/E	08/18/2009	12:30 PM
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**Dr. Eric Braverman** talked about the brain being the most important part of the body. As we get older there are herbs that will keep the brain chemical dopamine high so that you can have energy and not go into menopausal madness. Get as much nutrients as possible and change your lifestyle because it can reverse diseases. **Dr. Carolina Ceron-Canas** talked about walking pneumonia. Typical or walking pneumonia comes more slowly feeling achy, cold, or scratch throat. Symptoms for pneumonia are high fevers and difficulty breathing. Take antibiotics, drink plenty of water, get rest and eat healthy fresh foods. Check with physician if symptoms get worst. **Dr. Armando Pineda-Velez** talked about the three different kinds of arthritis osteo arthritis which is seen in the elderly, juvenile arthritis is seen in young people and rheumatic fever is the arthritis people get called rheumatism. See a doctor to determine what kind of arthritis you have. There is over the counter treatment but try to exercise, take hot showers, take vitamin C and fish oils to help prevent pain and other affects.

**Health**

Doctor #225	to	Doctor	28:30	28:30	REC	PA/O/E	08/25/2009	12:30 PM
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**Dr. Fred Potts** talked about obesity and how it can lead to high blood pressure, diabetes, high cholesterol and heart disease. 95% of people who lose weight gain it back within 5 years. There are treatments for losing weight like surgical for people who need to lose 100 pound or over and medical weight loss therapy. Fast diets don't work. Seek consultation from physician if you want to know more options to help lose weight. **Dr. Monica Allison** talked about computer vision syndrome. There is no permanent damage by using a computer. Symptoms are eye strain, headaches, blurred vision, neck and back strain depending on your computer. A way to eliminate CVS is by taking frequent rest brakes throughout the day and switching to different tasks. **Dr. Barbara McAnney** talked about getting the most out of your doctor's visit. To help the doctor bring your medications and the dose of how much your taking, explain the medical treatments you had in the past, write down and prioritize your questions so you don't for get to ask doctor and bring someone you trust to be there with you just in case you forget some of the thing the doctor tells you. These procedure help save you and the doctor time since there are storages in doctors.

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**Health**

Doctor #226	to Doctor	28:30	28:30	REC	PA/O/E	09/01/2009 12:30 PM
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**Dr. Donna Novak** talked about how to prevent backpack injuries. The type of backpack injuries are pinched nerves in the neck, tingling, numbness, shoulder, back and low back pain. Backpacks should be no more than 2/3 of the distant between shoulders and waist. The width of their backpacks should be no wider than their backs. It's important that straps are worn on both shoulders to help balance and prevent injuries. **Dr. Dale Peterson** talked about attention deficit disorder (ADD or ADHD). Children shown to have ADD/ADHD have low PST enzymes and have lower levels of minerals, including magnesium, copper, zinc, calcium and iron. Vitamins, omega 3 fatty acid are and a good diet is recommended with ADD/ADHD. **Dr. Carl Schmidt** talked about pain. Pain occurs in our body by signaling different sequences and trying to tell us what were dealing with. Many foods can cause inflammation. Sugars or carbohydrates that are processed with high fructose, corn syrup or artificial sweeteners can cause the body to be more acidic and the more acidic the more pain. By drinking more water it and eating right it helps the pain not to be as strong.

**Health**

Doctor #227	to Doctor	28:30	28:30	REC	PA/O/E	09/15/2009 12:30 PM
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**Dr. Jeremy Martin** talked about chiropractic care. The body's physical stress, poor posture, mental stress and chemical stress can cause serious conditions in our bodies called subluxation, it's when there's a breakdown in your brain and body due to stress on the spinal nerves or spinal cord. It's important to get checkups by chiropractor just in case you need to have therapy. **Dr. Thomas Destephano** talked ankle replacement surgery. People develop bad changes in their ankles often from post trauma, previous fracture or having had previous surgery. Patient may need to go get MRI to get diagnosis. **Dr. Steve Johnson** talked about special needs children. Special needs can mean children with learning disorders, ADD, cerebral palsy, down syndrome and autistic. To identify if you r child has down special needs they have to get an M-CHAT scan. This procedure is q survey for parents that pediatricians use to see if the child fits in the category. It's important to identify early if the child have any special needs so that they can be put in therapy or given treatment.

**Health**

Doctor #228	to Doctor	28:30	<b>28:30</b>	REC	PA/O/E	09/22/2009 12:30 PM
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**Dr. Chauncey Crandall** talked about stress. Being overweight can cause stress. By improving you habits you at home you can live to have a predictable day. Sleep is important so get 8 to 10 hours every night. Stay away from negative things and focus on the positive, also having quite time brings out stress levels so by reading a book can help you relax. **Dr. Dale Peterson** talked about prostate cancer. The prostate gland is approximately the size and shape of a walnut that is located near the outlet of the bladder. If the prostate enlarges it blocks the urine flow. Prostate cancer does not show any signs or symptoms until it is advance. Prostate trauma can cause inflammation. To prevent prostate cancer start checking prostate at age's 30's or 40's, take omega 3 oils and resveratrol which are grape skin. **Dr. Barbara McAnney** talked about family history with cancer. Cancer develops because a mutation occurs and an error happens in the DNA. Sporadic cancers not related from generation to generation but you still need to do early screening because if early cancer is detected there is a much greater chance of healing.

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**Civic**

Joy In Our Town # 126	28:30	14:00	L	PA/O	8/07/2009	1:00 pm
					8/08/2009	3:30 am
					8/10/2009	11:30 am
					8/11/2009	3:30 am
					8/13/2009	3:30 am

Host Fatima Edward talks with Mayor Mary Lou Andrews from the City of Oviedo regarding some civic issues about water conservation. Mayor Mary Andrews states that most of the regulations regarding water conservation come from the St. John's River Management District and not the City of Oviedo. She explains that the aquifers are not producing enough viable drinking water which is the main reason why conservation efforts are a necessity. She states that the H2O conservation is a program from the City of Oviedo which gives residents incentives for conserving water. Mayor Andrews states that there are three levels of the incentive program; water audit, audit of sprinkler system, and re-landscaping. She shares that if you decide to re-landscape your yard by Florida friendly standards you can earn up to a \$1000 incentive. Mayor Andrews continues by giving numerous suggestions to help conserve water easily such as; keeping the mower level high while cutting grass, installing low flow shower heads and toilets, nozzles for hoses, check for water drips, and running full loads of dishes and laundry. Mayor Andrews also advises to keep running water limited by shutting off faucets while brushing teeth and taking short showers.

**Civic**

Joy In Our Town #132	28:30	14:00	L	PA/O	9/18/2009	1:00 pm
					9/19/2009	3:30 am
					9/21/2009	11:30 am
					9/22/2009	3:30 am
					9/24/2009	3:30 am

Host Dr. Mary Woolridge talks with State Representative, Scott Plakon, regarding civic issues in District 37. They begin the discussion with Mr. Plakon's recent election and background. During the first 8 days of Mr. Plakon's term there was a special session discussing budget cuts and the passing of funding for a special pregnancy counseling program. Mr. Plakon begins to discuss marriage fragmentation and how it has caused a huge financial burden in today's society. Legislation passed in 1998 to allocate funds for premarital counseling dollars in hopes to save money in the long run in divorce costs. Mr. Plakon shares the devastating impact divorce has on families on so many levels. Mr. Plakon also discusses the ultrasound bill which intends to provide more information to mothers regarding their unborn child in hopes to motivate mothers to make good life choices for themselves as well as their unborn child. Mr. Plakon urges how important is to protect children at all levels and hopes to use his position to pass legislation that protects the entire family.

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